

Skillet Jamaican Pork Chops

Thaw and add to 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. Serve over rice with salad.

Date: _____



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Thai Peanut Chicken

Thaw and add all contents of baggie to a skillet. Cook over medium low heat for 15 to 18 minutes, until the veggies are softened and the chicken is cooked through. Serve over rice with chopped peanuts, sesame seeds and green onion garnish, and veggies.

Date: _____



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Russian Shredded Beef Sandwiches

Thaw and slow cook on low for 8 hours. Once cooked, shred the beef with 2 forks. Serve with Coleslaw on hoagie rolls with side of fruit.

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Russian Shredded Beef Sandwiches

Thaw and slow cook on low for 8 hours. Once cooked, shred the beef with 2 forks. Serve with Coleslaw on hoagie rolls with side of fruit.

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Layered Taco Bake

Thaw completely and bake at 350 F/180 C for 25 minutes.
Serve with garnishes and veggies.

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Sunshine Salmon

Thaw completely, then bake at 400 F/200 C for 15 to 20 minutes, or until salmon is no longer pink in the middle. Serve with rice and salad.

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