

CLEAN EATS MEAL PLAN

OCTOBER 2017

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1. Slow Cooker Minestrone Soup

Yield: 4 servings

Active Time: 20 minutes . Cook Time: 8 hours on low

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

- 1 - small white onion(s)
- 2 - celery
- 2 - garlic cloves
- 4 - whole carrots
- 1/2 - lb(s) green beans
- 1 x - 15 oz. can(s) tomato sauce
- - 15 oz. can(s) kidney beans
- 1 - Tbsp Italian seasoning
- 6 - cup(s) chicken or vegetable stock
- - Salt and pepper
- 1 1/2 - cup(s) elbow pasta noodles**
- Garnish: - Parmesan cheese**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion and slice the celery. Peel and chop the carrots. Trim the green beans. Crush the garlic cloves.
2. Open, drain, and rinse the red kidney beans. Open the tomato sauce.
3. To the slow cooker, add the chopped onion, sliced celery, crushed garlic cloves, chopped carrots, green beans, tomato sauce, kidney beans, Italian seasoning and chicken stock. Set on low and cook for 8 hours. Season with salt and pepper, as needed.
4. With 30 minutes left in the cooking cycle, stir in the pasta and let it cook through.
5. Warm the dinner rolls.
6. To keep the pasta from overcooking, ladle the soup into serving bowls right away.
7. Serve Slow Cooker Minestrone Soup with optional Parmesan cheese and side of dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 white onions.

Peel and chop 8 whole carrots.

Slice 4 celery stalks.

Trim 1 lb. green beans.

Crush the garlic cloves.

Open, drain and rinse 2 cans of red kidney beans.

Open 2 cans of tomato sauce.

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

- Half of the chopped onion
- Half of the sliced celery
- Half of the crushed garlic cloves
- Half of the chopped carrots
- Half of the trimmed green beans
- 1 - 15 oz. can tomato sauce
- 1 - 15 oz. can red kidney beans, drained and rinsed
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock or equivalent bouillon base plus water

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 a warm bowl of water for about 20 minutes, before transferring all the ingredients to slow cooker. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, stir in the pasta.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides and when the Parmesan cheese garnish is omitted.

Gluten-Free Modifications: *Use gluten-free small shell pasta noodles and serve with gluten free toast.*

2. Mediterranean 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 - small boneless pork chops
- 2 - Tbsp olive oil
- 2 - Tbsp balsamic vinegar
- 1 - 15 oz. can(s) diced tomatoes
- 1/2 - small red onion(s)
- 1 - cup(s) kalamata olives
- 1 - Tbsp dried oregano
- - Salt and pepper
- Side: - pasta**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the diced tomatoes.
2. Dice the red onion.
3. In a Dutch oven, add the olive oil and balsamic vinegar and brown both sides of the pork chops. Stir in the diced tomatoes with their juices. Add the diced red onion and kalamata olives into the tomato sauce. Sprinkle in the oregano and salt and pepper to taste. Reduce heat to medium and cook for 15 minutes, or until pork chops are cooked through.
4. Cook the pasta as directed.
5. Prepare the veggies.
6. Serve Mediterranean Pork Chops over pasta with veggies.

Assembly Prep Directions for 2 Meals

Dice 1 small red onion.

Open 2 cans of diced tomatoes.

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

- 4 boneless pork chops
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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 Dutch oven and cooking the pork chops and sauce over medium heat for 15 to 20 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 served with gluten-free pasta, or other Paleo side dish like cauliflower rice.*

3. Beef Stew with White Wine

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

*** 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) stew beef
- 2 - Tbsp canola oil
- 2 - lb(s) baby potatoes
- 4 - whole carrots
- 1 x - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 2 - tsp garlic powder
- 1/2 - cup(s) white cooking wine
- 3 - cup(s) beef broth
- - Salt and pepper
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and slice the carrots into 1/2-inch chunks.
2. Open the crushed tomatoes.
3. In a large Dutch oven or saucepan, add the canola oil and brown the stew beef on all sides. Then add the baby potatoes, carrot chunks, crushed tomatoes, Italian seasoning, garlic powder, white cooking wine and beef broth. Bring to rolling boil, then cover and reduce heat to medium low and cook for 30 minutes.
4. Warm the dinner rolls.
5. Serve Beef Stew with White Wine and side of dinner rolls.

