



## **SPLENDISHES DINNERS DONE!**

### **Freezer Meal Program**

## **\*MENU 6 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 Southwest Chicken Bowl**

#### **INGREDIENTS IN THE BAG:**

Seasoned Chicken

Veggies

Salsa

Cheese

#### **NEED:**

Cooking oil

#### **PAIRING SUGGESTIONS:**

Brown Rice, Spanish rice, couscous or quinoa

1. Heat a skillet on medium high heat, drizzle with oil and add chicken. Sauté until cooked through, about 10-12 minutes.
2. Add veggies in and sauté until warmed through, about 4-5 minutes.

Serve with your favorite rice or grain and add toppings like fresh tomatoes, guacamole and sour cream.

## #2 Honey Balsamic Pork Chops

### INGREDIENTS IN THE BAG:

Seasoned pork chops  
Honey balsamic sauce  
Veggies

### NEED:

Cooking oil  
Seasoning for veggies

### PAIRING SUGGESTIONS:

Roasted potatoes

1. Preheat oven to 375F. Place veggies on a lined baking sheet and roast for 15-18 minutes or until tender and golden.
2. Heat a skillet on medium high heat; drizzle with oil and add pork chops. Sear on both sides, then lower heat and cover with lid. Cook until internal temp reaches 145F.
3. Remove lid and add sauce. Increase heat and bring to low boil, until thickened, coating chops.

### #3 Pizza-Dillas

INGREDIENTS IN THE BAG:

Tortillas

Cheese, divided in half then 1 half into portions (however many you ordered)

Pizza sauce

Sausage

NEED:

Cooking spray

PAIRING SUGGESTIONS:

Your favorite pizza toppings like pepperoni, olives, peppers

1. Divide cheese in half. Take one half and divide that into portions (however many you ordered). Save remaining cheese for topping.
2. Heat a skillet on medium high heat. Cook sausage until browned and break into crumbles and scrape into a bowl.
3. In the same skillet, spray bottom with cooking spray then, place 1 tortilla in skillet, sprinkle 1 portion of cheese around tortilla to cover evenly, then top with 2nd tortilla. Spray the top of the 2nd tortilla with cooking spray.
4. Once bottom is golden and crispy, carefully flip entire tortilla over and cook until golden and crispy. Remove from skillet and repeat with remaining tortillas/cheese.
5. Preheat oven to 400F. Place quesadillas on a lined baking sheet. Top each one with pizza sauce, sausage crumbles, remaining cheese and any other toppings you want to add.
6. Place in the oven for 5-8 minutes until cheese and toppings are melted and warmed through. Slice and serve.

#### #4 Teriyaki Beef & Veggies

INGREDIENTS IN THE BAG:

Seasoned beef  
Teriyaki sauce  
Veggies

NEED:

Cooking oil

PAIRING SUGGESTIONS:

Jasmine rice, noodles

1. Heat a large skillet on high heat; drizzle with oil and add beef. Sear for 3-4 minutes, then transfer to plate. Lower heat and add veggies in; sauté for 8-10 minutes or until veggies are tender, then add beef back in and pour sauce in.
2. Bring to a low boil, until sauce thickens and beef and veggies are coated.

Serve over rice or noodles.

#### #5 Swedish Meatballs

INGREDIENTS IN THE BAG:

Meatballs  
Sauce  
Veggies

NEED:

Cooking oil  
Seasoning for veggies  
2 tablespoons flour/2 tablespoon softened butter (combined to make a paste)  
2 cups warm water

PAIRING SUGGESTIONS:

Egg noodles, mashed potatoes

1. Preheat oven to 400F. Place veggies on a lined baking sheet; drizzle with oil and sprinkle with seasoning. Roast for 18-20 minutes or until golden and tender.
2. Heat a large skillet on medium high heat, add butter flour paste and whisk until melted, then whisk in 2 cups warm water, whisking the whole time to keep from getting lumpy.
3. Once liquid starts to thicken, lower heat and stir in sauce bag, whisking to combine.
4. Add the meatballs to the sauce and simmer on low for 8-10 minutes. If sauce is too thick, add a little water or milk to thin it out.

## #6 Sweet & Sour Pork

### INGREDIENTS IN THE BAG:

Seasoned pork with sweet & sour sauce, peppers & pineapple

### NEED:

Cooking oil

### PAIRING SUGGESTIONS:

White or fried rice

1. Take pork out of the bag and pour sauce/pineapple/peppers into sauce pan. Heat on low until thickened, about 10 minutes.
2. Heat a skillet on high heat drizzle with oil and toss pork in. Do not stir for 4 minutes to create a sear, then toss and leave for another 4 minutes. Once seared, continue sautéing for additional 3-4 minutes until golden and crispy. Add sauce/veggies to pan and toss to coat meat.
3. Lower heat and simmer until warmed through, about 5-6 minutes.

