

ALL PORK CHOPS MEAL PLAN

SEPTEMBER 2017

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1. Slow Cooker Caesar Pork Chops and Potatoes

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 4 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

- 4 - boneless pork chops
- - Salt and pepper
- 2 - lb(s) fingerling potatoes
- 1 - cup(s) Caesar salad dressing
- 1 packet - Italian seasoning
- Garnish: - shredded Parmesan cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the Italian seasoning packet and sprinkle into shallow dish or plate. Press both sides of the pork chops into the seasoning and then place into the the base of the slow cooker. Season with a little salt and pepper and then add the fingerling potatoes around the pork chops. Drizzle the Caesar dressing over the pork chops and potatoes.
2. Set the slow cooker on low and cook for 4 hours.
3. Prepare the salad.
4. Serve Slow Cooker Caesar Pork Chops and Potatoes with shredded Parmesan garnish and salad.

Assembly Prep Directions for 2 Meals

Open 2 Italian seasoning packets and sprinkle into shallow dish or plate. Press both sides of the pork chops into the seasoning.

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

- 4 seasoned boneless pork chops
- Salt and pepper
- 1 - 2 lb. bag fingerling potatoes
- 1 cup Caesar salad dressing

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 4 hours.

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free dressing and seasoning mix.

2. Mongolian Pork Chops

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.

****** 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
- 1/2 - cup(s) hoisin sauce
- 4 - Tbsp rice wine vinegar
- 3 - Tbsp soy sauce
- 1 - Tbsp sesame oil
- 4 - tsp minced garlic
- 1 - tsp ground ginger
- 1 - tsp sesame seeds
- 1 - Tbsp canola oil
- Side: - salad**
- Side: - frozen eggrolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the hoisin sauce, rice wine vinegar, soy sauce, sesame oil, minced garlic, ground ginger and sesame seeds.
2. In the large skillet, brown the pork chops in the canola oil for 2 minutes on each side. Add the mongolian sauce and bring to bubbling. Reduce heat and simmer the pork chops in the sauce for 5 to 7 minutes, turning twice. Cook until pork chops are cooked through, and note that cooking time may vary depending on thickness of the chops.
3. Prepare the salad.
4. Cook the egg rolls as directed.
5. Serve Mongolian Pork Chops with salad and egg rolls.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1 cup hoisin sauce, 8 Tbsp rice wine vinegar, 6 Tbsp soy sauce, 2 Tbsp sesame oil, 8 tsp minced garlic, 2 tsp ground ginger and 2 tsp sesame seeds.

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared mongolian sauce

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 the meat and sauce to skillet. Bring sauce to bubbling and saute for 9 to 11 minutes, or until pork chops are cooked through.

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

Gluten-Free Modifications: Recipe is gluten-free when sauce is made with gluten-free hoisin and gluten-free soy sauces. Serve with gluten-free side like rice or rice noodles.

3. German Pork Chops with Sauerkraut

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 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
- 12 - oz. jar sauerkraut
- 2 - small apple(s)
- 2 - tsp minced garlic
- 1 - tsp onion powder
- Side: - dinner rolls**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. Peel and thinly slice the apples.
3. Place the pork chops into the baking dish and season with salt and pepper.
4. In a mixing bowl, toss together the sauerkraut, apple slices, minced garlic and onion powder. Pour over the pork chops in the baking dish.
5. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
6. Prepare veggies.
7. Warm the dinner rolls.
8. Serve German Pork Chops with Sauerkraut and a side of dinner rolls and veggies.

Assembly Prep Directions for 2 Meals

Peel and slice 4 apples.

In a mixing bowl, toss together 2 jars sauerkraut, all of the apple slices, 4 tsp minced garlic and 2 tsp onion powder.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sauerkraut mixture

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, like mashed potatoes or baked potatoes.

4. Skillet Ranch Pork Chops

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.

*** 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 - packet(s) ranch dressing mix
- 2 - Tbsp canola oil
- 1 - cup(s) Ranch salad dressing
- 1 - cup(s) sour cream
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the Ranch dressing mix onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.
2. Heat the canola oil in skillet and saute the seasoned pork chops for 2 minutes on each side.
3. In a mixing bowl, combine the Ranch dressing and the sour cream, then pour over the pork chops. Reduce heat to low and simmer for 9 to 12 minutes, turning pork chops twice. Cook until pork chops are cooked through, note that cooking time may vary depending on thickness of the chops.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Skillet Ranch Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Place 2 Ranch dressing mix packets onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.

