

GLUTEN-FREE MEAL PLAN

JANUARY

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1. Slow Cooker Rosemary Artichoke Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 6 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 - 7.5 oz jar(s) artichoke hearts
- 1 - Tbsp olive oil
- 1 - tsp dried rosemary
- 1 - tsp garlic powder
- 1/2 - tsp dried basil
- - Salt and pepper
- Side: - pasta**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Drain the artichoke hearts.
2. Place the chicken breasts into the base of the slow cooker and add the artichoke hearts over the top. Drizzle the olive oil on top and then sprinkle with dried rosemary, garlic powder and dried basil. Season with salt and pepper.
3. Set the slow cooker on low and cook for 6 hours.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Rosemary Artichoke Chicken with pasta and veggies.

Assembly Prep Directions for 2 Meals

Open and drain 2 jars of artichoke hearts.

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper

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 6 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 side, like gluten free pasta. Serve with cauliflower rice for Paleo meal.

2. Cheesy Chicken Enchiladas

Yield: 4 servings

Active Time: 15 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

- 3 - cup(s) shredded rotisserie chicken
- 4 - cup(s) shredded Monterrey Jack cheese
- 1 - cup(s) red salsa
- - Salt and pepper
- 1 - 12 oz. can(s) enchilada sauce
- 12 - corn tortillas
- Garnish: - chopped cilantro**
- Side: - refried beans**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. In a mixing bowl, toss together the rotisserie chicken, half of the shredded Monterrey Jack cheese with the salsa and a pinch of salt and pepper.
3. Roll the chicken-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterrey Jack cheese.
4. Bake in the preheated oven for 25 minutes, or until cheese has melted.
5. Warm the refried beans.
6. Prepare veggies.
7. Serve Cheesy Chicken Enchiladas with cilantro garnish, refried beans and veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, toss together 6 cups of rotisserie chicken, 4 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 2 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- 2 cups shredded Monterrey Jack cheese

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 warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.

Dairy-Free Modifications: Unfortunately, there isn't a great dairy-free option for this meal.

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

3. Winter Beef Stew

Yield: 4 servings

Active Time: 15 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 - Tbsp olive oil
- 1 - lb(s) stew beef
- 1 - small white onion(s)
- 4 - whole carrots
- 12 - oz. bag(s) frozen butternut squash
- 1 - 4 oz. can(s) sliced mushrooms
- 1 - 15 oz. can(s) diced tomatoes
- 2 - cup(s) beef broth
- 1 - tsp Italian seasoning
- 1 - tsp garlic powder
- - Salt and pepper
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes and the can of mushrooms.
2. Chop the onion. Peel and chop the carrots.
3. In a large saucepan, heat the olive oil and brown the stew beef. Stir in the chopped onion, chopped carrots, frozen butternut squash, drained mushrooms, drained diced tomatoes, beef broth, Italian seasoning and garlic powder. Bring to boiling and let simmer for 10 to 15 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Winter Beef Stew Chili with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 onions. Peel and chop 8 whole carrots.

Open and drain 2 cans of sliced mushrooms.

Open 2 cans of diced tomatoes.

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- 1 small white onion
- Half of the carrots
- 12 oz. bag frozen butternut squash
- 4 oz. can sliced mushrooms
- 15 oz. can diced tomatoes
- 2 cups beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder

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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 10 to 15 minutes.

Special Notes: Serve with Paleo approved sides for complete Paleo meal.

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 rice.

4. Italian Chicken Skillet with Zucchini

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 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

- 12 - boneless chicken tenderloins
- 2 - Tbsp olive oil
- 1 - Tbsp balsamic vinegar
- 1 - Tbsp Italian seasoning
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- 1 - medium zucchini
- 8 - oz. sliced white mushrooms
- 1 - 15 oz. can(s) diced tomatoes
- 1 - cup(s) sun dried tomatoes
- 1/2 - cup(s) chicken stock
- - Salt and pepper
- Garnish: - Parmesan cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the zucchini into 1/2-inch circles.
2. In a large skillet, add the olive oil, balsamic vinegar, Italian seasoning, minced onion, minced garlic, zucchini, white mushrooms and chicken tenderloins and saute together for 2 to 3 minutes. Stir in the diced tomatoes, sun-dried tomatoes and chicken stock and bring to bubbling.
3. Reduce heat to low and let simmer for 7 to 10 minutes, or until chicken is cooked through and veggies are softened.
4. Prepare the salad.
5. Serve Italian Chicken Skillet with Zucchini with Parmesan cheese garnish and side salad.

Assembly Prep Directions for 2 Meals

Slice 2 zucchini into 1/2-inch circles.

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

- 12 boneless chicken tenderloins
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp Italian seasoning
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Half of the chopped zucchini
- 8 oz. sliced white mushrooms
- 1 - 15 oz. can fire roasted diced tomatoes
- 1 cup sun-dried tomatoes
- 1/2 cup chicken stock

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. Transfer all of the ingredients from the freezer bag to large skillet or saucepan, start to cook over medium heat until bubbling, then reduce heat and simmer for 10 minutes or until chicken is cooked and veggies are softened.

