

# ALL PORK CHOPS PLAN

## August 2016

### Recipes

1. Slow Cooker Southwestern Pork Roast
2. Sweet 'n Spicy Pork Chops
3. Grilled Honey Mustard Pork Chops
4. Slow Cooker Creamy Ranch Pork Chops
5. Pineapple Bourbon Pork Chops

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# 1. Slow Cooker Southwestern Pork Roast

*Yield: 4 servings*

*Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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## Ingredients for Single Meal

- 2 lb. pork roast
- Salt and pepper
- 2 Tbsp brown sugar
- 2 Tbsp minced onion
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- 2 - 4 oz. cans green chiles
- **Side:** dinner rolls
- **Side:** salad

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## Cooking Directions for Single Meal

1. In a small mixing bowl, combine the brown sugar, minced onion, chili powder and ground cumin.
2. Place the pork roast in the base of the slow cooker and season with salt and pepper. Then add the spice mixture directly onto the pork. Top with the 2 cans of green chiles onto the pork roast.
3. Please note: if your slow cooker "runs hot," you might want to add 1/2 to 3/4 cup of water to keep the roast from drying out. Set the slow cooker on low and cook for 8 hours.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Slow Cooker Southwestern Pork Roast with dinner rolls and salad.

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## Assembly Prep Directions for 2 Meals

In a small mixing bowl, combine 4 Tbsp brown sugar, 4 Tbsp minced onion, 2 Tbsp chili powder and 2 Tbsp ground cumin.

Open 4 cans of green chiles.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork roast
- Salt and pepper
- Half of spice mixture
- 2 - 4 oz. cans green chiles

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.*

**Special Notes:** *None.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free sides, like rice.*

## 2. Sweet 'n Spicy Pork Chops

*Yield: 4 servings*

*Prep Time: 10 minutes • Cook Time: 20 minutes*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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### Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1 Tbsp canola oil
- 1 green bell pepper
- 1 red bell pepper
- 1 small white onion
- 16 oz. jar sweet 'n sour sauce
- 1 tsp cayenne pepper
- **Side:** rice
- **Side:** veggies

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### Cooking Directions for Single Meal

1. Seed and dice the red bell pepper and the green bell pepper. Dice the onion.
2. Cook the rice, as directed.
3. In a large skillet, heat the oil, then saute the bell peppers and onion for 3 to 4 minutes. Then nestle the pork chops into the bell peppers and onions and pour the sweet 'n sour sauce over the top. Bring to bubbling over medium heat and cook the pork chops through, flipping once and stirring often. Once the pork chops are cooked through, remove the skillet from the heat and sprinkle the cayenne pepper over the top and stir through.
4. Prepare veggies.
5. Serve Sweet n Spicy Pork Chops over rice with veggies.

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### Assembly Prep Directions for 2 Meals

Seed and dice 2 red bell peppers and 2 green bell peppers. Dice 2 onions.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the red and green bell peppers
- Half of the diced onion
- 16 oz. jar sweet n sour sauce

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to skillet for cooking as directed.*

**Special Notes:** *You could use crushed red pepper, ground red pepper, or hot sauce to add more spice to these pork chops.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served when you use gluten-free sweet 'n sour sauce.*

## 3. Grilled Honey Mustard Pork Chops

*Yield: 4 servings*

*Prep Time: 10 minutes\* • Cook Time: 15 minutes*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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### Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup honey mustard dipping sauce
- 1 Tbsp honey
- 2 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar
- **Side:** fruit
- **Side:** salad

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### Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the honey mustard dipping sauce, honey, Dijon mustard and apple cider vinegar.
2. Place pork chops into a baking dish and season with salt and pepper. Pour the honey mustard marinade over the pork chops. Let marinate for at least 30 minutes in the fridge.\*
3. Preheat the grill.
4. Grill for 5 to 6 minutes per side, over direct heat, or until cooked to 145 F. Cooking time may vary depending on thickness of the chops. Let rest 5 minutes before serving and slicing.
5. Prepare fruit and salad.
6. Serve Grilled Honey Mustard Pork Chops with fruit and salad.