Assembly Prep Directions for 2 Meals

Peel and slice 8 whole carrots into 1/2-inch chunks.

Open 2 cans of crushed tomatoes.

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- Half of the carrot chunks
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1/2 cup white cooking wine
- 3 cups beef broth

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 all the contents of the baggie to a Dutch oven or large saucepan and bringing to boil, then simmering as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free when you served with gluten-free sides.*

4. Slow Cooker Tex-Mex Chicken Chili

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

- 4 - small boneless chicken breasts
- 1 - small white onion(s)
- - 15 oz. can(s) black beans
- - 15 oz. can pinto beans
- 1 x - 15 oz. can(s) crushed tomatoes
- - 4 oz. can(s) green chiles
- 1 - Tbsp ground cumin
- 1 - Tbsp chili powder
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/4 - cup(s) lime juice
- 2 - cup(s) chicken broth
- - Salt and pepper
- Garnish: - shredded cheese or sour cream**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open all the cans. Drain and rinse the beans.
2. Chop the onion.
3. Add all the ingredients into the base of the slow cooker.
4. Set on low and cook for 8 hours. Lightly pull apart the chicken with 2 forks. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Slow Cooker Tex-Mex Chicken Chili with salad.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of black beans and 2 cans of pinto beans. Open 2 cans of crushed tomatoes and 2 cans of green chilies.

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

- 4 boneless chicken breasts
- Half of the black and pinto beans
- Half of the crushed tomatoes and green chilies
- 1 Tbsp ground cumin
- 1 Tbsp chili powder
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup lime juice
- 2 cups chicken broth

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 when served with gluten-free sides.*

5. Beef & Veggie Skillet

Yield: 4 servings

Active Time: 10 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

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 15 oz. can(s) crushed tomatoes
- 1 - green bell pepper(s)
- 1 - small zucchini
- 4 - whole carrots
- 1 - cup(s) hot water
- 1 - Tbsp Italian seasoning
- - Salt and pepper
- Garnish: - grated Parmesan cheese**
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and chop the green bell pepper. Chop the zucchini. Peel and chop the carrots.
2. Open the can of crushed tomatoes.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the crushed tomatoes with chopped green bell pepper, chopped zucchini, chopped carrots with 1 cup of hot water. Combine well and bring to bubbling over medium low heat. Add Italian seasoning and let simmer for 6 to 8 minutes, or until veggies soften. Season with salt and pepper to taste. Garnish each serving with grated Parmesan cheese.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Beef & Veggie Skillet with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Seed and chop 2 green bell peppers. Chop 2 zucchini. Peel and chop 8 whole carrots.

Open 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- Half of the chopped green bell peppers
- Half of the chopped zucchini
- Half of the chopped carrots
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Do NOT add the hot water to the freezer baggie.

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 reheat and cook the veggies. Bring to bubbling, then add hot water and simmer for 6 to 8 minutes, or until veggies soften.*

Dairy-Free Modifications: *Omit cheese garnish for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides like rice or gluten-free pasta.*

Complete Shopping List by Recipe

1. Slow Cooker Minestrone Soup

- 2 - small white onion(s)
- 4 - celery
- 4 - garlic cloves
- 8 - whole carrots
- 1 - lb(s) green beans
- 2x - 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 2 - Tbsp Italian seasoning
- 12 - cup(s) chicken or vegetable stock
- Salt and pepper
- 3 - cup(s) elbow pasta noodles
- Parmesan cheese
- dinner rolls
- 2 - gallon-size freezer baggie(s)

