

TRADITIONAL MEAL PLAN

JANUARY 2018

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1. Slow Cooker French Onion Chicken

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
- 2 - small white onion(s)
- - Salt and pepper
- 1 - cup(s) beef stock
- 1 - tsp Italian seasoning
- 1 - Tbsp cornstarch**
- 1 - cup(s) grated Parmesan cheese**
- 4 - slices Swiss cheese**
- 1 - cup(s) shredded mozzarella cheese**
- Side: - cheese covered French bread**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onions into half moons.
2. Place the chicken breasts in the base of the slow cooker and sprinkle the onion slices over and around the chicken. Season with salt and pepper. Pour the beef stock around the chicken and sprinkle the Italian seasonings over the top.
3. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, swirl the cornstarch with a few Tbsp of water and stir it into the sauce. Cook for 30 more minutes to thicken the beef and onion sauce. Add chicken and onions onto plate and top with the grated Parmesan cheese and sliced Swiss cheese. Heat from the chicken should melt the cheese, but if it doesn't you can bake it for a few minutes in oven-safe dish to melt the cheese.
4. Place thin slices of French bread onto baking sheets and add pinchful of shredded mozzarella onto each bread. Bake at 350 F for 8 minutes, or until cheese has melted. Serve cheese covered French bread slices as side dish, or "scoop" for the chicken and onions.
5. Prepare veggies.
6. Serve Slow Cooker French Onion Chicken with cheesy bread and veggies.

Assembly Prep Directions for 2 Meals

Slice 4 white onions into half moons.

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

- 4 boneless chicken breasts
- Half of the sliced onions
- Salt and pepper
- 1 cup beef stock
- 1 tsp Italian seasoning
- Do NOT add the cornstarch before freezing.

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. Thicken with cornstarch at the end of the cooking cycle as directed. Add cheese to chicken just before serving.

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

Gluten-Free Modifications: Recipe is gluten-free if you serve with gluten-free sides.

2. Cheesy Tex Mex Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 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 chicken breasts
- 2 - Tbsp butter
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 1 - 10 oz diced tom & green chile
- 1 - cup(s) chicken stock
- 1 - packet(s) taco seasoning
- 2 - cup(s) riced cauliflower**
- 2 - cup(s) shredded Mexican blend cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and finely chop the red bell pepper. Chop the onion.
3. Open and drain the diced tomatoes with green chilies.
4. In a large skillet, melt the butter and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red bell peppers and onions and saute with the chicken until chicken pieces are cooked through. Stir in the diced tomatoes with green chiles, chicken stock, riced cauliflower and taco seasoning and bring to bubbling.
5. Reduce heat to low and let simmer for 5 to 8 minutes to allow flavors to mingle. Just before serving, add shredded cheese over the top and let melt.
6. Prepare the salad.
7. Serve Cheesy Tex Mex Chicken with side salad.

Assembly Prep Directions for 2 Meals

Cut 8 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers.

Chop 2 small white onions.

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped onion
- 1 - 10 oz. can diced tomatoes with green chilies
- 1 cup chicken stock
- 1 packet taco seasoning

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. Add all of the ingredients to a large skillet, bring to bubbling and then add the riced cauliflower. Simmer over low heat for 15 to 20 minutes, or until chicken is cooked through. Top with cheese before serving.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

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

3. Beef Burrito Casserole

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 20 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 - 15 oz. can(s) chili beans
- 1 - cup(s) red salsa
- 1 - tsp ground cumin
- 1 - cup(s) shredded Monterrey Jack cheese
- 8 - flour tortillas
- 2 - cup(s) shredded cheddar cheese
- Garnish: - avocado slices**
- Garnish: - sour cream**
- 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. Open the can of chili beans.
3. Brown the ground beef with the minced onion and garlic powder. Drain if necessary. Stir in the beans, salsa, cumin and shredded Monterrey Jack cheese.
4. Spoon the beef and beans mixture into the tortillas, then roll them up and place seam side down in the prepared baking dish. Repeat until all the meat is used up and burritos are cozy in the baking dish. Sprinkle the shredded cheddar cheese on top and bake in the preheated oven for 20 minutes, or until cheese on top has melted. Add sliced avocados and/or sour cream as garnish.
5. Prepare the veggies.
6. Serve Beef Burrito Casserole with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of chili beans.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain if necessary. Stir in the beans, 2 cups salsa, 2 tsp cumin and 2 cups shredded Monterrey Jack cheese.

