

SPLENDISHES DINNERS DONE!

Freezer Meal Program

MENU 4 INSTRUCTIONS

One-Two Pot/Pan Meals: *ALL these meats must be defrosted before cooking **Keep veggies frozen until ready to use. If frozen in a clump, break up on the counter, or dip into a bowl of warm water for a couple of minutes to break up, then follow cooking directions.

#1 Salsa Chicken

INGREDIENTS IN THE BAG: Seasoned Chicken Salsa Peppers Cheese

NEED:

PAIRING SUGGESTION: Brown, yellow or mexican rice

1. Place chicken and peppers in a baking dish. Pour salsa over the top and sprinkle with cheese. Bake at 350F for 25-30 minutes or until internal temp reaches 165F.

Crock Pot: Place chicken and peppers in the crock pot with ½ of the salsa and 1 cup of water. Cook on low for 3-4 hours or high for 2-3 hours. Once done, remove chicken from liquid and place in baking dish. Top with remaining salsa and cheese; broil for 2-4 minutes until cheese bubbling and melted.

#2 Sheet Pan Lemon Garlic Chicken

INGREDIENTS IN THE BAG: Seasoned Chicken Sauce Crumb coating Garlic lemon butter Veggies

NEED: Cooking spray 1 egg

PAIRING SUGGESTION: Brown rice, couscous, quinoa

- 1. Preheat oven to 400F. Spray a baking sheet with cooking spray. Put crumb mixture into a bowl and set aside.
- 2. Whisk 1 egg and a pinch of salt and pepper. Dip chicken into egg mixture to coat, then into bowl of crumb mixture, lightly pressing to evenly coat both sides.
- Place chicken onto baking sheet and lightly spray tops of chicken with cooking spray. Save space around the chicken to add the veggies later. Place in the oven and cook for 15 minutes.
- 4. Melt butter/garlic in a small bowl, then remove chicken from oven and flip breasts over. Arrange veggies on baking sheet around chicken. Drizzle both chicken and veggies with garlic butter, and sprinkle salt/pepper over veggies. Place back in the oven to bake another 10-15 minutes or until chicken internal temp reaches 165F.

#3 BBQ Meatballs

INGREDIENTS IN THE BAG: Meatballs BBQ sauce Veggie

NEED: Seasoning for veggies

PAIRING SUGGESTION: Meatball Hoagie French fries, sweet potato fries, tater tots

- 1. Preheat oven to 400F. Place meatballs in a baking dish and toss with BBQ sauce. Place veggies on a lined baking sheet and sprinkle with seasoning.
- 2. Bake both at the same time for 18-22 minutes. Toss veggies once in between cooking.

#4 Smoked Sausage Gumbo (goes great with white rice!)

INGREDIENTS IN THE BAG: Smoked sausage Sauce Veggies

NEED: Cooking oil Seasoning for veggies

PAIRING SUGGESTION: White rice, dirty or jambalaya rice

- Cut sausage into ¼" slices. Heat a deep skillet on medium high heat. Drizzle with oil and toss in sausage. Cook sausage until browned on both sides, then toss in veggies. Sauté for 3-4 minutes until they become slightly tender, then stir in sauce (diced tomato mixture).
- 2. Lower heat to simmer and cook for 8-10 minutes. Serve over rice.

#5 Garlic Brown Sugar Pork Chops

INGREDIENTS IN THE BAG: Seasoned pork Spice pack for pork Veggies

NEED: Cooking oil Seasoning for veggies

PAIRING SUGGESTION: Brown rice, couscous, quinoa Baked, roasted or mashed potatoes

- 1. Preheat oven to 375F. Place pork chops baking dish. Spread spice pack mixture evenly over the tops of each chop. Place in the oven and bake for 25-30 minutes or internal temp on pork reaches 145F.
- 2. Place frozen veggies on a lined baking sheet. Drizzle with oil and sprinkle with seasoning. Place in the oven with the pork chops and roast for 20-25 minutes.

#6 Beef Stroganoff

INGREDIENTS IN THE BAG: Seasoned beef Caramelized onion/mushrooms Sour Cream Veggies

NEED:

Cooking oil Egg noodles (or GF noodles) 2T softened butter/2T flour-mixed together to make a paste NOTE: USE CORNSTARCH IN PLACE OF FLOUR FOR GF OPTION NOTE: If you are cooking for 2ppl, be sure to use half the amounts listed here.

