

Stovetop Chicken Cacciatore

Thaw and add olive oil to saucepan or Dutch oven, then add all ingredients to pan and cook for 15 minutes, or until chicken is cooked through. Serve over pasta with salad.

Date: _____



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Baked BBQ Chicken Sandwiches

Thaw completely and bake at 400 F for 8 to 10 minutes, or until cheese is melted. Serve with veggies and chips.

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Sour Cream Chicken Enchiladas

Thaw and bake at 350 F for 20 minutes. Serve with veggies.

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Italian Wedding Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then add small shell pasta and cook another 10 minutes. Serve with Parmesan cheese garnish and veggies.

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Apricot Meatballs

Thaw and bake at 375 F for 30 minutes, or until meatballs are cooked through. Serve with rice and salad.

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Black Bean & Sweet Potato Chili

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Serve with salad.

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Slow Cooker New Brunswick Stew

Thaw and add contents of baggie to slow cooker and cook on low for 8 hours. Add chicken stock, if you didn't already. Shred the chicken and pork into the stew, after it has cooked. Serve with salad and dinner rolls.

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Thaw and add contents of baggie to slow cooker and cook on low for 8 hours. Add chicken stock, if you didn't already. Shred the chicken and pork into the stew, after it has cooked. Serve with salad and dinner rolls.

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Asian Flank Steak

Thaw and cook in skillet or on grill pan. Sear both sides, pour some marinade over the steak, then cook to your liking. Serve with rice and salad.

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Thai Peanut Pork Chops

Thaw and cook all ingredients together in the skillet, flipping pork chops once or twice. Simmer until pork is cooked through. Serve over rice with veggies.

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Mediterranean Salmon

Thaw completely, then bake at 400 F for 15 to 20 minutes, or until salmon is no longer pink in the middle. Serve with rice and salad.

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