

## Oven Baked BBQ Ribs

Thaw ribs completely before baking at 325 F for 1 hour 15 minutes. Brush remaining 1 cup BBQ sauce onto ribs and bake 15 more minutes. Serve with baked beans and veggies.

Date: \_\_\_\_\_



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## Skillet Korean Beef

Thaw and saute the meat and sauce in skillet for 10 minutes, or until beef is cooked through. Mix 1 tsp cornstarch with 3 Tbsp water and swirl in to thicken sauce. Garnish with sliced green onions. Serve over rice with salad.

Date: \_\_\_\_\_



## Skillet Korean Beef

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## Slow Cooker Pineapple Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Serve with sesame seed garnish, over rice with veggies.

Date: \_\_\_\_\_



## Slow Cooker Pineapple Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Serve with sesame seed garnish, over rice with veggies.

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## Chicken Fajita Nachos

Thaw completely and saute the chicken and peppers combo in large skillet for 4 to 5 minutes. Assemble nachos with chips, chicken mixture, cheese and bake at 400 F for 15 minutes. Garnish with guacamole. Serve with fruit.

Date: \_\_\_\_\_



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## Baked Chicken Piccata

Thaw and bake at 400 F for 30 to 35 minutes, or until chicken is cooked through. Serve with rice and salad

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## Beef & Refried Bean Burritos

Thaw and reheat in skillet. Spoon into tortillas and top with cheese. Serve with veggies.

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Thaw and reheat in skillet. Spoon into tortillas and top with cheese. Serve with veggies.

Date: \_\_\_\_\_



## Slow Cooker Beef Ragu

Thaw and slow cook on low for 8 hours. Once cooked, stir in the heavy cream. Serve over pasta with salad.

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## Andouille Cajun Soup

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

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## Slow Cooker BBQ Shrimp

Thaw and slow cook on low for 1 hour. Serve with lemon wedge garnish, bread and veggies.

Date: \_\_\_\_\_



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## Southwest Mac n Cheese Bake

Thaw completely and bake at 350 F for 20 minutes. Garnish with cilantro. Serve with salad.

Date: \_\_\_\_\_



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Thaw completely and bake at 350 F for 20 minutes. Garnish with cilantro. Serve with salad.

Date: \_\_\_\_\_