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### Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup honey mustard dipping sauce, 2 Tbsp honey, 4 Tbsp Dijon mustard, and 4 Tbsp apple cider vinegar.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared honey mustard marinade

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw pork chops completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before grilling as directed.*

**Special Notes:** *Alternative Cooking Method: Bake at 350 F for 25 to 30 minutes, or until pork chops are cooked through.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free sides.*

## 4. Slow Cooker Creamy Ranch Pork Chops

*Yield: 4 servings*

*Prep Time: 20 minutes • Cook Time: 8 hours in slow cooker*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

### Ingredients for Single Meal

- 4 Tbsp butter
- 4 Tbsp flour
- 2 cups milk
- 1 tsp salt
- Pepper to taste
- 1 cup baby bella mushrooms, finely chopped
- 4 boneless pork chops
- 2 Tbsp [homemade ranch dressing mix](#) (or 1 packet ranch dressing mix)
- 4 oz. cream cheese, cut into 1/2-inch cubes
- **Side:** veggies
- **Side:** dinner rolls

### Cooking Directions for Single Meal

1. In a large skillet, make the homemade cream of mushroom soup for both bags. Melt 4 Tbsp butter and whisk in 4 Tbsp flour. Then quickly whisk in 2 cups milk, 1 tsp salt, pepper to taste. Bring to bubbling. Once thickened, add 1 cup chopped baby bella mushrooms. Let simmer 5 minutes. Then let cool before adding to baggies.
2. Place the pork chops in the base of the slow cooker and season with salt and pepper and then add the ranch dressing mix spices over the top. Pour the homemade cream of mushroom soup over top of the pork chops.
3. Set your slow cooker on low and cook for 8 hours. When there is 30 minutes left in the cooking cycle, switch the slow cooker to high and add 4 oz. cubed cream cheese. Stir just before serving.
4. Serve Creamy Ranch Pork Chops with veggies and dinner rolls.

### Assembly Prep Directions for 2 Meals

In a large skillet, make the homemade cream of mushroom soup for both bags. Melt 8 Tbsp butter and whisk in 8 Tbsp flour. Then quickly whisk in 4 cups milk, 2 tsp salt, pepper to taste. Bring to bubbling. Once thickened, add 8 oz. chopped baby bella mushrooms. Let simmer 5 minutes. Then let cool before adding to baggies.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Homemade cream of mushroom soup, half into each bag
- 2 Tbsp ranch dressing mix

Note: Do NOT add cream cheese at this time.

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

**Special Notes:** You can use a 10 oz. can cream of mushroom soup in place of the homemade recipe ingredients.

**Dairy-Free Modifications:** Use rice milk and dairy-free margarine to make the homemade cream of mushroom soup. Omit the cream cheese.

**Gluten-Free Modifications:** Use gluten free flour blend in place of flour, when making homemade cream of mushroom soup. Serve over rice instead of dinner rolls.

## 5. Pineapple Bourbon Pork Chops

*Yield: 4 servings*

*Prep Time: 15 minutes • Cook Time: 40 minutes*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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### Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1 cup Pineapple Bourbon sauce\* or sweet Teriyaki sauce
- 20 oz. can pineapple chunks, drained
- **Side:** dinner rolls
- **Side:** salad or veggies

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### Cooking Directions for Single Meal

1. **Slow Cooking Instructions:** Add the pork chops, salt and pepper, Pineapple Bourbon sauce (or Teriyaki sauce) and pineapple chunks to the slow cooker. Set on low and cook for 8 hours.
2. **Oven Cooking Instructions:** Preheat oven to 350 F.
3. Add the pork chops to a glass baking dish and sprinkle a little salt and pepper over the top of the chops. Pour the Pineapple Bourbon or sweet Teriyaki sauce over the top. Add the pineapple chunks around and on top of the pork chops.
4. Bake in the preheated oven for 35 to 40 minutes, or until no longer pink in the middle. Cooking time may vary depending on thickness of the chops.
5. Serve Pineapple Bourbon Pork Chops with salad or veggies and dinner rolls.

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### Assembly Prep Directions for 2 Meals

Open 2 cans of pineapple chunks.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 1 cup Pineapple Bourbon or sweet Teriyaki sauce
- 20 oz. can pineapple chunks

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours, or baking as directed.