To each disposable tray, layer the following ingredients:

- 8 tortillas, with beef-bean mixture rolled inside
- Top with shredded cheddar 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 is not a great dairy-free option for this meal.

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free tortillas or corn tortillas.

4. Rosemary Garlic 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 - boneless pork chops
- - Salt and pepper
- 3 - Tbsp olive oil
- 3 - Tbsp balsamic vinegar
- 3 - tsp minced garlic
- 1 - Tbsp dried rosemary
- 1 - tsp dried basil
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops in shallow baking dish and season both sides with salt and pepper.
2. In small resealable container, add the olive oil, balsamic vinegar, minced garlic, rosemary and basil. Shake vigorously and then pour over the pork chops. Cover with plastic wrap and let marinate in the fridge for at least 30 minutes, ideally overnight.
3. To a large skillet, add the pork chops and marinade and bring to simmering. Reduce heat to low and simmer for 10 to 12 minutes, flipping the pork chops twice. Once cooked through, remove from the heat and let rest for 5 minutes before slicing.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Rosemary Garlic Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- Salt and pepper
- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 3 tsp minced garlic
- 1 Tbsp chopped rosemary
- 1 tsp dried basil

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 the pork chops and all of the marinade to the skillet. Bring to bubbling, then reduce heat and simmer for 10 to 12 minutes, flipping pork chops twice. Once cooked through, let rest 5 minutes before slicing.

Special Notes: Serve with cauli-rice for Paleo/Whole30 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.

5. Slow Cooker Creamy Tortellini Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 4 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

- 1 - lb(s) ground pork sausage
- 2 - whole carrots
- 2 - celery stalk(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 4 - cup(s) chicken stock**
- 2 - tsp garlic powder
- 1 - tsp Italian seasoning
- 20 - oz. box(es) tortellini**
- 1 - cup(s) heavy cream**
- 1 - cup(s) milk
- 1/2 - cup(s) all purpose flour
- 1 - cup(s) grated Parmesan cheese**
- 1 - cup(s) mozzarella cheese**
- Garnish: - chopped basil**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the pork sausage in skillet and drain.
2. Peel and chop the carrots. Chop the celery. Chop the onion.
3. Open the diced tomatoes.
4. Place the chopped carrots, celery and onion with the browned sausage, diced tomatoes and chicken stock into the base of the slow cooker. Add the garlic powder, Italian seasoning with pinch of salt and pepper. Set the slow cooker on low and cook for 4 hours.
5. With 20 to 30 minutes left in the cooking cycle, whisk together the milk, cream and flour. Stir into the soup and add the tortellini as well. Stir in the Parmesan and mozzarella cheeses. Let the cooking cycle finish and the ladle soup into bowls and garnish with fresh basil. Do not leave tortellini cooking or on warm mode in your slow cooker, so it doesn't overcook.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground pork sausage and drain.

Peel and chop 4 whole carrots. Chop 4 celery stalks. Chop 2 onions.

Open 2 cans of diced tomatoes.

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

- Half of the browned Italian sausage
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 - 15 oz. can diced tomatoes
- 2 tsp garlic powder
- 1 tsp Italian seasoning
- Do NOT freeze the tortellini with other ingredients. It can be frozen in the box it comes in, and thawed the day you wish to make this meal.
- The milk, cream, flour and cheeses will be added at the end of cooking cycle. Do not add to freezer bag.

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 4 hours. With 20 to 30 minutes left in the cooking cycle, stir in the milk, cream, flour, cheeses and tortellini as directed.

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

Gluten-Free Modifications: Unfortunately, there is not a great gluten-free option for this meal.

