

# GLUTEN FREE PLAN

**DECEMBER 2016**

## Table of Contents

### *Recipes*

1. Lemon Garlic Roasted Chicken
2. Winter Beef Stew
3. Spinach & White Bean Soup
4. Mushroom Smothered Pork Chops
5. Pumpkin Chili

### *Shopping Lists*

Complete Shopping List by Recipe  
Complete Shopping List by Store Section/Category  
Freezer Meal Prep Day Shopping List by Recipe  
Freezer Meal Prep Day Shopping List by Store Section/Category

### *Assembly of Meals*

Assembly Prep Instructions  
Meal Assembly Instructions

# 1. Lemon Garlic Roasted Chicken

*Yield: 4 servings*

*Active Time: 15 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.*

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## Ingredients for Single Meal

- 4 small boneless chicken breasts
- Salt and pepper
- 8 garlic cloves
- 2 lemon(s)
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp dried oregano
- Side: salad
- Side: dinner rolls
- 9x13 disposable foil tray

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## Cooking Directions for Single Meal

1. Thinly slice the lemons. Peel and smash the garlic cloves with the side of a knife to crack it open.
2. Preheat the oven to 400 F.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, and oregano.
4. Place the chicken breasts into a 9x13-inch baking dish and sprinkle with a little salt and pepper. Add the lemon slices and smashed garlic cloves around the chicken pieces. Pour the lemon juice marinade over the top.
5. Bake in the preheated oven for 45 minutes, or until chicken is cooked through.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Serve Lemon Garlic Roasted Chicken with salad and dinner rolls.

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## Assembly Prep Directions for 2 Meals

Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.

In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the lemon slices
- Half of the smashed garlic cloves
- Half of the prepared lemon juice marinade

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:** 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 or potatoes.

## 2. Winter Beef 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.*

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### Ingredients for Single Meal

- 1 Tbsp olive oil
- 1 lb(s) stew beef
- 1 small white onion(s)
- 4 whole carrots
- 1 x 12 oz. bag(s) frozen butternut squash
- 1 x 4 oz. can(s) sliced mushrooms
- 1 x 15 oz. can(s) diced tomatoes
- 2 cup(s) beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper
- Side: salad
- Side: dinner rolls
- gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes and the can of mushrooms.
2. Chop the onion. Peel and chop the carrots.
3. In a large saucepan, heat the olive oil and brown the stew beef. Stir in the chopped onion, chopped carrots, frozen butternut squash, drained mushrooms, drained diced tomatoes, beef broth, Italian seasoning and garlic powder. Bring to boiling and let simmer for 10 to 15 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Winter Beef Stew Chili with salad and dinner rolls.

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### Assembly Prep Directions for 2 Meals

Chop 2 onions. Peel and chop 8 whole carrots.

Open and drain 2 cans of sliced mushrooms.

Open 2 cans of diced tomatoes.

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- 1 small white onion
- Half of the carrots
- 12 oz. bag frozen butternut squash
- 4 oz. can sliced mushrooms
- 15 oz. can diced tomatoes
- 2 cups beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder

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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 10 to 15 minutes.

**Special Notes:** Serve with Paleo approved sides for complete Paleo meal.

**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.

## 3. Spinach & White Bean Soup

*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.*

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### Ingredients for Single Meal

- 1 small white onion(s)
- 2 garlic cloves
- 1 x 2 - 15 oz. can(s) white beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 10 oz. box(es) frozen spinach
- 4 cup(s) vegetable broth
- Salt and pepper
- Garnish: shredded Parmesan cheese
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes. Open, drain and rinse the cans of white beans.
2. Chop the small white onion and crush the garlic cloves.
3. In a large saucepan, add onions, garlic, diced tomatoes, white beans, frozen spinach, and vegetable broth and bring to boiling over medium high heat. Let cook at rolling boil for about 10 minutes, stirring often, to break up the frozen spinach. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Spinach & White Bean Soup with salad and dinner rolls.

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### Assembly Prep Directions for 2 Meals

Chop 2 small white onions. Crush 4 cloves of garlic.

Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth
- Salt and pepper, to taste

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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

**Dairy-Free Modifications:** Recipe is dairy-free when the shredded Parmesan cheese garnish is omitted.

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

## 4. Mushroom Smothered Pork Chops

*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.*

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### Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1/4 cup(s) white cooking wine
- 1 x 8 oz. baby bella mushrooms
- 1 small white onion(s)
- 1 tsp garlic powder
- 1 tsp dried rosemary
- Side: salad
- Side: dinner rolls
- 1 9x13 disposable foil tray

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### Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Slice the white onion. Wash, pat dry, and slice the mushrooms.
3. Place the pork chops into baking dish and sprinkle with salt and pepper. Drizzle the white cooking wine over the pork chops. Add the sliced mushrooms and sliced onion over the pork chops. Season with garlic powder and dried rosemary.
4. Bake in the preheated oven for 25 to 30 minutes, or until pork chops are cooked through. Cooking time may vary depending on thickness of the chops.
5. Prepare the salad.
6. Warm the dinner rolls.
7. Serve Mushroom Smothered Pork Chops with salad and dinner rolls.

