

KIDS PREP DINNER CHALLENGE

MAY 2020

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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.

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)

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.

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. Grilled Beef Fajitas with Veggies

Yield: 4 servings

Active Time: 15 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

- 1 1/2 - lb(s) flank steak
- 3 - lime(s)
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 8 - flour tortillas
- Garnish: - salsa**
- Garnish: - sour cream**
- Garnish: - shredded cheese**
- Garnish: - guacamole**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef in a shallow dish and squeeze the juice from the limes over the beef and then season both sides with the taco seasoning. Add a little salt and pepper. *Let marinate for at least an hour, ideally overnight.
2. Slice and toss together bell peppers and onion.
3. Preheat the grill.
4. Grill the beef for 6 to 8 minutes, per side, until cooked through. Cooking time may vary depending on heat over the grill and thickness of the beef.
5. Grill the veggies alongside the beef in a grill basket, or in a "foil basket." (Use a piece of foil and make a 'basket' for the peppers and onions.)
6. Once grilled through, slice the flank steak across the grain into strips for your fajitas.
7. Add sliced beef, grilled peppers and onions, and toppings to the tortillas.
8. Prepare fruit, as needed.
9. Serve Grilled Beef Fajitas with desired toppings and

Assembly Prep Directions for 2 Meals

Slice 2 white onions, 2 green and 2 red bell peppers. Mix together and then evenly divide into 2 quart size freezer baggies.

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

- 1 1/2 lbs. skirt or flank steak
- Juice from 3 limes
- 1 packet taco seasoning
- Salt and pepper
- 1 quart size baggie with the onions and bell peppers

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. Remove the veggie pack from the baggie and thaw in the fridge. Thaw the flank steak in the fridge completely before grilling.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides. Omit sour cream or cheese toppings.

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

fruit.

3. Slow Cooker Ranch Chicken Tacos

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
- 1/2 - cup(s) chicken stock
- 1 - packet(s) ranch dressing mix
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 8 - flour tortillas**
- Garnish: - coleslaw**
- Garnish: - Ranch salad dressing**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Season with salt and pepper.
2. In a small mixing bowl, whisk the chicken stock and Ranch dressing mix together and pour over the chicken. Sprinkle the taco seasoning on top.
3. Set on low and cook for 8 hours. Once cooked, strain off excess liquid and shred the chicken into the sauce. Season with salt and pepper as needed. Assemble tacos with shredded chicken, coleslaw and Ranch dressing into tortillas.
4. Prepare the salad.
5. Serve Slow Cooker Ranch Chicken Tacos with coleslaw garnish and side salad.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 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 transferring to the slow cooker and cooking on low for 8 hours.*

Dairy-Free Modifications: *Recipe is dairy-free when made with dairy-free Ranch dressing and mix.*

Gluten-Free Modifications: *Recipe is gluten-free if made with gluten-free Ranch and taco seasonings.*

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. Grilled Beef Fajitas with Veggies

- 3 - lb(s) flank steak
- 6 - lime(s)
- 2 - packet(s) taco seasoning
- Salt and pepper
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 2 - small white onion(s)
- 16 - flour tortillas
- salsa
- sour cream
- shredded cheese
- guacamole
- fruit
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Ranch Chicken Tacos

- 8 - small boneless chicken breasts
- 1 - cup(s) chicken stock
- 2 - packet(s) ranch dressing mix
- 2 - packet(s) taco seasoning
- Salt and pepper
- 16 - flour tortillas
- coleslaw
- Ranch salad dressing
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 large boneless chicken breasts
- 3 lb(s) flank steak
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- Garnish:** salsa
- 1 cup(s) chicken stock

Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- Garnish:** Ranch salad dressing

Dairy/Frozen

- 8 sliced Provolone cheese
- Garnish:** sour cream
- Side:** shredded cheese

Produce

- Side:** veggies
- 6 lime(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2 small white onion(s)
- Side:** guacamole
- Side:** fruit
- Garnish:** coleslaw
- Side:** salad

Starchy Sides

- Side:** 4 sandwich buns
- 32 flour tortillas

Spices

- 4 packet(s) taco seasoning
- Salt and pepper
- 2 packet(s) ranch dressing mix

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. Grilled Beef Fajitas with Veggies

- 3 lb(s) flank steak
- 6 lime(s)
- 2 packet(s) taco seasoning
- Salt and pepper
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2 small white onion(s)
- 16 flour tortillas
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Ranch Chicken Tacos

- 8 small boneless chicken breasts
- 1 cup(s) chicken stock
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- 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
- 3 lb(s) flank steak
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 1 cup(s) chicken stock

Sauces/Condiments

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

Produce

- 6 lime(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 2 small white onion(s)

Starchy Sides

- 16 flour tortillas

Spices

- 4 packet(s) taco seasoning
- Salt and pepper
- 2 packet(s) ranch dressing mix



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 white onions, 2 green and 2 red bell peppers. Mix together and then evenly divide into 2 quart size freezer baggies.
- Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.

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 Ranch Chicken Tacos

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- Salt and pepper

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

Grilled Beef Fajitas with Veggies

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

- 1 1/2 lbs. skirt or flank steak
- Juice from 3 limes
- 1 packet taco seasoning
- Salt and pepper
- 1 quart size baggie with the onions and bell peppers

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