

ALL PORK MEALS PLAN

MARCH 2017

Table of Contents

Recipes

1. Slow Cooker Pulled Pork Ragu
2. Baked Fried Onion Pork Chops
3. Roasted Pork Chops with Green Beans & Potatoes
4. Slow Cooker Cubano Sandwiches
5. Skillet Jamaican Pork Chops

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. Slow Cooker Pulled Pork Ragu

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 - lb(s) pork tenderloin
- - Salt and pepper
- 28 - oz. can(s) crushed tomatoes
- 7 - oz. jar roasted red peppers
- 3 - tsp minced garlic
- 2 - Tbsp Italian seasoning
- Side: - pasta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed tomatoes. Drain the jar of roasted red peppers.
2. Place the pork tenderloin into the base of the slow cooker and season with salt and pepper. Pour the crushed tomatoes, drained roasted red peppers, minced garlic and Italian seasoning over the pork tenderloin.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the ragu sauce.
4. Cook the pasta as directed.
5. Prepare the salad.
6. Serve Slow Cooker Pulled Pork Ragu over pasta with salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of crushed tomatoes.

Open and drain 2 jars of roasted red peppers.

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

- 2 lb. pork tenderloin
- Salt and pepper
- 1 - 28 oz. can crushed tomatoes
- 1 - 7 oz. jar roasted red peppers
- 3 tsp minced garlic
- 2 Tbsp Italian seasoning

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 the slow cooker and cooking on low for 8 hours.

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

Gluten-Free Modifications: Recipe is gluten-free if you serve with gluten-free pasta.

2. Baked Fried Onion Pork Chops

Yield: 4 servings

Active Time: 10 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- 1/2 - cup(s) beef broth
- 2 - Tbsp minced onion
- 1 - tsp onion powder
- 1/2 - tsp salt
- 1 - cup(s) crispy fried onions**
- Side: - mashed red potatoes**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Nestle the pork chops together in a small baking dish.
3. In a mixing bowl, whisk together the beef broth, minced onion, onion powder and salt. Pour over the pork chops in the baking dish. Sprinkle the crispy fried onions on top of the pork chops.
4. Bake in the preheated oven for 25 minutes, or until pork chops are cooked through.
5. Prepare mashed red potatoes.
6. Prepare veggies.
7. Serve Baked Fried Onion Pork Chops with mashed potatoes and veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, whisk together the 1 cup beef broth, 4 Tbsp minced onion, 2 tsp onion powder and 1 tsp salt.

In a mixing bowl, whisk together the 1 1/2 cups beef broth, 6 Tbsp minced onion, 3 tsp onion powder and 1 1/2 tsp salt.

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

- 4 boneless pork chops
- Half of the prepared marinade
- Do NOT add the crispy onions to the freezer bag

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 small baking dish and adding the crispy onions on top, then baking as directed.*

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

Gluten-Free Modifications: *Omit the crispy onions for gluten-free recipe.*

3. Roasted Pork Chops with Green Beans & Potatoes

Yield: 4 servings

Active Time: 5 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 1 - Tbsp canola oil
- 2 - Tbsp lemon juice
- 1 - tsp smoked paprika
- 1 - tsp dried thyme
- 16 - oz. bag green beans
- 30 - oz. bag frozen potato wedges
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F/200 C. Lightly spray a baking dish with non-stick cooking spray.
2. Add the pork chops to the baking dish, and season both sides with salt and pepper.
3. In a small mixing bowl, whisk together the canola oil, lemon juice, paprika and thyme. Pour directly onto the pork chops in the baking dish. Arrange the potato wedges and green beans over the top.
4. Roast in the preheated oven for 20 to 30 minutes, or until pork chops are cooked through. Cooking time will depend on the thickness of the pork chops.
5. Serve Roasted Pork Chops with Green Beans & Potatoes as a one dish meal.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 2 Tbsp canola oil, 4 Tbsp lemon juice, 2 tsp smoked paprika, and 2 tsp dried thyme.