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### Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Wash, pat dry, and slice the mushrooms.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 1/4 cup white cooking wine
- Half of the sliced mushrooms
- Half of the sliced onions
- 1 tsp garlic powder
- 1 tsp dried rosemary

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 shallow dish of warm water for about 20 minutes, before transferring to the oven 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 served with gluten-free sides.

## 5. Pumpkin Chili

*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.*

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### Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. diced tom green chilies
- 1 x 15 oz. can(s) diced tomatoes
- 15 oz. can(s) pure pumpkin
- 1 x 15 oz. can(s) red kidney beans
- 1 1/2 Tbsp chili powder
- 1/2 tsp cinnamon
- 2 cup(s) beef broth
- Salt and pepper
- Side: veggies
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes with green chiles. Open the cans of diced tomatoes, pure pumpkin and red kidney beans. Rinse and drain the beans.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the diced tomatoes with jalapenos, diced tomatoes, pure pumpkin, red kidney beans, chili powder and cinnamon. Stir in the beef broth and bring to bubbling, then let simmer over low heat for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
3. Prepare veggies.
4. Serve Pumpkin Chili with veggies.

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### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Open and drain 2 cans of diced tomatoes with green chiles, 2 cans of diced tomatoes, and 2 cans of red kidney beans. Rinse the beans. Open 2 cans of pumpkin.

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes with green chiles
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can pure pumpkin
- 1 - 15 oz. can red kidney beans
- 1 1/2 Tbsp chili powder
- 1/2 tsp cinnamon
- 2 cups beef 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 transferring all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

**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.

# Complete Shopping List by Recipe

## 1. Lemon Garlic Roasted Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 4 lemon(s)
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 4 tsp dried oregano
- ☐ salad
- ☐ dinner rolls
- ☐ 9x13 disposable foil tray

## 2. Winter Beef Stew

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 2 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2x12 oz. bag(s) frozen butternut squash
- ☐ 2x4 oz. can(s) sliced mushrooms
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 2 tsp Italian seasoning
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ salad
- ☐ dinner rolls
- ☐ gallon-size freezer baggie(s)

## 3. Spinach & White Bean Soup

- ☐ 2 small white onion(s)
- ☐ 4 garlic cloves
- ☐ 2x2 - 15 oz. can(s) white beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 8 cup(s) vegetable broth
- ☐ Salt and pepper
- ☐ shredded Parmesan cheese
- ☐ salad
- ☐ dinner rolls
- ☐ 2 gallon-size freezer baggie(s)

## 4. Mushroom Smothered Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1/2 cup(s) white cooking wine
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 2 tsp dried rosemary
- ☐ salad
- ☐ dinner rolls
- ☐ 2 9x13 disposable foil tray

## 5. Pumpkin Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 30 oz. diced tom green chilies
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 30 oz. can(s) pure pumpkin
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 3 Tbsp chili powder
- ☐ 1 tsp cinnamon

- ☐ 4 cup(s) beef broth
- ☐ Salt and pepper
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 8 small boneless chicken breasts
- ☐ 2 lb(s) stew beef
- ☐ 8 boneless pork chops
- ☐ 2 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- ☐ 2x4 oz. can(s) sliced mushrooms
- ☐ 6x15 oz. can(s) diced tomatoes
- ☐ 8 cup(s) beef broth
- ☐ 8 cup(s) vegetable broth
- ☐ 30 oz. can(s) pure pumpkin
- ☐ 2x15 oz. can(s) red kidney beans

## Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 1 cup(s) white cooking wine

## Dairy/Frozen

- ☐ 2x12 oz. bag(s) frozen butternut squash
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ **Garnish:** shredded Parmesan cheese

## Produce

- ☐ 4 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ **Side:** salad
- ☐ 6 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2x2 - 15 oz. can(s) white beans
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 30 oz. diced tom green chilies
- ☐ **Side:** veggies

## Starchy Sides

- ☐ **Side:** dinner rolls

## Spices

- ☐ Salt and pepper
- ☐ 20 garlic cloves
- ☐ 4 tsp dried oregano
- ☐ 2 tsp Italian seasoning
- ☐ 6 tsp garlic powder
- ☐ 2 tsp dried rosemary
- ☐ 2 Tbsp minced onion
- ☐ 3 Tbsp chili powder
- ☐ 1 tsp cinnamon

