Slow Cooker Italian Chicken & Potatoes	Slow Cooker Italian Chicken & Potatoes		
Thaw and cook in the Dutch oven. Serve with side salad.	Thaw and cook in the Dutch oven. Serve with side salad.		
Date:	Date:		
FreezEasy Simple Peop Freezer Cooling Meet Plans	FreezEasy Simple, Pazy Freser Cooking Meet Place		
Thai Chicken Tacos	Thai Chicken Tacos		
Thaw chicken in the marinade and transfer to skillet and brown the chicken pieces. Serve on tortillas with shredded cabbage and drizzles of Thai peanut sauce. Serve with veggies.	Thaw chicken in the marinade and transfer to skillet and brown the chicken pieces. Serve on tortillas with shredded cabbage and drizzles of Thai peanut sauce. Serve with veggies.		
Date:	Date:		
FreezEasy Simple, Pasy Proser Cooking Meet Places	FreezEasy Simple, Facty Presser Cooking Heat Flavo		
Slow Cooker Spicy Mango Chicken Tacos	Slow Cooker Spicy Mango Chicken Tacos		
Thaw and slow cook on low for 8 hours. Once cooked, shred the chicken with 2 forks and serve in flour tortillas. Serve with avocado.	Thaw and slow cook on low for 8 hours. Once cooked, shred the chicken with 2 forks and serve in flour tortillas. Serve with avocado.		
Date:	Date:		

FreezEasy
Simple, Dicty Preser Cooking Meat Places



Chicken Fajita Bake

Thaw completely and bake at 400 F for 45 minutes. Serve over rice with sour cream and shredded cheese garnish. Date: Date: **Beef Stew Foil Packs Beef Stew Foil Packs** Thaw beef and veggies completely. Bake at 400 F for 50 to 60 Thaw beef and veggies completely. Bake at 400 F for 50 to 60 minutes, or until beef is cooked through and potatoes are minutes, or until beef is cooked through and potatoes are softened. Serve with dinner rolls. softened. Serve with dinner rolls. Date: Date: Chickpea Beef Chili Chickpea Beef Chili Thaw and reheat in saucepan over low heat. Serve with sour Thaw and reheat in saucepan over low heat. Serve with sour cream and shredded cheese garnish, and veggies. cream and shredded cheese garnish, and veggies. Date: Date:



Chicken Fajita Bake

Thaw completely and bake at 400 F for 45 minutes. S	Serve over
rice with sour cream and shredded cheese garn	ıish.



Lazy Lasagna Bake

Thaw completely and bake covered at 400 F for 45 minutes. Then uncover and bake another 10 minutes. Serve with side salad

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Date:	
	FreezEasy Simple, Ricy Preser Cooking Meat Plans

Lazy Lasagna Bake

Thaw completely and bake covered at 400 F for 45 minutes. Then uncover and bake another 10 minutes. Serve with side salad.



Slow Cooker Teriyaki Pork Tenderloin

Thaw and place in slow cooker. Cook on low for 8 hours. Let sit for 5 minutes, then slice and add sauce to each serving.

Serve with green onion garnish, rice and veggies.

Date:		
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Slow Cooker Teriyaki Pork Tenderloin

Thaw and place in slow cooker. Cook on low for 8 hours. Let sit for 5 minutes, then slice and add sauce to each serving.

Serve with green onion garnish, rice and veggies.

Date:	



Lentil Chili

Thaw and reheat in saucepan over medium heat for 20 minutes, or until lentils are cooked through. Serve with sour cream and shredded cheese garnish, and salad.



Lentil Chili

Thaw and reheat in saucepan over medium heat for 20 minutes, or until lentils are cooked through. Serve with sour cream and shredded cheese garnish, and salad.



Slow Cooker Spanish Rice

Thaw, add contents to slow cooker, then pour in 4 cups water, top with diced tomatoes, and slow cook on low for 2 to 3 hours. Serve with veggies and sliced avocado.

Date:			

Slow Cooker Spanish Rice

Thaw, add contents to slow cooker, then pour in 4 cups water, top with diced tomatoes, and slow cook on low for 2 to 3 hours. Serve with veggies and sliced avocado.