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

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

5. Roasted Vegetable Chili

Yield: 4 servings

Active Time: 15 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - eggplant(s)
- 1 - zucchini
- 1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp chili powder
- 2 - cup(s) beef broth
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.
2. Open the crushed tomatoes.
3. Seed and dice the green bell pepper. Dice the onion.
4. Slice the eggplant and zucchini both into 1/2-inch circles.
5. Place the diced veggies onto prepared baking sheet and roast in the oven for 15 to 20 minutes.
6. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, chili powder and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Once the veggies are roasted, add to the chili and cook another 10 minutes, or until veggies are softened. Season with salt and pepper to taste.
7. Prepare the salad.
8. Serve Roasted Vegetable Chili with salad.

Assembly Prep Directions for 2 Meals

Slice 2 eggplants and 2 zucchini, both into 1/2-inch circles.

Seed and dice 2 green bell peppers. Dice 2 onions.

Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.

Place the sliced eggplant and zucchini, plus diced bell pepper onto prepared baking sheet and roast in the oven for 15 to 20 minutes.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

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 roasted vegetables
- Half of the crushed tomatoes
- 2 Tbsp chili powder
- 2 cups beef broth
- Salt and pepper

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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

Dairy-Free Modifications: Recipe is dairy-free when omit the shredded cheese garnish.

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

Complete Shopping List by Recipe

1. Slow Cooker Rosemary Artichoke Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2x1 - 7.5 oz jar(s) artichoke hearts
- ☐ 2 - Tbsp olive oil
- ☐ 2 - tsp dried rosemary
- ☐ 2 - tsp garlic powder
- ☐ 1 - tsp dried basil
- ☐ - Salt and pepper
- ☐ - pasta
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Winter Beef Stew

- ☐ 2 - Tbsp olive oil
- ☐ 2 - lb(s) stew beef
- ☐ 2 - small white onion(s)
- ☐ 8 - whole carrots
- ☐ 2x12 - oz. bag(s) frozen butternut squash
- ☐ 2x1 - 4 oz. can(s) sliced mushrooms
- ☐ 2 - 15 oz. can(s) diced tomatoes
- ☐ 4 - cup(s) beef broth
- ☐ 2 - tsp Italian seasoning
- ☐ 2 - tsp garlic powder
- ☐ - Salt and pepper
- ☐ - salad
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

5. Roasted Vegetable Chili

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - green bell pepper(s)
- ☐ 2 - small white onion(s)
- ☐ 2 - eggplant(s)
- ☐ 2 - zucchini
- ☐ 2x1 - 28 oz. can(s) crushed tomatoes
- ☐ 4 - Tbsp chili powder

2. Cheesy Chicken Enchiladas

- ☐ 6 - cup(s) shredded rotisserie chicken
- ☐ 8 - cup(s) shredded Monterrey Jack cheese
- ☐ 2 - cup(s) red salsa
- ☐ - Salt and pepper
- ☐ 2x1 - 12 oz. can(s) enchilada sauce
- ☐ 24 - corn tortillas
- ☐ - chopped cilantro
- ☐ - refried beans
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

4. Italian Chicken Skillet with Zucchini

- ☐ 24 - boneless chicken tenderloins
- ☐ 4 - Tbsp olive oil
- ☐ 2 - Tbsp balsamic vinegar
- ☐ 2 - Tbsp Italian seasoning
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp minced garlic
- ☐ 2 - medium zucchini
- ☐ 16 - oz. sliced white mushrooms
- ☐ 2 - 15 oz. can(s) diced tomatoes
- ☐ 2x1 - cup(s) sun dried tomatoes
- ☐ 1 - cup(s) chicken stock
- ☐ - Salt and pepper
- ☐ - Parmesan cheese
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 4 - cup(s) beef broth
- ☐ - Salt and pepper
- ☐ - shredded cheddar cheese
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 small boneless chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 2 lb(s) stew beef
- ☐ 24 boneless chicken tenderloins
- ☐ 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x1 7.5 oz jar(s) artichoke hearts
- ☐ 2 cup(s) red salsa
- ☐ 2x1 12 oz. can(s) enchilada sauce
- ☐ **Side:** refried beans
- ☐ 2x1 4 oz. can(s) sliced mushrooms
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 8 cup(s) beef broth
- ☐ 2x1 cup(s) sun dried tomatoes
- ☐ 1 cup(s) chicken stock
- ☐ 2x1 28 oz. can(s) crushed tomatoes

Sauces/Condiments

- ☐ 8 Tbsp olive oil
- ☐ 2 Tbsp balsamic vinegar

Dairy/Frozen

- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2x12 oz. bag(s) frozen butternut squash
- ☐ **Side:** Parmesan cheese

Produce

- ☐ **Side:** veggies
- ☐ **Garnish:** chopped cilantro
- ☐ 4 small white onion(s)
- ☐ 8 whole carrots
- ☐ **Side:** salad
- ☐ 2 medium zucchini
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 green bell pepper(s)
- ☐ 2 eggplant(s)
- ☐ 2 zucchini