PAIRING SUGGESTION: Crusty bread Salad

- 1. Heat a skillet on high heat. Drizzle with oil and sear meat for 4-5 minutes; transfer to plate.
- 2. Lower heat and stir in mushrooms/onions mix and sauté for 4-5 minutes until mushrooms are tender, then add butter/flour paste. Stir in 2 cups warm water and whisk to combine.
- 3. Add beef and juices back into skillet; lower heat to simmer and stir in sour cream. Season to taste and simmer for 6-8 minutes, while noodles are cooking.
- 4. Add cooked egg noodles to beef mixture and stir to combine.
- 5. To cook veggies: Steam for 8-10 minutes or roast at 400F for 15 minutes.

#7 Apricot Chicken

INGREDIENTS IN THE BAG: Seasoned Chicken Sauce Veggies

NEED: Cooking oil Seasoning for veggies

PAIRING SUGGESTION: Brown rice, couscous, quinoa Roasted potatoes

CROCK POT: Place chicken breasts in crock pot, pour apricot sauce over tops, cover and cook on low for 3-4 hours or high for 2-3 hours.

INSTANT POT: Place chicken in pot with one cup of water and pour ½ the apricot sauce over tops of chicken. Seal lid cook on high pressure for 14 minutes (12 minutes for 2ppl) with 15-minute natural release. Manually release remaining pressure and carefully remove lid. Spoon remaining sauce over tops of chicken and serve.

OVEN: Place chicken in a baking dish and pour apricot sauce over tops. Bake for 25-30 minutes at 350F or until internal temp reaches 165F.

TO COOK VEGGIES: Veggies can be steamed or roasted in 375F for 15 minutes.

#8 French Dip Beef

INGREDIENTS IN THE BAG: Marinated beef Cheese

NEED: Hoagie Buns (optional)

PAIRING SUGGESTION: French fries, sweet potato fries, tater tots Potato chips Salad

CROCKPOT: From defrosted OR frozen, transfer contents of beef bag (not the cheese) into slow cooker. ADD 1 cup water. Cook on high for 2-3 hours or low for 3-4 hours.

INSTANT POT: From defrosted OR frozen, add contents into pot, plus 1 cup water. Cook on high pressure for 17 minutes with 15-minute natural steam release. Manually release any remaining steam, carefully open lid, and pull beef out to shred.

TO SERVE: Shred beef and add to toasted hoagie buns, top with sliced cheese and place under broiler for 1-2 minutes or until cheese is melted. Skim fat off liquids in pot and serve in small bowls to dip sandwiches in.

<u>#9 Chicken & Gravy</u>

INGREDIENTS IN THE BAG: All in 1 bag

NEED:

2T softened butter/2 T flour (mixed to make a paste); for 2ppl serving use 1T butter/1T flour NOTE: USE CORNSTARCH IN PLACE OF FLOUR FOR GF OPTION

PAIRING SUGGESTION: Mashed potatoes Biscuits or waffles

CROCKPOT: Place contents of chicken bag in slow cooker. Pour 2 cups water (1 ½ cups for 2ppl) over ingredients. Cook on low for 3-4 hours or high for 2-3 hours.

INSTANT POT: Place contents of chicken bag in pot. Pour 2 cups (1 ½ cups for 2ppl) water over ingredients. Cook on high pressure for 14 minutes (12 minutes for 2ppl) with 15-minute natural release.

TO FINISH: Once cooked, open lid and add flour butter paste, stir until sauce thickens. Season with salt/pepper if needed.

#10 Hula Pork

INGREDIENTS IN THE BAG: All in 1 bag

NEED: Cooking oil 2T cornstarch mixed with 3T water

PAIRING SUGGESTION: Serve over rice or coconut sticky rice Make tacos or enchiladas Serve over salad

OVEN: Preheat oven to 375F. Place contents of bag in baking dish and bake for 30-35 minutes or until internal temp of pork reaches 145F.

INSTANT POT: Put contents of bag plus 1 cup of water in pot. Set on high and cook for 25 minutes, with 15-minute natural release. Release any remaining steam manually, carefully open pot and remove pork with slotted spoon into a bowl. Whisk in cornstarch mixture until sauce thickens.

CROCKPOT: Put contents of bag plus 1 cup of water in pot. Cook on high for 2-3 hours or low for 3-4 hours. Once cooked, remove with slotted spoon into a bowl and whisk in cornstarch mixture until sauce thickens.

TO FINISH (OPTIONAL): Place pork on lined baking sheet and place under broiler for 3-5 minutes or until fatty pieces begin to caramelize and get crispy.