#### Slow Cooker Garlic Parmesan Chicken

# Thaw and slow cook on low for 8 hours. Serve with shredded Thaw and slow cook on low for 8 hours. Serve with shredded Parmesan cheese garnish and side of veggies. Parmesan cheese garnish and side of veggies. Date: Date: Poppyseed Chicken Poppyseed Chicken Thaw and bake at 400 F for 40 to 45 minutes, or until chicken Thaw and bake at 400 F for 40 to 45 minutes, or until chicken is cooked through. Serve with rice and salad. is cooked through. Serve with rice and salad. Date: Date: Slow Cooker Chimichurri Beef Roast Slow Cooker Chimichurri Beef Roast Thaw and slow cook on low for 8 hours. Serve with rice and Thaw and slow cook on low for 8 hours. Serve with rice and beans and side of veggies. beans and side of veggies.



Date:

Slow Cooker Garlic Parmesan Chicken

Date:



## **Beefy Tot-chos**

Thaw completely and bake covered at 350 for 25 to 30 minutes, then uncovered for 10 minutes or until cheese has melted. Top with sour cream and salsa. Serve with fruit.

( <u>()</u>	FreezEasy Simple, Story Frenzer Cooling Meet Plans

Date:

## **Beefy Tot-chos**

Thaw completely and bake covered at 350 for 25 to 30 minutes, then uncovered for 10 minutes or until cheese has melted. Top with sour cream and salsa. Serve with fruit.

Date:	



## Skillet Ranch Pork Chops

Thaw completely and add the pork chops and sauce to skillet. Cook over medium high heat for 15 minutes, or until pork chops are cooked through. Serve with dinner rolls and salad.

Date:	



## Skillet Ranch Pork Chops

Thaw completely and add the pork chops and sauce to skillet. Cook over medium high heat for 15 minutes, or until pork chops are cooked through. Serve with dinner rolls and salad.

Date:	

