

FASTEST-MEALS-EVER

DINNER IN A FLASH

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1. Slow Cooker Chicken Tortilla Soup

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

- 3 - large boneless chicken breasts
 - 1 - red bell pepper(s)
 - 1 - 15 oz. can(s) tomato sauce
 - 2 - Tbsp taco seasoning
 - 1 - 15 oz. can(s) corn
 - 2 - cup(s) chicken or vegetable stock
 - 8 - corn tortillas**
 - 1 - gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Seed and dice the red bell pepper.
2. To the slow cooker, add the chicken, tomato sauce, taco seasoning, canned corn, red bell pepper, and chicken stock. Set slow cooker on low and cook for 8 hours.
3. Before serving, use 2 forks to pull the chicken apart in the soup. Then ladle soup into bowls and add the tortilla strips into each bowl and let them soak up some of the liquid. Top with shredded cheese, if preferred.
4. Optional: If you wish to thicken the soup, add 1/2 to 1 tsp cornstarch or 2 Tbsp masa harina.
5. Serve Slow Cooker Chicken Tortilla Soup with tortilla strip topping.

Assembly Prep Directions for 2 Meals

Open 2 cans of corn.

Seed and dice 2 red bell peppers.

Open 2 cans of tomato sauce.

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

- 3 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the canned corn
- Half of the tomato sauce
- 2 Tbsp taco seasoning
- 2 cups 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, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: This soup can also be cooked in a large saucepan or Dutch oven. Cook over medium heat with lid on for 30 minutes, or until chicken is cooked.

Dairy-Free Modifications: Omit the cheese garnish.

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

2. Baked Honey Mustard Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 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
- 1/4 - cup(s) yellow mustard
- 1/4 - cup(s) honey
- 1 - tsp cider vinegar
- - Salt and pepper
- Side: - frozen French fries**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease a 7x11 or 9x13-inch baking dish with non-stick cooking spray.
2. Place the boneless pork chops into prepared baking dish.
3. In a small mixing bowl, whisk together yellow mustard, honey and cider vinegar. Pour over the pork chops and bake in the preheated oven for 40 to 45 minutes, or until pork chops have cooked through. Cooking time will vary depending on thickness of the pork chops.
4. Serve Honey Mustard Pork Chops with side of fries and veggies.

Assembly Prep Directions for 2 Meals

Whisk together 1/2 cup honey, 1/2 cup yellow mustard and 2 tsp cider vinegar in a small bowl.

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

- 4 boneless pork chops
- Salt and pepper
- Prepared Honey-Mustard sauce, half into each bag

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

Freeze & Thaw Instructions: *Put bags or trays in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight before transferring to baking dish and baking as directed.*

Special Notes: *These pork chops are also fantastic on the grill. Thaw completely before grilling over direct heat for 8 to 10 minutes per side, flipping until cooked through. Also, these pork chops could also be prepared for the freezer using disposable foil baking trays. Place the pork chops in the pans, top with the Honey-Mustard sauce and cover with foil. Thaw before baking as directed above.*

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.*

3. Balsamic & Brown Sugar Pulled Pork

Yield: 4 servings

Active Time: 5 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

- 2 - lb(s) pork roast
 - - Salt and pepper
 - 1/4 - cup(s) brown sugar
 - 2 - Tbsp minced onion
 - 1 - tsp garlic powder
 - 1/4 - cup(s) balsamic vinegar
 - Side: - fruit**
 - Side: - potato chips**
 - 1 - gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. In a small bowl, whisk together the brown sugar, minced onion, garlic powder and balsamic vinegar.
2. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the sauce on and around the pork.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain before serving.
4. Prepare fruit.
5. Serve Balsamic & Brown Sugar Pulled Pork with chips and fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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.

Special Notes: Substitute balsamic glaze for the balsamic vinegar for a thicker sauce.

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.

