



SPLENDISHES DINNERS DONE!

Freezer Meal Program

MENU 5 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 minutes to break up, then follow cooking directions.**

#1 Garlic Mushroom Pork Chops

INGREDIENTS IN THE BAG:

Seasoned pork chops

Mushrooms/Garlic/Bouillon

Veggies

NEED:

Cooking oil

Seasoning for veggies

1T flour/1T butter (combined into a paste) (2ppl option use 1/2 T flour/1/2Tbutter)

PAIRING SUGGESTIONS:

Couscous or quinoa

1. Heat a skillet on high heat. Drizzle with oil and sear pork chops, about 5-6 minutes on each side. Transfer to a plate.
2. Lower heat to medium and add mushrooms/garlic (and more oil if needed), and sauté until tender, about 4-5 minutes. Add flour/butter mixture and stir to combine with the mushrooms. Whisk in 1 ½ cups (3/4 cup for 2ppl) warm water until combined, then add pork with juices back into pan. Lower heat to simmer and cook for 8-10 minutes or until pork is cooked through and internal temp reaches 145F.
3. To roast veggies, place on a lined baking sheet, drizzle with olive oil, sprinkle with seasoning and roast at 375F for 15-18 minutes OR steam for 10-12 minutes.

CROCK POT:

1. Sear pork chops, then add to crock pot, cover with mushrooms/garlic. Combine bouillon with 1 cup warm water and pour into pot. Cook on high for 2-3 hours or low for 3-4 hours. Once done, stir in flour/butter mixture and stir to thicken.

#2 Tex Mex Meatballs

INGREDIENTS IN BAG:

Meatballs

Salsa

Cheese

Veggies

NEED:

Cooking oil

Seasoning for veggies

PAIRING SUGGESTIONS:

Spanish rice or white rice

1. Preheat oven to 375F. Place veggies on a lined baking sheet, drizzle with oil and sprinkle with seasoning. Roast 15-18 minutes or until golden and tender.
2. Heat a large skillet on medium high heat; add meatballs and brown for about 4-5 minutes, then top with salsa. Lower heat to simmer and cook for 10 minutes. Top meatballs with cheese, cover with lid and cook another 5 minutes.

#3 BBQ Mini Meatloaves

INGREDIENTS IN BAG:

Seasoned ground beef

BBQ Sauce

Veggies

NEED:

Cooking oil

Seasoning for veggies

PAIRING SUGGESTIONS:

Roasted or mashed potatoes

1. Preheat oven to 375F. Line a baking sheet with aluminum foil. Toss ground beef in a large bowl and mix seasoning into meat until well combined (do not overmix, this will make the meat tough). Divide beef mixture into 4 balls (2 if 2ppl) and place on baking sheet, flatten down with hand to about 2" thick. Bake for 15 minutes, then remove from oven and spoon BBQ sauce over tops and sides. Return to oven and bake another 15-20 minutes or until meat is cooked through and sauce is caramelized.
2. While meatloaf is cooking, heat a skillet on high heat, drizzle with oil and add veggies. Season and sauté for 10-12 minutes.

#4 Korean Bulgogi Beef

INGREDIENTS IN BAG:

Seasoned beef

Sauce

Veggies

NEED:

Cooking oil

PAIRING SUGGESTIONS:

White rice or noodles

1. Heat a large skillet on high heat. Drizzle with olive oil and add beef, in batches if necessary, to not crowd the pan. Sauté for 5-6 minutes, then transfer to a plate.
2. Add veggies and sauté for 8-9 minutes, then add beef back in and pour sauce in. bring to a boil (sauce will thicken) and toss veggies with beef to combine.

#5 Smoked Sausage & Veggie Foil Packs

INGREDIENTS IN BAG:

Smoked sausage

Seasoned veggies

NEED:

¼ cup liquid for each pack (can be water, wine, beer, or stock)

Aluminum foil (approx. 10"x10") sheets for each pack

PAIRING SUGGESTIONS:

Add shrimp or chicken to packs

Boxed Jambalaya or dirty rice

1. Lay out foil pieces. Evenly divide sausage and veggies and place in center of each foil. Fold up corners and edges to form a pouch. Before sealing edges, add ¼ cup of liquid (can be water, wine/beer, or stock), then seal up any openings. Continue with remaining packs and keep on baking sheet. If you want to double up the foil on each one, you can.

For the OVEN:

Preheat oven to 375F.

1. Place in the oven (on baking sheet) and cook for 25-30 minutes or until potatoes/brussels are tender. To serve, put each packet on a plate and carefully open edges to form a makeshift bowl.

For the GRILL:

1. Heat grill on medium high heat. Place grill packs on grill and close hood. Cook for about 20-25 minutes, or until veggies are tender.

#6 Grilled Chicken

INGREDIENTS IN THE BAG:

Marinated chicken

Veggies

NEED:

Cooking oil

Seasoning for veggies

PAIRING SUGGESTIONS:

Brioche Buns & cheese for sandwiches (can add french fries too!)

