

GLUTEN FREE MEAL PLAN

NOVEMBER 2016

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1. Creamy Honey Mustard Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 4 boneless pork chops
- 3 Tbsp heavy cream
- 1/4 cup(s) yellow mustard
- 1/4 cup(s) honey
- 1 tsp cider vinegar
- Salt and pepper
- Side: frozen French fries
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease a 7x11 or 9x13-inch baking dish with non-stick cooking spray.
2. Place the boneless pork chops into prepared baking dish.
3. In a small mixing bowl, whisk together the heavy cream, yellow mustard, honey and cider vinegar. Pour over the pork chops and bake in the preheated oven for 40 to 45 minutes, or until pork chops have cooked through. Cooking time will vary depending on thickness of the pork chops.
4. Cook French fries as directed.
5. Prepare veggies.
6. Serve Creamy Honey Mustard Pork Chops with side of fries and veggies.

Assembly Prep Directions for 2 Meals

Whisk together 6 Tbsp cream, 1/2 cup honey, 1/2 cup yellow mustard and 2 tsp cider vinegar in a small bowl.

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

- 4 boneless pork chops
- Salt and pepper
- Prepared Honey-Mustard sauce, half into each bag

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.

Freeze & Thaw Instructions: *Put bags or trays in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight before transferring to baking dish and baking as directed.*

Dairy-Free Modifications: *Omit the cream for dairy-free meal.*

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

2. Cheesy Chicken Enchiladas

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 25 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 3 cup(s) shredded rotisserie chicken
- 4 cup(s) shredded Monterrey Jack cheese
- 1 cup(s) red salsa
- Salt and pepper
- 1 x 10 oz. can(s) red enchilada sauce
- 12 corn tortillas
- Garnish: chopped cilantro
- Side: refried beans
- Side: veggies
- 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. In a mixing bowl, toss together the rotisserie chicken, half of the shredded Monterrey Jack cheese with the salsa and a pinch of salt and pepper.
3. Roll the chicken-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterrey Jack cheese.
4. Bake in the preheated oven for 25 minutes, or until cheese has melted.
5. Warm the refried beans.
6. Prepare veggies.
7. Serve Cheesy Chicken Enchiladas with cilantro garnish, refried beans and veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, toss together 6 cups of rotisserie chicken, 4 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 2 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- 2 cups shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: Put tray 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 shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.

Dairy-Free Modifications: Unfortunately, there isn't a great dairy-free option for this meal.

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

3. Italian Sausage & Veggie Stew

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 4 sweet Italian sausages
- 1 Tbsp olive oil
- 4 whole carrots
- 1 small zucchini
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 x 10 oz. box(es) frozen spinach
- 1 x 15 oz. can(s) white beans
- 1 Tbsp Italian seasoning
- 4 cup(s) chicken stock broth
- Salt and pepper
- Garnish: grated Parmesan cheese
- Side: loaf French bread

Cooking Directions for Single Meal

1. Open and drain the white beans.
2. Remove the casing from the sausage and cut into 1-inch pieces.
3. Peel and chop the carrots. Chop the zucchini.
4. In a large saucepan, heat the olive oil and brown the sausages. Stir in the chopped carrots, zucchini, minced onion and minced garlic. Saute for 5 to 10 minutes. Stir in the frozen spinach, white beans, Italian seasoning and chicken stock. Bring to boiling and then simmer for 10 minutes. Season with salt and pepper to taste.
5. Warm the French loaf bread.
6. Serve Italian Sausage & Veggie Stew with grated Parmesan garnish and side of loaf bread.

Assembly Prep Directions for 2 Meals

Remove the casing from 8 sausages and cut into 1-inch pieces.

Peel and chop 8 carrots. Chop 2 zucchini.

Open and drain 2 cans of white beans.

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

- Half of the sausage pieces
- Half of the chopped carrots
- Half of the chopped zucchini
- 1 - 10 oz. box frozen spinach
- 1 - 15 oz. can white beans
- 1 Tbsp Italian seasoning
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Salt and pepper
- 4 cups chicken stock broth

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 adding all contents of bag to a saucepan and cooking over medium low heat for 30 minutes, or until sausage is cooked through.

Special Notes: Feel free to omit the chicken stock from the freezer bag to save room in your freezer and add it in when ready to prepare.

Dairy-Free Modifications: Omit the garnish for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free by

omitting the french bread and serving with gluten-free sides.

