

Italian Chicken Skillet with Zucchini

Thaw and add all of the ingredients from the freezer bag to large skillet or saucepan, cook over medium heat until bubbling, then reduce heat and simmer for 10 minutes or until chicken is cooked and veggies are softened. Serve with Parmesan cheese garnish and side salad.

Date: _____



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Slow Cooker French Onion Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Top with grated Parmesan and sliced Swiss cheese. Serve with cheesy bread, and veggies.

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Slow Cooker French Onion Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Top with grated Parmesan and sliced Swiss cheese. Serve with cheesy bread, and veggies.

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Cheesy Tex Mex Chicken

Thaw and add to skillet and bring to bubbling. Stir in the rice cauliflower and then simmer for 15 to 20 minutes, or until chicken is cooked through. Top with shredded Mexican blend cheese before serving. Serve with salad.

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Buffalo Ranch Mac & Cheese

Thaw completely and reheat/bake at 350 F for 20 minutes.
Garnish with blue cheese crumbled. Serve with salad.

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Beef Burrito Casserole

Thaw completely and bake at 350 F for 25 minutes. Serve with
avocado slices and/or sour cream garnish with side of
veggies.

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Mediterranean Stuffed Peppers {Filling}

Thaw and transfer to a skillet and reheat. Once bubbling, stir
in the rice and beef stock and cook through. Then add to bell
peppers and bake as directed. Serve with veggies.

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Mediterranean Stuffed Peppers {Filling}

Thaw and transfer to a skillet and reheat. Once bubbling, stir
in the rice and beef stock and cook through. Then add to bell
peppers and bake as directed. Serve with veggies.

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Roasted Vegetable Chili

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Garnish with shredded cheddar cheese. Serve with salad.

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Rosemary Garlic Pork Chops

Thaw completely. Add pork chops and marinade to skillet and bring to bubbling, then reduce heat and simmer for 10 to 12 minutes, or until pork chops are cooked through. Serve with salad and dinner rolls.

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Creamy Spinach and Tomato Linguini

Thaw completely and reheat the sauce in skillet, then stir in the heavy cream. Cook the pasta as directed and toss together with the sauce. Serve with veggies and Parmesan cheese garnish.

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Slow Cooker Creamy Tortellini Soup

Thaw and slow cook on low for 4 hours. With 20 to 30 minutes left in cooking cycle, swirl in the milk, cream, flour, cheese and tortellini. Serve immediately. Serve with salad and.

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