## Supplies

- ☐ **Side:** 2 9x13 disposable foil tray
- ☐ **Side:** 4 gallon-size freezer baggie(s)

# 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. Lemon Garlic Roasted Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 16 garlic cloves
- ☐ 4 lemon(s)
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 4 tsp dried oregano
- ☐ 9x13 disposable foil tray

## 2. Winter Beef Stew

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 2 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2x12 oz. bag(s) frozen butternut squash
- ☐ 2x4 oz. can(s) sliced mushrooms
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 2 tsp Italian seasoning
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ gallon-size freezer baggie(s)

## 3. Spinach & White Bean Soup

- ☐ 2 small white onion(s)
- ☐ 4 garlic cloves
- ☐ 2x2 - 15 oz. can(s) white beans
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x10 oz. box(es) frozen spinach
- ☐ 8 cup(s) vegetable broth
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 4. Mushroom Smothered Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1/2 cup(s) white cooking wine
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 2 small white onion(s)
- ☐ 2 tsp garlic powder
- ☐ 2 tsp dried rosemary
- ☐ 2 9x13 disposable foil tray

## 5. Pumpkin Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 30 oz. diced tom green chilies
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 30 oz. can(s) pure pumpkin
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 3 Tbsp chili powder
- ☐ 1 tsp cinnamon
- ☐ 4 cup(s) beef broth
- ☐ 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 small boneless chicken breasts
- ☐ 2 lb(s) stew beef
- ☐ 8 boneless pork chops
- ☐ 2 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- ☐ 2x4 oz. can(s) sliced mushrooms
- ☐ 6x15 oz. can(s) diced tomatoes
- ☐ 8 cup(s) beef broth
- ☐ 8 cup(s) vegetable broth
- ☐ 30 oz. can(s) pure pumpkin
- ☐ 2x15 oz. can(s) red kidney beans

## Spices

- ☐ Salt and pepper
- ☐ 20 garlic cloves
- ☐ 4 tsp dried oregano
- ☐ 2 tsp Italian seasoning
- ☐ 6 tsp garlic powder
- ☐ 2 tsp dried rosemary
- ☐ 2 Tbsp minced onion
- ☐ 3 Tbsp chili powder
- ☐ 1 tsp cinnamon

## Supplies

- ☐ 2x 9x13 disposable foil tray
- ☐ 4x gallon-size freezer baggie(s)

## Produce

- ☐ 4 lemon(s)
- ☐ 4 Tbsp lemon juice
- ☐ 6 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2x2 - 15 oz. can(s) white beans
- ☐ 2x8 oz. baby bella mushrooms
- ☐ 30 oz. diced tom green chilies

## Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 1 cup(s) white cooking wine

## Dairy/Frozen

- ☐ 2x12 oz. bag(s) frozen butternut squash
- ☐ 2x10 oz. box(es) frozen spinach

## 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

- ☐ Thinly slice 4 lemons. Peel and smash 16 garlic cloves with the side of a knife, to crack it open.
- ☐ In a small mixing bowl, whisk together the 4 Tbsp olive oil, 4 Tbsp lemon juice and 4 tsp oregano.
- ☐ Chop 2 onions. Peel and chop 8 whole carrots.
- ☐ Open and drain 2 cans of sliced mushrooms.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Chop 2 small white onions. Crush 4 cloves of garlic.
- ☐ Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.
- ☐ Slice 2 small white onions. Wash, pat dry, and slice the mushrooms.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- ☐ Open and drain 2 cans of diced tomatoes with green chiles, 2 cans of diced tomatoes, and 2 cans of red kidney beans. Rinse the beans. Open 2 cans of pumpkin.

*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.

### Lemon Garlic Roasted Chicken

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

- 4 small boneless chicken breasts
- Salt and pepper
- Half of the lemon slices
- Half of the smashed garlic cloves
- Half of the prepared lemon juice marinade

Cover with foil or lid, add label and freeze.

### Winter Beef Stew

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- 1 small white onion
- Half of the carrots
- 12 oz. bag frozen butternut squash
- 4 oz. can sliced mushrooms
- 15 oz. can diced tomatoes
- 2 cups beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder

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

### Spinach & White Bean Soup

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth
- Salt and pepper, to taste

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

### Mushroom Smothered Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- 1/4 cup white cooking wine
- Half of the sliced mushrooms
- Half of the sliced onions
- 1 tsp garlic powder
- 1 tsp dried rosemary

Cover with foil or lid, add label and freeze.

### Pumpkin Chili

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes with green chiles
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can pure pumpkin

- 1 - 15 oz. can red kidney beans
- 1 1/2 Tbsp chili powder
- 1/2 tsp cinnamon
- 2 cups beef broth

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