In a mixing bowl, combine 2 cups Ranch dressing and 2 cups sour cream.

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

- 4 coated boneless pork chops
- Half of the Ranch dressing mixture

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 the pork chops and sauce to skillet. Cook over medium high heat for 15 minutes, or until pork chops are cooked through.

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free Ranch dressing and mix.

5. Pork Chops with Cornbread Stuffing

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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
- 4 - cup(s) cornbread stuffing mix
- 2 - Tbsp minced onion
- 2 - tsp minced garlic
- 1 - cup(s) chicken stock
- 1 - egg(s)
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. In a large mixing bowl, combine the cornbread stuffing mix, minced onion, minced garlic, chicken stock and lightly beaten egg. Place into the base of the baking dish. Place the pork chops onto the cornbread stuffing and season with a little salt and pepper on each one.
3. Bake in the preheated oven for 30 to 35 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
4. Prepare veggies.
5. Serve Pork Chops with Cornbread Stuffing with side of veggies.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 8 cups cornbread stuffing mix, 4 Tbsp minced onion, 4 tsp minced garlic, 2 cups chicken stock and 2 eggs.

To each disposable tray, add the following ingredients:

- Half of the cornbread stuffing into each tray
- 4 boneless pork chops
- Salt and pepper

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: *Use gluten-free cornbread stuffing for gluten-free meal.*

Complete Shopping List by Recipe

1. Slow Cooker Caesar Pork Chops and Potatoes

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 4 - lb(s) fingerling potatoes
- ☐ 2 - cup(s) Caesar salad dressing
- ☐ 2 - Italian seasoning
- ☐ - shredded Parmesan cheese
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

2. Mongolian Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 1 - cup(s) hoisin sauce
- ☐ 8 - Tbsp rice wine vinegar
- ☐ 6 - Tbsp soy sauce
- ☐ 2 - Tbsp sesame oil
- ☐ 8 - tsp minced garlic
- ☐ 2 - tsp ground ginger
- ☐ 2 - tsp sesame seeds
- ☐ 2 - Tbsp canola oil
- ☐ - salad
- ☐ - frozen eggrolls
- ☐ 2 - gallon-size freezer baggie(s)

3. German Pork Chops with Sauerkraut

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 24 - oz. jar sauerkraut
- ☐ 4 - small apple(s)
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp onion powder
- ☐ - dinner rolls
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

4. Skillet Ranch Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 4 - Tbsp canola oil
- ☐ 2 - cup(s) Ranch salad dressing
- ☐ 2 - cup(s) sour cream
- ☐ - salad
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

5. Pork Chops with Cornbread Stuffing

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 8 - cup(s) cornbread stuffing mix
- ☐ 4 - Tbsp minced onion
- ☐ 4 - tsp minced garlic
- ☐ 2 - cup(s) chicken stock
- ☐ 2 - egg(s)
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 40 boneless pork chops

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) chicken stock

Sauces/Condiments

- ☐ 1 cup(s) hoisin sauce
- ☐ 8 Tbsp rice wine vinegar
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp sesame oil
- ☐ 6 Tbsp canola oil
- ☐ 24 oz. jar sauerkraut
- ☐ 2 cup(s) Ranch salad dressing

Dairy/Frozen

- ☐ **Garnish:** shredded Parmesan cheese
- ☐ **Side:** frozen eggrolls
- ☐ 2 cup(s) sour cream
- ☐ 2 egg(s)

Produce

- ☐ 4 lb(s) fingerling potatoes
- ☐ **Side:** salad
- ☐ 4 small apple(s)
- ☐ **Side:** veggies

Starchy Sides

- ☐ **Side:** dinner rolls

Spices

- ☐ Salt and pepper
- ☐ 2 cup(s) Caesar salad dressing
- ☐ 2 Italian seasoning
- ☐ 16 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 2 tsp sesame seeds
- ☐ 2 tsp onion powder
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 Tbsp minced onion

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ **Side:** 4 9x13 disposable foil tray(s)
- ☐ 8 cup(s) cornbread stuffing mix