To each disposable tray, layer the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce, onto the pork chops
- 1 - 16 oz. bag green beans
- 1 - 30 oz. bag frozen potato wedges

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.*

4. Slow Cooker Cubano Sandwiches

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 8 hours in slow cooker

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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 - lb(s) pork roast
- - Salt and pepper
- 1 - cup(s) orange juice
- 1 - tsp ground cumin
- 4 - hoagie rolls**
- 8 - sandwich pickles**
- 1 - Tbsp mayonnaise**
- 1 - Tbsp Dijon mustard**
- 8 - slices ham deli meat**
- 4 - slices Swiss cheese**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the orange juice on and around the pork and season with the ground cumin.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain before adding the pork to the sandwiches.
3. Assemble sandwiches by adding the shredded pork, ham, Swiss cheese with mayo and mustard onto the hoagie buns with pickles. Warm in oven or press in panini press.
4. Prepare fruit.
5. Serve Slow Cooker Cubano Sandwiches with fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 cup orange juice
- 1 tsp ground cumin

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 the slow cooker and cooking on low for 8 hours. Assemble Cubano Sandwiches as directed.*

Dairy-Free Modifications: *Omit the Swiss cheese for a dairy free meal, but know that then it's not a true Cubano sandwich.*

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for this sandwich.*

5. Skillet Jamaican Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 10 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 1 - Tbsp canola oil
- 8 - oz. can(s) crushed pineapple
- 1 - Tbsp Jerk seasoning
- 1 - Tbsp brown sugar
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice, as directed.
2. Open and drain the canned crushed pineapple.
3. Season both sides of the pork chops with salt and pepper.
4. In a large skillet, heat the oil and brown the pork chops for 2 minutes on each side.
5. Mix together the crushed pineapple, Jerk seasoning and brown sugar. Spread on top of and around the pork chops in the skillet and cook for another 4 to 5 minutes, or until cooked through. Add 1/4 cup water, if needed, to keep sauce from browning too much.
6. Prepare the salad.
7. Serve Skillet Jamaican Pork Chops with rice and salad.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of crushed pineapple.

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

- 4 boneless pork chops
- Salt and pepper
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp Jerk seasoning
- 1 Tbsp brown sugar

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 the skillet to cook the pork chops in the sauce over medium low heat for 8 to 10 minutes, or until pork chops are cooked through.*

Special Notes: *Add a couple Tbsp of water if the pineapple sauce begins to caramelize or thicken, while the pork chops are cooking.*

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. Slow Cooker Pulled Pork Ragu

- 4 - lb(s) pork tenderloin
- Salt and pepper
- 2x28 - oz. can(s) crushed tomatoes
- 2x7 - oz. jar roasted red peppers
- 6 - tsp minced garlic
- 4 - Tbsp Italian seasoning
- pasta
- salad
- 2 - gallon-size freezer baggie(s)

3. Roasted Pork Chops with Green Beans & Potatoes

- 8 - boneless pork chops
- Salt and pepper
- 2 - Tbsp canola oil
- 4 - Tbsp lemon juice
- 2 - tsp smoked paprika
- 2 - tsp dried thyme
- 2x16 - oz. bag green beans
- 2x30 - oz. bag frozen potato wedges
- 2 - 9x13 disposable foil tray(s)

5. Skillet Jamaican Pork Chops

- 8 - boneless pork chops
- Salt and pepper
- 2 - Tbsp canola oil
- 2x8 - oz. can(s) crushed pineapple
- 2 - Tbsp Jerk seasoning
- 2 - Tbsp brown sugar
- rice
- salad
- 2 - gallon-size freezer baggie(s)

2. Baked Fried Onion Pork Chops

- 8 - boneless pork chops
- 1 - cup(s) beef broth
- 4 - Tbsp minced onion
- 2 - tsp onion powder
- 1 - tsp salt
- 2 - cup(s) crispy fried onions
- mashed red potatoes
- veggies
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Cubano Sandwiches

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - cup(s) orange juice
- 2 - tsp ground cumin
- 8 - hoagie rolls
- 16 - sandwich pickles
- 2 - Tbsp mayonnaise
- 2 - Tbsp Dijon mustard
- 16 - slices ham deli meat
- 8 - slices Swiss cheese
- fruit
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) pork tenderloin
- 24 boneless pork chops
- 4 lb(s) pork roast
- 16 slices ham deli meat

Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- 1 cup(s) beef broth
- 2x8 oz. can(s) crushed pineapple
- Side:** rice

Sauces/Condiments

- 4 Tbsp canola oil
- 2 Tbsp mayonnaise
- 2 Tbsp Dijon mustard

Dairy/Frozen

- 2x30 oz. bag frozen potato wedges
- 2 cup(s) orange juice
- 8 slices Swiss cheese