Starchy Sides

- ☐ **Side:** pasta
- ☐ 24 corn tortillas
- ☐ **Side:** dinner rolls

Spices

- ☐ 2 tsp dried rosemary
- ☐ 6 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 2 tsp Italian seasoning
- ☐ 2 Tbsp Italian seasoning
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 4 Tbsp chili powder

Supplies

- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ **Side:** 2 9x13 disposable foil tray(s)

☐ **Garnish:** shredded cheddar 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 Rosemary Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2x1 7.5 oz jar(s) artichoke hearts
- ☐ 2 Tbsp olive oil
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Winter Beef Stew

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 2 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2x12 oz. bag(s) frozen butternut squash
- ☐ 2x1 4 oz. can(s) sliced mushrooms
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 2 tsp Italian seasoning
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Roasted Vegetable Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 green bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2 eggplant(s)
- ☐ 2 zucchini
- ☐ 2x1 28 oz. can(s) crushed tomatoes
- ☐ 4 Tbsp chili powder
- ☐ 4 cup(s) beef broth

2. Cheesy Chicken Enchiladas

- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2 cup(s) red salsa
- ☐ Salt and pepper
- ☐ 2x1 12 oz. can(s) enchilada sauce
- ☐ 24 corn tortillas
- ☐ 2 9x13 disposable foil tray(s)

4. Italian Chicken Skillet with Zucchini

- ☐ 24 boneless chicken tenderloins
- ☐ 4 Tbsp olive oil
- ☐ 2 Tbsp balsamic vinegar
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 2 medium zucchini
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 2x1 cup(s) sun dried tomatoes
- ☐ 1 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

- ☐ 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 chicken breasts
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 2 lb(s) stew beef
- ☐ 24 boneless chicken tenderloins
- ☐ 2 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x1 7.5 oz jar(s) artichoke hearts
- ☐ 2 cup(s) red salsa
- ☐ 2x1 12 oz. can(s) enchilada sauce
- ☐ 2x1 4 oz. can(s) sliced mushrooms
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 8 cup(s) beef broth
- ☐ 2x1 cup(s) sun dried tomatoes
- ☐ 1 cup(s) chicken stock
- ☐ 2x1 28 oz. can(s) crushed tomatoes

Sauces/Condiments

- ☐ 8 Tbsp olive oil
- ☐ 2 Tbsp balsamic vinegar

Dairy/Frozen

- ☐ 8 cup(s) shredded Monterrey Jack cheese
- ☐ 2x12 oz. bag(s) frozen butternut squash

Produce

- ☐ 4 small white onion(s)
- ☐ 8 whole carrots
- ☐ 2 medium zucchini
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 green bell pepper(s)
- ☐ 2 eggplant(s)
- ☐ 2 zucchini

Starchy Sides

- ☐ 24 corn tortillas

Spices

- ☐ 2 tsp dried rosemary
- ☐ 6 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 2 tsp Italian seasoning
- ☐ 2 Tbsp Italian seasoning
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ 4 Tbsp chili powder

Supplies

- ☐ 8x gallon-size freezer baggie(s)
- ☐ 2x 9x13 disposable foil tray(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

- ☐ Slice 2 eggplants and 2 zucchini, both into 1/2-inch circles.
- ☐ Seed and dice 2 green bell peppers. Dice 2 onions.
- ☐ Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.
- ☐ Slice 2 zucchini into 1/2-inch circles.
- ☐ Chop 2 onions. Peel and chop 8 whole carrots.
- ☐ Place the sliced eggplant and zucchini, plus diced bell pepper onto prepared baking sheet and roast in the oven for 15 to 20 minutes.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- ☐ In a mixing bowl, toss together 6 cups of rotisserie chicken, 4 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- ☐ Open and drain 2 jars of artichoke hearts.
- ☐ Open and drain 2 cans of sliced mushrooms.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Open 2 cans of red enchilada sauce.
- ☐ Open 2 cans of crushed tomatoes.

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 Rosemary Artichoke Chicken

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper

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

Winter Beef Stew

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

- 1 Tbsp olive oil
- 1 lb. stew beef
- 1 small white onion
- Half of the carrots
- 12 oz. bag frozen butternut squash
- 4 oz. can sliced mushrooms
- 15 oz. can diced tomatoes
- 2 cups beef broth
- 1 tsp Italian seasoning
- 1 tsp garlic powder

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

Roasted Vegetable Chili

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

- Half of the browned ground beef
- Half of the roasted vegetables
- Half of the crushed tomatoes

Cheesy Chicken Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- 2 cups shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.

Italian Chicken Skillet with Zucchini

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

- 12 boneless chicken tenderloins
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp Italian seasoning
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Half of the chopped zucchini
- 8 oz. sliced white mushrooms
- 1 - 15 oz. can fire roasted diced tomatoes
- 1 cup sun-dried tomatoes
- 1/2 cup chicken stock

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

- 2 Tbsp chili powder
- 2 cups beef broth
- Salt and pepper

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