

Upside Down Nacho Skillet

Thaw and add contents of the bag to skillet to reheat. Once reheated, add tortilla chips into the beef mixture and top with shredded pepper Jack cheese. Bake at 350 F for 10 minutes, or until cheese is melted. Serve with fruit.

Date: _____



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Chicken Curry-Peanut Soup

Thaw contents and reheat in large saucepan. Stir in 15 oz. can light coconut milk and 2 cups chicken stock. Simmer for 20 to 30 minutes. Serve with salad.

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Baked Island Chicken

Thaw and bake at 350 F for 50 to 60 minutes, or until chicken is cooked through. Serve over rice with veggies.

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Slow Cooker Simple Baby Beef Stew

Thaw and slow cook on low for 8 hours. Serve with dinner rolls.

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Split Pea Soup

Thaw and reheat veggies and ham in saucepan, then add 10 cups hot water with 1 lb. dry split peas. Cover and cook 30 minutes, then uncover and cook 30 more minutes. Serve with Parmesan cheese and sour cream garnish, and salad.

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