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 Caesar Pork Chops and Potatoes

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 4 lb(s) fingerling potatoes
- ☐ 2 cup(s) Caesar salad dressing
- ☐ 2 Italian seasoning
- ☐ 2 gallon-size freezer baggie(s)

3. German Pork Chops with Sauerkraut

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 24 oz. jar sauerkraut
- ☐ 4 small apple(s)
- ☐ 4 tsp minced garlic
- ☐ 2 tsp onion powder
- ☐ 2 9x13 disposable foil tray(s)

5. Pork Chops with Cornbread Stuffing

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 8 cup(s) cornbread stuffing mix
- ☐ 4 Tbsp minced onion
- ☐ 4 tsp minced garlic
- ☐ 2 cup(s) chicken stock
- ☐ 2 egg(s)
- ☐ 2 9x13 disposable foil tray(s)

2. Mongolian Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 1 cup(s) hoisin sauce
- ☐ 8 Tbsp rice wine vinegar
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp sesame oil
- ☐ 8 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 2 tsp sesame seeds
- ☐ 2 Tbsp canola oil
- ☐ 2 gallon-size freezer baggie(s)

4. Skillet Ranch Pork Chops

- ☐ 8 boneless pork chops
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 Tbsp canola oil
- ☐ 2 cup(s) Ranch salad dressing
- ☐ 2 cup(s) sour cream
- ☐ 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

- ☐ 40 boneless pork chops

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) chicken stock

Spices

- ☐ Salt and pepper
- ☐ 2 cup(s) Caesar salad dressing
- ☐ 2 Italian seasoning
- ☐ 16 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 2 tsp sesame seeds
- ☐ 2 tsp onion powder
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 Tbsp minced onion

Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 4x 9x13 disposable foil tray(s)
- ☐ 8 cup(s) cornbread stuffing mix

Produce

- ☐ 4 lb(s) fingerling potatoes
- ☐ 4 small apple(s)

Sauces/Condiments

- ☐ 1 cup(s) hoisin sauce
- ☐ 8 Tbsp rice wine vinegar
- ☐ 6 Tbsp soy sauce
- ☐ 2 Tbsp sesame oil
- ☐ 6 Tbsp canola oil
- ☐ 24 oz. jar sauerkraut
- ☐ 2 cup(s) Ranch salad dressing

Dairy/Frozen

- ☐ 2 cup(s) sour cream
- ☐ 2 egg(s)

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

- ☐ In a large mixing bowl, combine 8 cups cornbread stuffing mix, 4 Tbsp minced onion, 4 tsp minced garlic, 2 cups chicken stock and 2 eggs.
- ☐ In a mixing bowl, combine 2 cups Ranch dressing and 2 cups sour cream.
- ☐ In a mixing bowl, toss together 2 jars sauerkraut, all of the apple slices, 4 tsp minced garlic and 2 tsp onion powder.
- ☐ In a small mixing bowl, whisk together 1 cup hoisin sauce, 8 Tbsp rice wine vinegar, 6 Tbsp soy sauce, 2 Tbsp sesame oil, 8 tsp minced garlic, 2 tsp ground ginger and 2 tsp sesame seeds.
- ☐ Open 2 Italian seasoning packets and sprinkle into shallow dish or plate. Press both sides of the pork chops into the seasoning.
- ☐ Peel and slice 4 apples.
- ☐ Place 2 Ranch dressing mix packets onto a shallow dish or plate. Coat both sides of the pork chops with the Ranch dressing mix.

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 Caesar Pork Chops and Potatoes

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

- 4 seasoned boneless pork chops
- Salt and pepper
- 1 - 2 lb. bag fingerling potatoes
- 1 cup Caesar salad dressing

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

German Pork Chops with Sauerkraut

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the sauerkraut mixture

Cover with foil or lid, add label and freeze.

Pork Chops with Cornbread Stuffing

To each disposable tray, add the following ingredients:

- Half of the cornbread stuffing into each tray
- 4 boneless pork chops
- Salt and pepper

Cover with foil or lid, add label and freeze.

Mongolian Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared mongolian sauce

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

Skillet Ranch Pork Chops

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

- 4 coated boneless pork chops
- Half of the Ranch dressing mixture

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