Brown or wild rice

For the GRILL:

1. Heat grill on medium high heat. Place chicken on grill and sear for 4 minutes per side or until internal temp reaches 165F.
2. Place veggies in a grill basket (or foil), drizzle with oil/seasoning and grill for 8-10 minutes tossing until tender.

For the STOVETOP/OVEN:

1. Preheat oven to 375F. Heat a grill pan or skillet on high heat, drizzle with oil; remove chicken from marinade and sear for 5-6 minutes on each side. Place in the oven for 20-25 minutes or until internal temp reaches 165F.
2. Veggies can be roasted in 375F oven for 20-22 minutes; steamed in microwave for 5-8 minutes; or on a grill pan on grill for 8-10 minutes or until tender.

#7 Honey Garlic Chicken

INGREDIENTS IN BAG:

Seasoned chicken

Sauce

Veggies

NEED:

Cooking oil

Seasoning for veggies

PAIRING SUGGESTIONS:

Jasmine rice

Quinoa

For the GRILL:

1. Pour sauce into a small pan; bring to a low boil and simmer until sauce thickens, about 1-2 minutes. Turn heat off and set aside.
2. Heat grill on medium high heat. Drizzle chicken with oil and place on the grill. Grill for 6-7 minutes on each side. Brush generously with sauce and cover grill for 2-3 minutes. Drizzle any extra sauce over cooked chicken to serve.
3. While chicken is cooking, add veggies to a grill basket (or use foil); drizzle with oil/seasoning and saute for 8-10 minutes or until tender.

For the STOVETOP:

1. Heat skillet on medium high heat, drizzle with oil; add chicken in skillet and cook 7-8 minutes on each side or until internal temp reaches 165F.
2. Lower heat and pour in sauce from bag. Turn chicken to coat in sauce and simmer for 1 minute until sauce thickens. If sauce gets too thick, add a little water, and stir.
3. Heat another skillet on high heat, drizzle with olive oil and add veggies. Season and sauté for 8-10 minutes or until tender.

#8 Pineapple Grilled Chicken Kabobs

INGREDIENTS IN BAG:

Marinated chicken

Pineapple chunks

Veggies

NEED:

Skewers (optional)

PAIRING SUGGESTIONS:

White rice alone or you can make rice into a sticky coconut rice by adding a can of coconut milk or turn into a fried rice adding 2 scrambled eggs to cooked rice and veggies of choice.

For the GRILL:

1. Preheat grill to medium high heat. Take chicken out of marinade and pour remaining marinade into saucepan. Heat on low and simmer until reduced about 1/3 and thickened.
2. Skewer chicken pieces and pineapple, alternating with each. Spray each skewer with cooking spray and place on grill and cook, turning them a quarter, every 4-5 minutes, until chicken temp reaches 165F. Brush cooked skewers with cooked marinade before serving.

For the SLOWCOOKER (no skewers needed):

1. Take chicken out of marinade and place in slow cooker, add half the marinade and ½ cup water. Cook on high for 2-3 hours or low for 3-4 hours.
2. Pour remaining marinade in saucepan, heat on low and simmer until thickened. Drizzle over cooked chicken and rice (if using).

For the Veggies:

Steam veggies for 8-10 minutes, then drain and season with your favorite seasoning.

#9 Honey Verde Lime Chicken

INGREDIENTS IN BAG:

Marinated chicken

NEED:

Nothing

PAIRING SUGGESTIONS:

Can be used to make tacos, enchiladas or served over rice with veggies.

CROCKPOT:

1. Place chicken and marinade into crockpot. Cook on low for 3-4 hours or high for 2-3 hours.

INSTANT POT:

1. Add contents of chicken bag to Instant Pot (or any pressure cooker) and seal lid shut. Place on "meat/stew" function and "high pressure". Cook 14 minutes* with natural release (about 15 minutes). After 15 minutes, let any remaining steam out manually until pressure knob falls, then carefully remove lid. Shred chicken and serve in your favorite way.

*Boneless chicken pressure cooks for 7 minutes per pound. See IP cooking table at <https://instantpot.com/instantpot-cooking-time/>

#10 Pork Al Pastor

INGREDIENTS IN BAG:

Marinated pork

NEED:

PAIRING SUGGESTIONS:

Pineapple slices

Tortillas

Taco toppings

INSTANT POT:

1. Put marinated pork, plus 1 cup of water into pot. Set on high and cook for 25 minutes (12 minutes for 2ppl), with 15-minute natural release. Release any remaining steam manually, carefully open pot.
2. Remove pork with slotted spoon and place on a lined baking sheet. Place under broiler for 3-5 minutes to crisp up.

CROCKPOT:

1. Put marinated pork into pot. Cook on high for 2-3 hours or low for 3-4 hours. Once cooked, remove with slotted spoon and place on a lined baking sheet.
2. Place under broiler for 3-5 minutes to crisp up.