6. Prepare the salad.
7. Serve Slow Cooker Creamy Tortellini Soup with salad.

Complete Shopping List by Recipe

1. Slow Cooker French Onion Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 4 - small white onion(s)
- ☐ - Salt and pepper
- ☐ 2 - cup(s) beef stock
- ☐ 2 - tsp Italian seasoning
- ☐ 2 - Tbsp cornstarch
- ☐ 2 - cup(s) grated Parmesan cheese
- ☐ 8 - slices Swiss cheese
- ☐ 2 - cup(s) shredded mozzarella cheese
- ☐ - cheese covered French bread
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Beef Burrito Casserole

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - 15 oz. can(s) chili beans
- ☐ 2 - cup(s) red salsa
- ☐ 2 - tsp ground cumin
- ☐ 2 - cup(s) shredded Monterrey Jack cheese
- ☐ 16 - flour tortillas
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - avocado slices
- ☐ - sour cream
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

5. Slow Cooker Creamy Tortellini Soup

- ☐ 2 - lb(s) ground pork sausage
- ☐ 4 - whole carrots
- ☐ 4 - celery stalk(s)
- ☐ 2 - small white onion(s)
- ☐ 2 - 15 oz. can(s) diced tomatoes
- ☐ 8 - cup(s) chicken stock
- ☐ 4 - tsp garlic powder
- ☐ 2 - tsp Italian seasoning
- ☐ 40 - oz. box(es) tortellini

2. Cheesy Tex Mex Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 4 - Tbsp butter
- ☐ 2 - red bell pepper(s)
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 10 oz diced tom & green chile
- ☐ 2 - cup(s) chicken stock
- ☐ 2 - packet(s) taco seasoning
- ☐ 4 - cup(s) riced cauliflower
- ☐ 4 - cup(s) shredded Mexican blend cheese
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

4. Rosemary Garlic Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 6 - Tbsp olive oil
- ☐ 6 - Tbsp balsamic vinegar
- ☐ 6 - tsp minced garlic
- ☐ 2 - Tbsp dried rosemary
- ☐ 2 - tsp dried basil
- ☐ - salad
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 2 - cup(s) heavy cream
- ☐ 2 - cup(s) milk
- ☐ 1 - cup(s) all purpose flour
- ☐ 2 - cup(s) grated Parmesan cheese
- ☐ 2 - cup(s) mozzarella cheese
- ☐ - chopped basil
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 16 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 8 boneless pork chops
- ☐ 2 lb(s) ground pork sausage
- ☐ 40 oz. box(es) tortellini

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) beef stock
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 10 cup(s) chicken stock
- ☐ 2 15 oz. can(s) chili beans
- ☐ 2 cup(s) red salsa
- ☐ 2 15 oz. can(s) diced tomatoes

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 6 Tbsp balsamic vinegar

Dairy/Frozen

- ☐ 4 cup(s) grated Parmesan cheese
- ☐ 8 slices Swiss cheese
- ☐ 2 cup(s) shredded mozzarella cheese
- ☐ 4 Tbsp butter
- ☐ 4 cup(s) shredded Mexican blend cheese
- ☐ 2 cup(s) shredded Monterrey Jack cheese

Produce

- ☐ 8 small white onion(s)
- ☐ **Side:** veggies
- ☐ 2 red bell pepper(s)
- ☐ 4 cup(s) riced cauliflower
- ☐ **Side:** salad
- ☐ **Garnish:** avocado slices
- ☐ 4 whole carrots
- ☐ 4 celery stalk(s)

Starchy Sides

- ☐ 16 flour tortillas
- ☐ **Side:** dinner rolls

Spices

- ☐ Salt and pepper
- ☐ 4 tsp Italian seasoning
- ☐ 2 Tbsp cornstarch
- ☐ 2 packet(s) taco seasoning
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 2 tsp ground cumin
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp dried rosemary
- ☐ 2 tsp dried basil
- ☐ 1 cup(s) all purpose flour
- ☐ **Garnish:** chopped basil

Supplies

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

- ☐ 4 cup(s) shredded cheddar cheese
- ☐ **Garnish:** sour cream
- ☐ 2 cup(s) heavy cream
- ☐ 2 cup(s) milk
- ☐ 2 cup(s) mozzarella 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 French Onion Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 4 small white onion(s)
- ☐ Salt and pepper
- ☐ 2 cup(s) beef stock
- ☐ 2 tsp Italian seasoning
- ☐ 2 gallon-size freezer baggie(s)