**Special Notes:** If you plan to bake these pork chops, you could use a disposable freezer cooking tray during the assembly process. Add the pork chops, then the pineapple chunks and add the pineapple bourbon sauce over the top. Cover with foil and freeze. Thaw completely before baking for 45 minutes to one hour, or until pork chops are no longer pink in the middle. Cooking time may vary depending on thickness of the pork chops you use.

**Dairy-Free Modifications:** Recipe is dairy-free when served with dairy-free sides.

**Gluten-Free Modifications:** Use GF teriyaki sauce or other sweet-Asian GF sauce.

**\*Ingredient Note:** This Pineapple Bourbon sauce is sold at Costco and other select grocery stores. If you can't find it on the condiment aisle, use a sweet Teriyaki sauce in its place.



## Complete Shopping List by Recipe

### 1. Slow Cooker Southwestern Pork Roast

- 2 - 2 lb. pork roasts
- Salt and pepper
- 4 Tbsp brown sugar
- 4 Tbsp minced onion
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 4 - 4 oz. cans green chiles
- Side:** dinner rolls x 2
- Side:** salad x 2

### 2. Sweet 'n Spicy Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 Tbsp canola oil
- 2 green bell peppers
- 2 red bell peppers
- 2 small white onions
- 2 - 16 oz. jars sweet 'n sour sauce
- 2 tsp cayenne pepper
- Side:** rice x 2
- Side:** veggies x 2

### 3. Grilled Honey Mustard Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup honey mustard dipping sauce
- 2 Tbsp honey
- 4 Tbsp Dijon mustard
- 4 Tbsp apple cider vinegar
- Side:** fruit x 2
- Side:** salad x 2

### 4. Slow Cooker Creamy Ranch Pork Chops

- 8 Tbsp butter
- 8 Tbsp flour
- 4 cups milk
- 2 tsp salt
- Pepper to taste
- 2 cups baby bella mushrooms
- 8 boneless pork chops
- 4 Tbsp homemade ranch dressing mix (or 2 packets ranch dressing mix)
- 8 oz. cream cheese
- Side:** veggies x 2
- Side:** dinner rolls x 2

### 5. Pineapple Bourbon Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 cups Pineapple Bourbon sauce
- 2 - 20 oz. cans pineapple chunks
- Side:** veggies x 2
- Side:** dinner rolls x 2

### Supplies

- 10 gallon-size freezer baggies



## Complete Shopping List by Store Section/Category

### Pork Chops

- 2 - 2 lb. pork roasts
- 32 boneless pork chops

### Produce

- 2 green bell peppers
- 2 red bell peppers
- 2 small white onions
- 2 cups baby bella mushrooms
- Side:** salad x 4
- Side:** veggies x 6
- Side:** fruit x 2

### Pantry Staples - Canned, Boxed, Frozen

- 4 - 4 oz. cans green chiles
- 2 - 20 oz. cans pineapple chunks

### Starchy Sides

- Side:** dinner rolls x 6
- Side:** rice x 2

### Sauces/Condiments

- 2 Tbsp canola oil
- 2 - 16 oz. jars sweet 'n sour sauce
- 1 cup honey mustard dipping sauce
- 2 Tbsp honey
- 4 Tbsp Dijon mustard
- 4 Tbsp apple cider vinegar
- 2 cups Pineapple Bourbon sauce

### Spices

- 4 Tbsp brown sugar
- 4 Tbsp minced onion
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 tsp cayenne pepper
- 8 Tbsp flour
- 4 Tbsp homemade ranch dressing mix (or 2 packets ranch dressing mix)
- Salt and pepper

### Dairy/Refrigerated

- 8 Tbsp butter
- 4 cups milk
- 8 oz. cream cheese

### Supplies

- 10 gallon-size freezer baggies



## Freezer Meal Prep Day Shopping List by Recipe

**Note:** This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

*\*\*In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.*

### 1. Slow Cooker Southwestern Pork Roast

- 2 - 2 lb. pork roasts
- Salt and pepper
- 4 Tbsp brown sugar
- 4 Tbsp minced onion
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 4 - 4 oz. cans green chiles

### 2. Sweet 'n Spicy Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 Tbsp canola oil
- 2 green bell peppers
- 2 red bell peppers
- 2 small white onions
- 2 - 16 oz. jars sweet 'n sour sauce