3. Beef Stew with White Wine

- 4 - lb(s) stew beef
- 4 - Tbsp canola oil
- 4 - lb(s) baby potatoes
- 8 - whole carrots
- 2x - 15 oz. can(s) crushed tomatoes
- 4 - Tbsp Italian seasoning
- 4 - tsp garlic powder
- 1 - cup(s) white cooking wine
- 6 - cup(s) beef broth
- Salt and pepper
- dinner rolls
- 2 - gallon-size freezer baggie(s)

5. Beef & Veggie Skillet

- 2 - lb(s) ground beef
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x - 15 oz. can(s) crushed tomatoes

2. Mediterranean Pork Chops

- 8 - small boneless pork chops
- 4 - Tbsp olive oil
- 4 - Tbsp balsamic vinegar
- 2 - 15 oz. can(s) diced tomatoes
- 1 - small red onion(s)
- 2 - cup(s) kalamata olives
- 2 - Tbsp dried oregano
- Salt and pepper
- pasta
- veggies
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Tex-Mex Chicken Chili

- 8 - small boneless chicken breasts
- 2 - small white onion(s)
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 2x - 15 oz. can(s) crushed tomatoes
- 4 oz. can(s) green chiles
- 2 - Tbsp ground cumin
- 2 - Tbsp chili powder
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 1/2 - cup(s) lime juice
- 4 - cup(s) chicken broth
- Salt and pepper
- shredded cheese or sour cream
- salad
- 2 - gallon-size freezer baggie(s)

- 2 - green bell pepper(s)
- 2 - small zucchini
- 8 - whole carrots
- 2 - cup(s) hot water
- 2 - Tbsp Italian seasoning
- Salt and pepper
- grated Parmesan cheese
- dinner rolls
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless pork chops
- 4 lb(s) stew beef
- 8 small boneless chicken breasts
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 12 cup(s) chicken or vegetable stock
- 3 cup(s) elbow pasta noodles
- 2 15 oz. can(s) diced tomatoes
- 6x 15 oz. can(s) crushed tomatoes
- 6 cup(s) beef broth
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 4 oz. can(s) green chiles
- 4 cup(s) chicken broth

Sauces/Condiments

- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 4 Tbsp canola oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- Side:** Parmesan cheese

Produce

- 4 small white onion(s)
- 4 celery
- 24 whole carrots
- 1 lb(s) green beans
- 1 small red onion(s)
- 2 cup(s) kalamata olives
- Side:** veggies
- 4 lb(s) baby potatoes
- 1/2 cup(s) lime juice
- Side:** salad
- 2 green bell pepper(s)
- 2 small zucchini

Starchy Sides

- Side:** dinner rolls
- Side:** pasta

Spices

- 4 garlic cloves
- 8 Tbsp Italian seasoning
- Salt and pepper
- 2 Tbsp dried oregano
- 8 tsp garlic powder
- 2 Tbsp ground cumin
- 2 Tbsp chili powder
- 6 Tbsp minced onion

Supplies

- Side:** 10 gallon-size freezer baggie(s)

Side: shredded cheese or sour cream

2 cup(s) hot water

Garnish: grated Parmesan cheese

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 Minestrone Soup

- 2 small white onion(s)
- 4 celery
- 4 garlic cloves
- 8 whole carrots
- 1 lb(s) green beans
- 2x 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 2 Tbsp Italian seasoning
- 12 cup(s) chicken or vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Beef Stew with White Wine

- 4 lb(s) stew beef
- 4 Tbsp canola oil
- 4 lb(s) baby potatoes
- 8 whole carrots
- 2x 15 oz. can(s) crushed tomatoes
- 4 Tbsp Italian seasoning
- 4 tsp garlic powder
- 1 cup(s) white cooking wine
- 6 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Beef & Veggie Skillet

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x 15 oz. can(s) crushed tomatoes
- 2 green bell pepper(s)
- 2 small zucchini

2. Mediterranean Pork Chops

- 8 small boneless pork chops
- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 2 15 oz. can(s) diced tomatoes
- 1 small red onion(s)
- 2 cup(s) kalamata olives
- 2 Tbsp dried oregano
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Tex-Mex Chicken Chili