3. Beef Burrito Casserole

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 15 oz. can(s) chili beans
- ☐ 2 cup(s) red salsa
- ☐ 2 tsp ground cumin
- ☐ 2 cup(s) shredded Monterrey Jack cheese
- ☐ 16 flour tortillas
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 9x13 disposable foil tray(s)

5. Slow Cooker Creamy Tortellini Soup

- ☐ 2 lb(s) ground pork sausage
- ☐ 4 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 4 tsp garlic powder
- ☐ 2 tsp Italian seasoning
- ☐ 2 cup(s) milk
- ☐ 1 cup(s) all purpose flour
- ☐ 2 gallon-size freezer baggie(s)

2. Cheesy Tex Mex Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 4 Tbsp butter
- ☐ 2 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2 cup(s) chicken stock
- ☐ 2 packet(s) taco seasoning
- ☐ 2 gallon-size freezer baggie(s)

4. Rosemary Garlic Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 6 Tbsp olive oil
- ☐ 6 Tbsp balsamic vinegar
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp dried rosemary
- ☐ 2 tsp dried basil
- ☐ 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

- ☐ 16 small boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 8 boneless pork chops
- ☐ 2 lb(s) ground pork sausage

Pantry Staples - Canned, Boxed

- ☐ 2 cup(s) beef stock
- ☐ 2x1 10 oz diced tom & green chile
- ☐ 2 cup(s) chicken stock
- ☐ 2 15 oz. can(s) chili beans
- ☐ 2 cup(s) red salsa
- ☐ 2 15 oz. can(s) diced tomatoes

Sauces/Condiments

- ☐ 6 Tbsp olive oil
- ☐ 6 Tbsp balsamic vinegar

Dairy/Frozen

- ☐ 4 Tbsp butter
- ☐ 2 cup(s) shredded Monterrey Jack cheese
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 cup(s) milk

Produce

- ☐ 8 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 4 whole carrots
- ☐ 4 celery stalk(s)

Starchy Sides

- ☐ 16 flour tortillas

Spices

- ☐ Salt and pepper
- ☐ 4 tsp Italian seasoning
- ☐ 2 packet(s) taco seasoning
- ☐ 2 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 2 tsp ground cumin
- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp dried rosemary
- ☐ 2 tsp dried basil
- ☐ 1 cup(s) all purpose flour

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

- ☐ Cut 8 chicken breasts into bite-size pieces.
- ☐ Open 2 cans of chili beans.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain if necessary. Stir in the beans, 2 cups salsa, 2 tsp cumin and 2 cups shredded Monterrey Jack cheese.
- ☐ Brown 2 lbs. ground pork sausage and drain.
- ☐ Slice 4 white onions into half moons.
- ☐ Seed and finely chop 2 red bell peppers.
- ☐ Chop 2 small white onions.
- ☐ Peel and chop 4 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- ☐ Open 2 cans of diced 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 French Onion Chicken

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

- 4 boneless chicken breasts
- Half of the sliced onions
- Salt and pepper
- 1 cup beef stock
- 1 tsp Italian seasoning
- Do NOT add the cornstarch before freezing.

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

Beef Burrito Casserole

To each disposable tray, layer the following ingredients:

- 8 tortillas, with beef-bean mixture rolled inside
- Top with shredded cheddar cheese

Cover with foil or lid, add label and freeze.

Cheesy Tex Mex Chicken

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped onion
- 1 - 10 oz. can diced tomatoes with green chilies
- 1 cup chicken stock
- 1 packet taco seasoning

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

Rosemary Garlic Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 3 tsp minced garlic
- 1 Tbsp chopped rosemary
- 1 tsp dried basil

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

Slow Cooker Creamy Tortellini Soup

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

- Half of the browned Italian sausage
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 - 15 oz. can diced tomatoes
- 2 tsp garlic powder
- 1 tsp Italian seasoning
- Do NOT freeze the tortellini with other

ingredients. It can be frozen in the box it comes in, and thawed the day you wish to make this meal.

- The milk, cream, flour and cheeses will be added at the end of cooking cycle. Do not add to freezer bag.

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