Complete Shopping List by Recipe

1. Slow Cooker Chicken Tortilla Soup

- ☐ 6 - large boneless chicken breasts
- ☐ 2 - red bell pepper(s)
- ☐ 2 - 15 oz. can(s) tomato sauce
- ☐ 4 - Tbsp taco seasoning
- ☐ 2 - 15 oz. can(s) corn
- ☐ 4 - cup(s) chicken or vegetable stock
- ☐ 16 - corn tortillas
- ☐ 2 - gallon-size freezer baggie(s)

2. Baked Honey Mustard Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 1/2 - cup(s) yellow mustard
- ☐ 1/2 - cup(s) honey
- ☐ 2 - tsp cider vinegar
- ☐ - Salt and pepper
- ☐ - frozen French fries
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Balsamic & Brown Sugar Pulled Pork

- ☐ 4 - lb(s) pork roast
- ☐ - Salt and pepper
- ☐ 1/2 - cup(s) brown sugar
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 1/2 - cup(s) balsamic vinegar
- ☐ - fruit
- ☐ - potato chips
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 6 large boneless chicken breasts
- ☐ 8 boneless pork chops
- ☐ 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 15 oz. can(s) corn
- ☐ 4 cup(s) chicken or vegetable stock

Sauces/Condiments

- ☐ 1/2 cup(s) yellow mustard
- ☐ 1/2 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ 1/2 cup(s) balsamic vinegar

Dairy/Frozen

- ☐ **Side:** frozen French fries

Produce

- ☐ 2 red bell pepper(s)
- ☐ **Side:** veggies
- ☐ **Side:** fruit

Starchy Sides

- ☐ 16 corn tortillas
- ☐ **Side:** potato chips

Spices

- ☐ 4 Tbsp taco seasoning
- ☐ Salt and pepper
- ☐ 1/2 cup(s) brown sugar
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)

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 Chicken Tortilla Soup

- ☐ 6 large boneless chicken breasts
- ☐ 2 red bell pepper(s)
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 4 Tbsp taco seasoning
- ☐ 2 15 oz. can(s) corn
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2 gallon-size freezer baggie(s)

2. Baked Honey Mustard Pork Chops

- ☐ 8 boneless pork chops
- ☐ 1/2 cup(s) yellow mustard
- ☐ 1/2 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Balsamic & Brown Sugar Pulled Pork

- ☐ 4 lb(s) pork roast
- ☐ Salt and pepper
- ☐ 1/2 cup(s) brown sugar
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 1/2 cup(s) balsamic vinegar
- ☐ 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

- ☐ 6 large boneless chicken breasts
- ☐ 8 boneless pork chops
- ☐ 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 15 oz. can(s) corn
- ☐ 4 cup(s) chicken or vegetable stock

Spices

- ☐ 4 Tbsp taco seasoning
- ☐ Salt and pepper
- ☐ 1/2 cup(s) brown sugar
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder

Produce

- ☐ 2 red bell pepper(s)

Sauces/Condiments

- ☐ 1/2 cup(s) yellow mustard
- ☐ 1/2 cup(s) honey
- ☐ 2 tsp cider vinegar
- ☐ 1/2 cup(s) balsamic vinegar

Supplies

- ☐ 6x gallon-size freezer baggie(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

- ☐ Open 2 cans of corn.
- ☐ Seed and dice 2 red bell peppers.
- ☐ Whisk together 1/2 cup honey, 1/2 cup yellow mustard and 2 tsp cider vinegar in a small bowl.
- ☐ Open 2 cans of tomato sauce.

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 Chicken Tortilla Soup

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

- 3 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the canned corn
- Half of the tomato sauce
- 2 Tbsp taco seasoning
- 2 cups chicken stock

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

Baked Honey Mustard Pork Chops

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

- 4 boneless pork chops
- Salt and pepper
- Prepared Honey-Mustard sauce, half into each bag

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

Balsamic & Brown Sugar Pulled Pork

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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