Produce

- Side:** salad
- 2 cup(s) crispy fried onions
- Side:** mashed red potatoes
- Side:** veggies
- 4 Tbsp lemon juice
- 2x16 oz. bag green beans
- Side:** fruit

Starchy Sides

- Side:** pasta
- 8 hoagie rolls

Spices

- Salt and pepper
- 2x7 oz. jar roasted red peppers
- 6 tsp minced garlic
- 4 Tbsp Italian seasoning
- 4 Tbsp minced onion
- 2 tsp onion powder
- 1 tsp salt
- 2 tsp smoked paprika
- 2 tsp dried thyme
- 2 tsp ground cumin
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(s)
- 16 sandwich pickles

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. Slow Cooker Pulled Pork Ragù

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2x28 oz. can(s) crushed tomatoes
- 2x7 oz. jar roasted red peppers
- 6 tsp minced garlic
- 4 Tbsp Italian seasoning
- 2 gallon-size freezer baggie(s)

3. Roasted Pork Chops with Green Beans & Potatoes

- 8 boneless pork chops
- Salt and pepper
- 2 Tbsp canola oil
- 4 Tbsp lemon juice
- 2 tsp smoked paprika
- 2 tsp dried thyme
- 2x16 oz. bag green beans
- 2x30 oz. bag frozen potato wedges
- 2 9x13 disposable foil tray(s)

5. Skillet Jamaican Pork Chops

- 8 boneless pork chops
- Salt and pepper
- 2 Tbsp canola oil
- 2x8 oz. can(s) crushed pineapple
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar
- 2 gallon-size freezer baggie(s)

2. Baked Fried Onion Pork Chops

- 8 boneless pork chops
- 1 cup(s) beef broth
- 4 Tbsp minced onion
- 2 tsp onion powder
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Cubano Sandwiches

- 4 lb(s) pork roast
- Salt and pepper
- 2 cup(s) orange juice
- 2 tsp ground cumin
- 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

- 4 lb(s) pork tenderloin
- 24 boneless pork chops
- 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- 2x28 oz. can(s) crushed tomatoes
- 1 cup(s) beef broth
- 2x8 oz. can(s) crushed pineapple

Spices

- Salt and pepper
- 2x7 oz. jar roasted red peppers
- 6 tsp minced garlic
- 4 Tbsp Italian seasoning
- 4 Tbsp minced onion
- 2 tsp onion powder
- 1 tsp salt
- 2 tsp smoked paprika
- 2 tsp dried thyme
- 2 tsp ground cumin
- 2 Tbsp Jerk seasoning
- 2 Tbsp brown sugar

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 9x13 disposable foil tray(s)

Produce

- 4 Tbsp lemon juice
- 2x16 oz. bag green beans

Sauces/Condiments

- 4 Tbsp canola oil

Dairy/Frozen

- 2x30 oz. bag frozen potato wedges
- 2 cup(s) orange juice

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

- Open 2 cans of crushed tomatoes.
- Open and drain 2 jars of roasted red peppers.
- In a mixing bowl, whisk together the 1 cup beef broth, 4 Tbsp minced onion, 2 tsp onion powder and 1 tsp salt.
- In a mixing bowl, whisk together the 1 1/2 cups beef broth, 6 Tbsp minced onion, 3 tsp onion powder and 1 1/2 tsp salt.
- In a small mixing bowl, whisk together 2 Tbsp canola oil, 4 Tbsp lemon juice, 2 tsp smoked paprika, and 2 tsp dried thyme.
- Open and drain 2 cans of crushed pineapple.

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.

Slow Cooker Pulled Pork Ragu

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

- 2 lb. pork tenderloin
- Salt and pepper
- 1 - 28 oz. can crushed tomatoes
- 1 - 7 oz. jar roasted red peppers
- 3 tsp minced garlic
- 2 Tbsp Italian seasoning

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

Roasted Pork Chops with Green Beans & Potatoes

To each disposable tray, layer the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce, onto the pork chops
- 1 - 16 oz. bag green beans
- 1 - 30 oz. bag frozen potato wedges

Cover with foil or lid, add label and freeze.

Skillet Jamaican Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp Jerk seasoning
- 1 Tbsp brown sugar

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

Baked Fried Onion Pork Chops

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

- 4 boneless pork chops
- Half of the prepared marinade
- Do NOT add the crispy onions to the freezer bag

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

Slow Cooker Cubano Sandwiches

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

- 2 lb. pork roast
- Salt and pepper
- 1 cup orange juice
- 1 tsp ground cumin

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