### 3. Grilled Honey Mustard Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 1 cup honey mustard dipping sauce
- 2 Tbsp honey
- 4 Tbsp Dijon mustard
- 4 Tbsp apple cider vinegar

### 4. Slow Cooker Creamy Ranch Pork Chops

- 8 Tbsp butter
- 8 Tbsp flour
- 4 cups milk
- 2 tsp salt
- Pepper to taste
- 2 cups baby bella mushrooms
- 8 boneless pork chops
- 4 Tbsp homemade ranch dressing mix (or 2 packets ranch dressing mix)

### 5. Pineapple Bourbon Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 cups Pineapple Bourbon sauce
- 2 - 20 oz. cans pineapple chunks

### Supplies

- 10 gallon-size freezer baggies



## Freezer Meal Prep Day Shopping List by Store Section/ Category

**Note:** *This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.*

### Pork Chops

- 2 - 2 lb. pork roasts
- 32 boneless pork chops

### Produce

- 2 green bell peppers
- 2 red bell peppers
- 2 small white onions
- 2 cups baby bella mushrooms

### Pantry Staples - Canned, Boxed, Frozen

- 4 - 4 oz. cans green chiles
- 2 - 20 oz. cans pineapple chunks

### Sauces/Condiments

- 2 Tbsp canola oil
- 2 - 16 oz. jars sweet 'n sour sauce
- 1 cup honey mustard dipping sauce
- 2 Tbsp honey
- 4 Tbsp Dijon mustard
- 4 Tbsp apple cider vinegar
- 2 cups Pineapple Bourbon sauce

### Spices

- 4 Tbsp brown sugar
- 4 Tbsp minced onion
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 8 Tbsp flour
- 4 Tbsp homemade ranch dressing mix (or 2 packets ranch dressing mix)
- Salt and pepper

### Dairy/Refrigerated

- 8 Tbsp butter
- 4 cups milk

### Supplies

- 10 gallon-size freezer baggies



## Assembly Prep Instructions

- Print out the Assembly Instructions page and/or Loading Table and set out on the counter.
- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or stations.

## Pre-Cook & Chop Instructions

- Seed and dice 2 red bell peppers and 2 green bell peppers. Dice 2 onions.
- Southwestern Roast Rub:** combine 4 Tbsp brown sugar, 4 Tbsp minced onion, 2 Tbsp chili powder and 2 Tbsp ground cumin.
- Cream of Mushroom Sauce:** In a large skillet, make the homemade cream of mushroom soup for both bags. Melt 8 Tbsp butter and whisk in 8 Tbsp flour. Then quickly whisk in 4 cups milk, 2 tsp salt, pepper to taste. Bring to bubbling. Once thickened, add 8 oz. chopped baby bella mushrooms. Let simmer 5 minutes. Then let cool before adding to baggies.
- Honey Mustard Marinade:** whisk together 1 cup honey mustard dipping sauce, 2 Tbsp honey, 4 Tbsp Dijon mustard, and 4 Tbsp apple cider vinegar.
- Open 4 cans of green chiles.
- Open 2 cans of pineapple chunks.



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## Assembly Instructions for Loading Bags

### Slow Cooker Southwestern Pork Roast

To each of the **Slow Cooker Southwestern Pork Roast** bags, add the following ingredients:

- 2 lb. pork roast
- Salt and pepper
- Half of spice mixture
- 2 - 4 oz. cans green chiles

### Sweet 'n Spicy Pork Chops

To each of the **Sweet 'n Spicy Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the red and green bell peppers
- Half of the diced onion
- 16 oz. jar sweet n sour saucer

### Grilled Honey Mustard Pork Chops

To each of the **Grilled Honey Mustard Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared honey mustard marinade

### Slow Cooker Creamy Ranch Pork Chops

To each of the **Slow Cooker Creamy Ranch Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Homemade cream of mushroom soup, half into each bag
- 2 Tbsp ranch dressing mix

### Pineapple Bourbon Pork Chops

To each of the **Pineapple Bourbon Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- about 1 cup Pineapple Bourbon or sweet Teriyaki sauce
- 20 oz. can pineapple chunks, drained

For all of the baggies, Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.