

FREEZER MEAL RECIPES

SPICY PULLED PORK

1 medium onion, cut into 1/4-inch dice
1 teaspoon dried oregano
2 dried bay leaves
1 chipotle in adobo sauce
1 tablespoon adobo sauce
1 can (28 ounces) crushed tomatoes
coarse salt and freshly ground pepper
2-3/4 pounds boneless pork shoulder, trimmed and halved crosswise

ASSEMBLY: Combine onion, oregano, bay leaves, chipotle, adobo sauce, and tomatoes (and puree) season with salt and pepper. Add pork; toss to coat with sauce. Freeze.

TO SERVE: In a 5-quart slow cooker, cover and cook on high setting until meat is pull-apart tender, about 6 hours.
1. Transfer meat to a large bowl; shred with forks, discarding any gristle. Remove bay leaves from sauce, and discard. Return meat to pot; toss with sauce.
2. Discard bay leaves; if desired garnish with lightly toasted flour tortillas and grated cheddar cheese or sour cream.

SLOPPY JOE'S

1 pound lean ground beef
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/2 teaspoon garlic powder
1 teaspoon prepared yellow mustard
3/4 cup ketchup
3 teaspoons brown sugar
salt to taste
ground black pepper to taste

ASSEMBLY: Sprinkle the short ribs with salt and pepper. Mix ingredients in bag and then add ribs. Freeze.

TO SERVE: Thaw and place on 9x13 pan. Cover tightly with aluminum foil. Bake at 250 degrees for 5 to 6 hours or place in slow cooker.

FLANK STEAK

1 c. soy sauce
1/4 c. red wine vinegar
2 T. oil- not olive
2-3 T. honey
1 clove of garlic
1/2 tsp. ginger

ASSEMBLY: Marinate. Freeze.

TO SERVE: Grill and serve with black beans, rice & a salad.

BURGUNDY PORK TENDERLOIN

2 pounds pork tenderloin
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 onion, thinly sliced
1 stalk celery, chopped
2 cups red wine
1 (.75 ounce) packet dry brown gravy mix

ASSEMBLY: Sprinkle meat with salt, pepper and garlic powder. Top with onion and celery, and pour wine over all. Freeze.

TO SERVE:

1. Preheat oven to 350 degrees.
2. Place pork in 9x13 dish and bake for 45 minutes.
2. When done baking, remove meat from baking dish, and place on a serving platter. Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.

CHICKEN TIKKA MASALA

1 cup yogurt
1 tablespoon lemon juice
2 teaspoons ground cumin
1 teaspoon ground cinnamon
2 teaspoons cayenne pepper
2 teaspoons freshly ground black pepper
1 tablespoon minced fresh ginger
4 teaspoons salt, or to taste
3 boneless skinless chicken breasts, cut into bite-size pieces
4 long skewers

1 tablespoon butter
1 clove garlic, minced
1 jalapeno pepper, finely chopped
2 teaspoons ground cumin
2 teaspoons paprika
3 teaspoons salt, or to taste
1 (8 ounce) can tomato sauce
1 cup heavy cream
1/4 cup chopped fresh cilantro

ASSEMBLY: Combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken. Freeze.

TO SERVE:

1. Preheat grill for high heat. Lightly oil the grill grate.
2. Thread chicken onto skewers, and discard marinade.
3. Grill until juices run clear, about 5 minutes on each side.
4. Melt butter in a large heavy skillet over medium heat. Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.

SPICY CHIPOTLE TURKEY BURGERS

1 pound ground turkey
1/2 cup finely chopped onion
2 tablespoons chopped fresh cilantro
1 chipotle chile in adobo sauce, finely chopped
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon seasoned salt
1/4 teaspoon black pepper
4 slices mozzarella cheese
4 hamburger buns, split and toasted

ASSEMBLY:

1. Place ground turkey, onion, cilantro, chipotle chile pepper, garlic powder, onion powder, seasoned salt, and black pepper in a mixing bowl; mix well. Form into 4 patties. Freeze.

TO SERVE:

1. Cook the hamburgers on a preheated grill until the turkey is no longer pink in the center, about 4 minutes per side.
2. Place the mozzarella slices on the patties 2 minutes before they are ready. Serve on the toasted buns.

TUSCAN LEMON CHICKEN

4 chicken breasts, flattened a bit
kosher salt
1/3 c olive oil
2 tsp grated lemon zest
1/3 c fresh lemon juice
1 tbl minced garlic
1 tbl minced fresh rosemary
fresh ground pepper
1 lemon, halved

ASSEMBLY:

Sprinkle chicken with salt. Combine olive oil, lemon zest, lemon juice, garlic, rosemary, and 1 tsp pepper. Add chicken and marinate. Freeze.

TO SERVE: Grill chicken.