## #7 Mississippi Chicken

### INGREDIENTS IN THE BAG:

Seasoned chicken & pepperoncini (everything is in the bag)

### NEED:

4 tablespoons butter (optional)

### PAIRING SUGGESTIONS:

Egg noodles or other pasta, quinoa or mashed potatoes

### CROCKPOT:

1. Place contents of bag into crockpot, and add butter (optional).
2. Cover and cook on low for 3-4 hours or high for 2-3 hours. **NO** liquid is required, as the chicken will release its own juices during cooking.
3. Once done cooking, shred chicken in the pot and serve with juices spooned over top.

## #8 Biscuit Chicken Pot Pie

### INGREDIENTS IN THE BAG:

Seasoned chicken/veggies/sauce

All in 1 bag

### NEED:

1 can Biscuits (8 biscuits)

2 tablespoons flour/2 tablespoons softened butter (combined to make a paste)

2 cups water or milk

Cooking spray & oil

### PAIRING SUGGESTIONS:

Salad

1. Preheat oven to 375F. Place biscuits on a lined baking sheet and bake for 8 minutes. remove from the oven, but leave the oven on (biscuits will not be cooked at this point). Spray a 9" x 13" baking dish with cooking spray.
2. Heat a large skillet on medium high heat, add butter/flour paste to skillet and whisk until melted, then pour in 2 cups water (or milk), whisking continuously to get any lumps out. Once paste is incorporated, add contents of bag mix and stir to combine. Lower heat and simmer for 22-25 minutes or until veggies are tender and chicken is cooked through (internal temp should read 165F).
3. Pour mixture into prepared baking dish and place par-cooked biscuits on top of the casserole with the baked side down (raw side up).
4. Place baking dish in oven and bake for 12-15 minutes or until biscuits are golden brown.

## #9 Spaghetti with Meat Sauce

### INGREDIENTS IN THE BAG:

Seasoned ground beef

Onion/garlic/spices

Marinara sauce

Veggies

### Need:

Cooking oil

Spaghetti noodles

1 cup of water (or wine)

Seasoning for veggies

### PAIRING SUGGESTIONS:

Salad or garlic bread

### STOVE TOP:

1. Heat a large deep skillet on medium high heat; drizzle with oil and add ground beef. Cook until no longer pink, breaking up into crumbles with a spoon.
2. Add onion/garlic mixture and saute for a few more minutes, then add marinara sauce and water (or wine). Lower heat and simmer for 25-30 minutes to marry flavors.
3. While sauce is simmering (and your pasta is cooking), heat a 2nd skillet on medium high heat, drizzle with oil and add veggies. Sprinkle with seasoning and saute for 10-14 minutes or until tender.

### INSTANT POT:

1. Set instant pot on "saute" and once hot, drizzle with oil. Add ground beef and cook until meat is no longer pink, breaking up with a spoon into crumbles.
2. Add onion/garlic/spices and saute for a couple minutes, then add marinara sauce and water.
3. Cover and seal lid. Cook on high pressure for 15 minutes with a 15 minute natural pressure release. Carefully release the remaining pressure and the sauce is ready.
4. While sauce is cooking in the instant pot (and your pasta is cooking), heat a skillet on medium high heat, drizzle with oil and add veggies. Sprinkle with seasoning and saute for 10-14 minutes or until tender.

## #10 Vidalia Onion Chicken

### INGREDIENTS IN THE BAG:

Seasoned chicken  
Vidalia onion dressing  
Veggies

### NEED:

Cooking oil  
Seasoning for veggies

### PAIRING SUGGESTIONS:

Salad or garlic toast/bread

### CROCK POT:

1. Add chicken to crock pot and pour dressing over tops of chicken. Cook on low for 3-4 hours or high for 2-4 hours.
2. To cook veggies, heat a skillet on medium high heat, drizzle with oil and add veggies. Sprinkle with seasoning and saute for 10-12 minutes or until tender.

### STOVE TOP/OVEN:

1. Preheat oven to 375F. Heat skillet on high heat, drizzle with oil, and add chicken. Sear until golden brown, about 4-5 minutes each side. Transfer to a baking dish.
2. Pour dressing over tops of chicken and bake for 25-30 minutes or until internal temp reaches 165F.
3. Using the skillet you seared the chicken in, add veggies and saute for 10-12 minutes, or until tender.