4. Chicken & Shrimp Jambalaya

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 Tbsp canola oil
- 1 lb(s) andouille sausage
- 2 small boneless chicken breasts
- 1 lb(s) cooked shrimp without tails
- 1 small white onion(s)
- 2 celery stalk(s)
- 1 red bell pepper(s)
- 1 tsp minced garlic
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 4 oz. can(s) green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper
- 3 cup(s) chicken stock
- 1 1/2 cup(s) white rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the cans of diced tomatoes and green chilies.
2. Slice the andouille sausage into 1-inch circles.
3. Cut the chicken breasts into bite size pieces.
4. Chop the onion, celery and red bell pepper.
5. In a large saucepan, heat the oil and add the andouille sausage, chicken and shrimp. Toss in the chopped onion, celery, bell pepper, minced garlic, diced tomatoes, green chiles and Creole seasoning. Saute for 5 to 7 minutes, tossing often.
6. Pour in the chicken stock and bring to bubbling. Then stir in the rice and cover and cook for 20 minutes, or until rice is tender. Season with salt and pepper.
7. Prepare veggies.
8. Serve Chicken & Shrimp Jambalaya with veggies.

Assembly Prep Directions for 2 Meals

Slice the andouille sausage into 1-inch circles.

Cut the chicken breasts into bite size pieces.

Chop the onion, celery and red bell pepper.

Open and drain the cans of diced tomatoes and the green chiles.

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

- Half of the sliced andouille sausage
- Half of the chicken pieces
- 1 lb. cooked shrimp
- Half of the chopped onion
- Half of the chopped celery
- Half of the chopped red bell pepper
- Half of the drained diced tomatoes
- Half of the drained green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper

Do NOT add the chicken stock or rice. 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 a large saucepan. Bring to bubbling, then add chicken stock and rice and cook as directed.

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.

5. Maple Roasted Salmon

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 lb(s) salmon fillet
- Salt and pepper
- 1/4 cup(s) maple syrup
- 2 Tbsp soy sauce
- 1 tsp minced garlic
- Side: rice
- Side: veggies
- gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Cut salmon fillet into 4 pieces. Place in small baking dish and sprinkle salt and pepper over the top.
3. In a small mixing bowl, combine the maple syrup, soy sauce and minced garlic. Pour over each piece of salmon.
4. Bake in the preheated oven for 15 to 20 minutes, or until salmon is no longer pink in the middle.
5. Cook rice, as directed.
6. Prepare veggies.
7. Serve Maple Roasted Salmon with side of rice and veggies.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

In a small mixing bowl, combine 1/2 cup maple syrup, 4 Tbsp soy sauce and 2 tsp minced garlic.

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

- Half of the salmon pieces
- Salt and pepper
- Half of the prepared sauce

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.

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 bowl of warm water for about 20 minutes, before transferring to baking dish and baking as directed.

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

Gluten-Free Modifications: Recipe is gluten-free when you use gluten-free soy sauce.

Complete Shopping List by Recipe

1. Creamy Honey Mustard Pork Chops

- ☐ 8 boneless pork chops
- ☐ 6 Tbsp heavy cream
- ☐ 1/2 cup(s) yellow mustard
- ☐ 1/2 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ Salt and pepper
- ☐ frozen French fries
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

3. Italian Sausage & Veggie Stew

- ☐ 8 sweet Italian sausages
- ☐ 2 Tbsp olive oil
- ☐ 8 whole carrots
- ☐ 2 small zucchini
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 2x15 oz. can(s) white beans
- ☐ 2 Tbsp Italian seasoning
- ☐ 8 cup(s) chicken stock broth
- ☐ Salt and pepper
- ☐ grated Parmesan cheese
- ☐ loaf French bread

5. Maple Roasted Salmon

- ☐ 2 lb(s) salmon fillet
- ☐ Salt and pepper
- ☐ 1/2 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce
- ☐ 2 tsp minced garlic
- ☐ rice
- ☐ veggies
- ☐ gallon-size freezer baggie(s)

2. Cheesy Chicken Enchiladas

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2 cup(s) red salsa
- ☐ Salt and pepper
- ☐ 2x10 oz. can(s) red enchilada sauce
- ☐ 24 corn tortillas
- ☐ chopped cilantro
- ☐ refried beans
- ☐ veggies
- ☐ 9x13 disposable foil tray

4. Chicken & Shrimp Jambalaya

- ☐ 2 Tbsp canola oil
- ☐ 2 lb(s) andouille sausage
- ☐ 4 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 tsp minced garlic
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 2 Tbsp Creole seasoning
- ☐ Salt and pepper
- ☐ 6 cup(s) chicken stock
- ☐ 3 cup(s) white rice
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 boneless pork chops
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 sweet Italian sausages
- ☐ 8 cup(s) chicken stock broth
- ☐ 2 lb(s) andouille sausage
- ☐ 4 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) red salsa
- ☐ 2x10 oz. can(s) red enchilada sauce
- ☐ **Side:** loaf French bread
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 6 cup(s) chicken stock
- ☐ 3 cup(s) white rice
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 1 cup(s) yellow mustard
- ☐ 1 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ 2 Tbsp olive oil
- ☐ 2 Tbsp canola oil
- ☐ 1 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce

Dairy/Frozen

- ☐ 6 Tbsp heavy cream
- ☐ **Side:** frozen French fries
- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ **Garnish:** grated Parmesan cheese