- 8 small boneless chicken breasts
- 2 small white onion(s)
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 2x 15 oz. can(s) crushed tomatoes
- 4 oz. can(s) green chiles
- 2 Tbsp ground cumin
- 2 Tbsp chili powder
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup(s) lime juice
- 4 cup(s) chicken broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

- 8 whole carrots
- 2 cup(s) hot water
- 2 Tbsp Italian seasoning
- Salt and pepper
- 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

- 8 small boneless pork chops
- 4 lb(s) stew beef
- 8 small boneless chicken breasts
- 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x 15 oz. can(s) tomato sauce
- 15 oz. can(s) kidney beans
- 12 cup(s) chicken or vegetable stock
- 2 15 oz. can(s) diced tomatoes
- 6x 15 oz. can(s) crushed tomatoes
- 6 cup(s) beef broth
- 15 oz. can(s) black beans
- 15 oz. can pinto beans
- 4 oz. can(s) green chiles
- 4 cup(s) chicken broth

Spices

- 4 garlic cloves
- 8 Tbsp Italian seasoning
- Salt and pepper
- 2 Tbsp dried oregano
- 8 tsp garlic powder
- 2 Tbsp ground cumin
- 2 Tbsp chili powder
- 6 Tbsp minced onion

Produce

- 4 small white onion(s)
- 4 celery
- 24 whole carrots
- 1 lb(s) green beans
- 1 small red onion(s)
- 2 cup(s) kalamata olives
- 4 lb(s) baby potatoes
- 1/2 cup(s) lime juice
- 2 green bell pepper(s)
- 2 small zucchini

Sauces/Condiments

- 4 Tbsp olive oil
- 4 Tbsp balsamic vinegar
- 4 Tbsp canola oil
- 1 cup(s) white cooking wine

Supplies

- 10x gallon-size freezer baggie(s)
- 2 cup(s) hot water

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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Chop 2 small white onions.
- Chop 2 white onions.
- Crush the garlic cloves.
- Dice 1 small red onion.
- Open 2 cans of crushed tomatoes.
- Open 2 cans of crushed tomatoes.
- Open 2 cans of diced tomatoes.
- Open 2 cans of tomato sauce.
- Open, drain and rinse 2 cans of black beans and 2 cans of pinto beans. Open 2 cans of crushed tomatoes and 2 cans of green chilies.
- Open, drain and rinse 2 cans of red kidney beans.
- Peel and chop 8 whole carrots.
- Peel and slice 8 whole carrots into 1/2-inch chunks.
- Seed and chop 2 green bell peppers. Chop 2 zucchini. Peel and chop 8 whole carrots.
- Slice 4 celery stalks.
- Trim 1 lb. green beans.

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 Minestrone Soup

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

- Half of the chopped onion
- Half of the sliced celery
- Half of the crushed garlic cloves
- Half of the chopped carrots
- Half of the trimmed green beans
- 1 - 15 oz. can tomato sauce
- 1 - 15 oz. can red kidney beans, drained and rinsed
- 1 Tbsp Italian seasoning blend
- 6 cups chicken or vegetable stock or equivalent bouillon base plus water

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

Beef Stew with White Wine

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- Half of the carrot chunks
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1/2 cup white cooking wine
- 3 cups beef broth

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

Beef & Veggie Skillet

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

- Half of the browned ground beef

Mediterranean Pork Chops

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

- 4 boneless pork chops
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

Slow Cooker Tex-Mex Chicken Chili

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

- 4 boneless chicken breasts
- Half of the black and pinto beans
- Half of the crushed tomatoes and green chilies
- 1 Tbsp ground cumin
- 1 Tbsp chili powder
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup lime juice
- 2 cups chicken broth

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

- Half of the chopped green bell peppers
- Half of the chopped zucchini
- Half of the chopped carrots
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Do NOT add the hot water to the freezer baggie.

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