

# DECK THE FREEZER

HOLIDAY 2019

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# 1. Slow Cooker Honey Mustard Shredded Chicken Sandwiches

*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.

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## Ingredients for Single Meal

- 2 - large boneless chicken breasts
- 1/4 - cup(s) honey
- 3 - Tbsp Dijon mustard
- 1 - tsp vinegar
- 4 - sliced Provolone cheese\*\*
- 4 - sandwich buns\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Whisk together honey, Dijon mustard and vinegar in a small bowl and pour over chicken breasts.
2. Set the slow cooker on low and cook for 8 hours.
3. Note: if your slow cooker "runs hot" and has dried out meat in the past, you might want to add 1/2 to 1 cup of water or chicken stock to keep the inside of the slow cooker humid and prevent the meat from drying out.)
4. Once cooked, use 2 forks to shred the chicken before serving on buns with slice of cheese.
5. Serve Slow Cooker Honey Mustard Shredded Chicken Sandwiches with veggies.

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## Assembly Prep Directions for 2 Meals

Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.

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

- 2 lbs. boneless, skinless chicken breasts
- Salt and pepper
- Half of the prepared marinade into each 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 8 hours.*

**Special Notes:** *The chicken can also be cooked on the grill and served in large pieces instead of shredded for the sandwiches. The chicken could also be cooked in a saucepan or Dutch oven and then shredded. Cook for about 30 minutes, or until chicken is cooked through. Also, if you prefer darker meat, you can use boneless, skinless chicken thighs in place of the chicken breasts.*

**Dairy-Free Modifications:** *Omit the Provolone cheese.*

**Gluten-Free Modifications:** *Use gluten-free buns or large pieces of lettuce to make lettuce wrapped chicken sandwiches. You could also serve the shredded chicken over rice.*

## 2. Slow Cooker Simple Baby Beef Stew

*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.

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### Ingredients for Single Meal

- 2 - lb(s) stew beef
- 2 - lb(s) baby potatoes
- 1 - lb(s) baby carrots
- 1 - 8 oz can(s) tomato sauce
- 1 - tsp minced garlic
- 2 - cup(s) beef stock
- - Salt and pepper
- Side: - dinner rolls\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. To the base of the slow cooker, add the stew beef, baby potatoes, baby carrots, tomato sauce, minced garlic and beef stock. Season with salt and pepper.
2. Set the slow cooker on low and cook for 8 hours.
3. Prepare the dinner rolls.
4. Serve Slow Cooker Simple Baby Beef Stew with dinner rolls.

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### Assembly Prep Directions for 2 Meals

Open the 2 cans of tomato sauce.

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 8 oz. can tomato sauce
- 1 tsp minced garlic
- 2 cups beef stock
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

**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.*

**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.*

## 3. Slow Cooker Enchilada 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.

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### Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - 12 oz. can(s) enchilada sauce
- 1 - cup(s) red salsa
- 1 - packet(s) taco seasoning
- 1 - Salt and pepper
- Garnish: - guacamole\*\*
- 8 - flour tortillas\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the chicken breasts in the slow cooker. Pour the salsa, red enchilada sauce, and taco seasoning over the top. Cook on low for 8 hours.
2. Once finished cooking, shred the chicken into the sauce. Season with salt and pepper to taste.
3. Prepare tacos with the shredded chicken with sauce and guacamole topping.
4. Prepare veggies.
5. Serve Slow Cooker Enchilada Chicken with guacamole and veggies.

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### Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1 - 12 oz. can red enchilada sauce
- 1 cup red salsa
- 1 packet taco seasoning
- 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 adding contents of bag to the slow cooker. Slow cook as directed.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

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

## Complete Shopping List by Recipe

### 1. Slow Cooker Honey Mustard Shredded Chicken

#### Sandwiches

- 4 - large boneless chicken breasts
- 1/2 - cup(s) honey
- 6 - Tbsp Dijon mustard
- 2 - tsp vinegar
- 8 - sliced Provolone cheese
- 4 - sandwich buns
- veggies
- 2 - gallon-size freezer baggie(s)

### 2. Slow Cooker Simple Baby Beef Stew

- 4 - lb(s) stew beef
- 4 - lb(s) baby potatoes
- 2 - lb(s) baby carrots
- 2x1 - 8 oz can(s) tomato sauce
- 2 - tsp minced garlic
- 4 - cup(s) beef stock
- Salt and pepper
- dinner rolls
- 2 - gallon-size freezer baggie(s)

### 3. Slow Cooker Enchilada Chicken

- 8 - small boneless chicken breasts
- 2x1 - 12 oz. can(s) enchilada sauce
- 2 - cup(s) red salsa
- 2 - packet(s) taco seasoning
- 2 - Salt and pepper
- guacamole
- 16 - flour tortillas
- veggies
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 4 large boneless chicken breasts
- 4 lb(s) stew beef
- 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x1 8 oz can(s) tomato sauce
- 4 cup(s) beef stock
- 2x1 12 oz. can(s) enchilada sauce
- 2 cup(s) red salsa

## Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar

## Dairy/Frozen

- 8 sliced Provolone cheese

## Produce

- Side:** veggies
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- Side:** guacamole

## Starchy Sides

- Side:** 4 sandwich buns
- Side:** dinner rolls
- 16 flour tortillas

## Spices

- 2 tsp minced garlic
- 2 Salt and pepper
- 2 packet(s) taco seasoning

## 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 Honey Mustard Shredded Chicken

### Sandwiches

- 4 large boneless chicken breasts
- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Simple Baby Beef Stew

- 4 lb(s) stew beef
- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots
- 2x1 8 oz can(s) tomato sauce
- 2 tsp minced garlic
- 4 cup(s) beef stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Enchilada Chicken

- 8 small boneless chicken breasts
- 2x1 12 oz. can(s) enchilada sauce
- 2 cup(s) red salsa
- 2 packet(s) taco seasoning
- 2 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

- 4 large boneless chicken breasts
- 4 lb(s) stew beef
- 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x1 8 oz can(s) tomato sauce
- 4 cup(s) beef stock
- 2x1 12 oz. can(s) enchilada sauce
- 2 cup(s) red salsa

## Spices

- 2 tsp minced garlic
- 2 Salt and pepper
- 2 packet(s) taco seasoning

## Produce

- 4 lb(s) baby potatoes
- 2 lb(s) baby carrots

## Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar





## 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

- Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.
- Open the 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 Honey Mustard Shredded

#### Chicken Sandwiches

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

- 2 lbs. boneless, skinless chicken breasts
- Salt and pepper
- Half of the prepared marinade into each bag

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

### Slow Cooker Simple Baby Beef Stew

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 8 oz. can tomato sauce
- 1 tsp minced garlic
- 2 cups beef stock
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

### Slow Cooker Enchilada Chicken

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

- 4 small boneless chicken breasts
- 1 - 12 oz. can red enchilada sauce
- 1 cup red salsa
- 1 packet taco seasoning
- Salt and pepper

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