Produce

- ☐ **Side:** veggies
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** refried beans
- ☐ 8 whole carrots
- ☐ 2 small zucchini
- ☐ 2x15 oz. can(s) white beans
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)

Starchy Sides

- ☐ 24 corn tortillas

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 Tbsp Creole seasoning

Supplies

- ☐ **Side:** 4 gallon-size freezer baggie(s)
- ☐ **Side:** 9x13 disposable foil tray

Freezer Meal Prep Day Shopping List by Recipe

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

****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. Creamy Honey Mustard Pork Chops

- ☐ 8 boneless pork chops
- ☐ 6 Tbsp heavy cream
- ☐ 1/2 cup(s) yellow mustard
- ☐ 1/2 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Italian Sausage & Veggie Stew

- ☐ 8 sweet Italian sausages
- ☐ 2 Tbsp olive oil
- ☐ 8 whole carrots
- ☐ 2 small zucchini
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 2x15 oz. can(s) white beans
- ☐ 2 Tbsp Italian seasoning
- ☐ 8 cup(s) chicken stock broth
- ☐ Salt and pepper

5. Maple Roasted Salmon

- ☐ 2 lb(s) salmon fillet
- ☐ Salt and pepper
- ☐ 1/2 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce
- ☐ 2 tsp minced garlic
- ☐ gallon-size freezer baggie(s)

2. Cheesy Chicken Enchiladas

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2 cup(s) red salsa
- ☐ Salt and pepper
- ☐ 2x10 oz. can(s) red enchilada sauce
- ☐ 24 corn tortillas
- ☐ 9x13 disposable foil tray

4. Chicken & Shrimp Jambalaya

- ☐ 2 Tbsp canola oil
- ☐ 2 lb(s) andouille sausage
- ☐ 4 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 tsp minced garlic
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 2 Tbsp Creole seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

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

Meat

- ☐ 8 boneless pork chops
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 sweet Italian sausages
- ☐ 8 cup(s) chicken stock broth
- ☐ 2 lb(s) andouille sausage
- ☐ 4 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) red salsa
- ☐ 2x10 oz. can(s) red enchilada sauce
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles

Sauces/Condiments

- ☐ 1 cup(s) yellow mustard
- ☐ 1 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ 2 Tbsp olive oil
- ☐ 2 Tbsp canola oil
- ☐ 1 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce

Dairy/Frozen

- ☐ 6 Tbsp heavy cream
- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2x10 oz. box(es) frozen spinach

Produce

- ☐ 8 whole carrots
- ☐ 2 small zucchini
- ☐ 2x15 oz. can(s) white beans
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)

Starchy Sides

- ☐ 24 corn tortillas

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 Tbsp Creole seasoning

Supplies

- ☐ 4x gallon-size freezer baggie(s)
- ☐ 9x13 disposable foil tray

Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ Whisk together 6 Tbsp cream, 1/2 cup honey, 1/2 cup yellow mustard and 2 tsp cider vinegar in a small bowl.
- ☐ In a mixing bowl, toss together 6 cups of rotisserie chicken, 4 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- ☐ Open 2 cans of red enchilada sauce.
- ☐ Remove the casing from 8 sausages and cut into 1-inch pieces.
- ☐ Peel and chop 8 carrots. Chop 2 zucchini.
- ☐ Open and drain 2 cans of white beans.
- ☐ Slice the andouille sausage into 1-inch circles.
- ☐ Cut the chicken breasts into bite size pieces.
- ☐ Chop the onion, celery and red bell pepper.
- ☐ Open and drain the cans of diced tomatoes and the green chiles.
- ☐ Cut 2 lbs. of salmon fillet into 8 pieces.
- ☐ In a small mixing bowl, combine 1/2 cup maple syrup, 4 Tbsp soy sauce and 2 tsp minced garlic.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Creamy Honey Mustard Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Prepared Honey-Mustard sauce, half into each bag

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.

Italian Sausage & Veggie Stew

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

- Half of the sausage pieces
- Half of the chopped carrots
- Half of the chopped zucchini
- 1 - 10 oz. box frozen spinach
- 1 - 15 oz. can white beans
- 1 Tbsp Italian seasoning
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Salt and pepper
- 4 cups chicken stock broth

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

Maple Roasted Salmon

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

- Half of the salmon pieces
- Salt and pepper
- Half of the prepared sauce

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep

Cheesy Chicken Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- 2 cups shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.

Chicken & Shrimp Jambalaya

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

- Half of the sliced andouille sausage
- Half of the chicken pieces
- 1 lb. cooked shrimp
- Half of the chopped onion
- Half of the chopped celery
- Half of the chopped red bell pepper
- Half of the drained diced tomatoes
- Half of the drained green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper

Do NOT add the chicken stock or rice. Remove as much air as possible and seal. Add label to baggie and freeze.

freezer.