Mediterranean Pork Chops

Thaw and cook pork chops and sauce in Dutch oven for 20 minutes, or until pork chops are cooked through. Serve with pasta and veggies.

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	FreezEasy Simple, Part Preser Cooling Meal Plans		(i)

Sloppy Joe Nachos

Thaw and reheat in skillet. Once warmed through, assemble nachos with tortilla chips, meat sauce and shredded cheese. Bake at 350 for 15 minutes, or until cheese has melted. Serve with sour cream garnish and side of fruit.

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Date:

Cheeseburger Rice

Thaw and reheat in skillet. Once warmed through, add the rice and hot water. Cover and cook for 20 minutes, or until rice is tender. Serve with shredded cheese garnish, and side of veggies.

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Beef Stew with White Wine

Thaw and add all the contents of the baggie to a Dutch oven or large saucepan and bringing to boil, then adding lid and simmering for 30 minutes. Serve with dinner rolls

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Slow Cooker Tex-Mex Chicken Chili

Thaw and slow cook on low for 8 hours. Garnish with shredded cheese or sour cream. Serve with salad.

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