

# SAVING DINNER

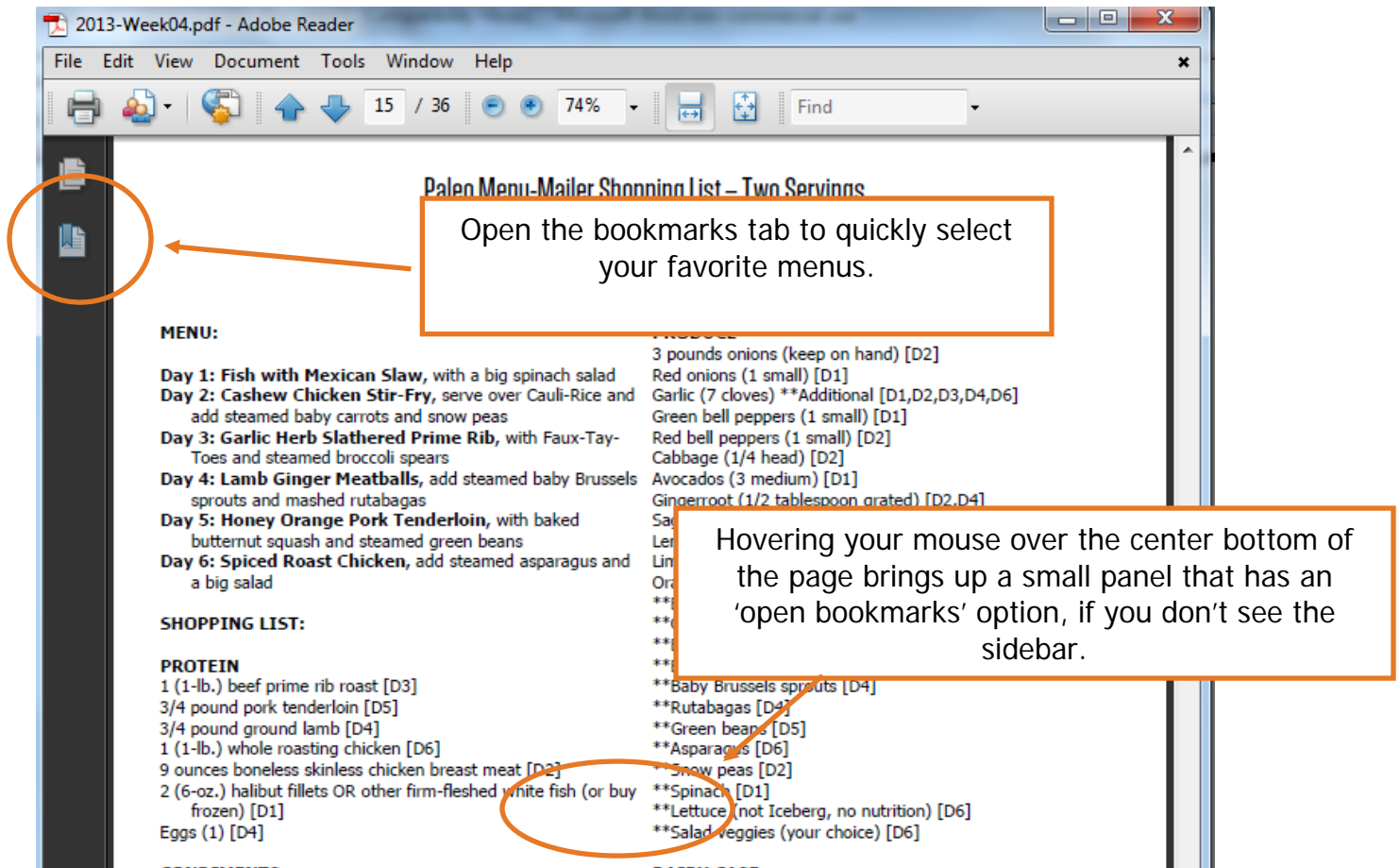
## Welcome to Your Bundled Menus!

First things first: **\*\*Don't forget to do a "save as" and save this file to your computer.\*\***

All your menus are right here, just scroll down. Looking to navigate a little faster? Use the bookmarks!

Bookmarks:

- In many cases you'll see the little bookmarks icon as soon as you open your menu bundle, just click to open. Then you can select the menu you want to look at.
- The bookmark icon should be in the gray strip on the left side of your window. (It may be on the bottom on some platforms.)
- If you don't have a gray strip, you can open it by hovering at the bottom of the window to show a small panel, and clicking "Show Acrobat Toolbar".



## Printing?

- Be sure to select the page range you want to print. If you 'just hit print' you'll print everything.

## On an iPad?

- Make sure you have Adobe Reader installed. It's free in the App store.
- With Adobe Reader installed, select the pdf file, and "open in" Adobe Reader. It should automatically save to your Adobe Reader documents on your iPad.
- You can then open your menu through Adobe Reader. (With the file open, there's even an option in the upper right corner to email the file to yourself.)
- If you get a screen that says "for the best experience, open this .pdf portfolio in Acrobat X or Adobe Reader X, or later" simply tap on the page and click "open in" (top right-hand corner of the screen) and choose Adobe Reader.

## Having trouble?

- Make sure you have the latest version of Adobe Reader installed on your computer – free from Adobe.com
- If you are on a Mac be sure you're viewing this in Adobe. Macs will default to the Preview application.
- On the internet? Try using a different browser. If it's not working in chrome, it may work in firefox or internet explorer.
- The bookmarks may not show inside your browser (we have seen this in firefox), just save to your computer, and when you view it with Adobe Reader (and not your browser) it should work.
- **Need more help?** We're here to help you with all your dinner needs. Visit our website at [www.SavingDinner.com](http://www.SavingDinner.com) for all of the details and any assistance you need.

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## Daytime Menu-Mailer Shopping List – One Serving

### SAVING DINNER

Come and Get It!

## Volume 6, Week 4 – Daytime Ingredients Only

### SHOPPING LIST:

#### MEAT/POULTRY/SEAFOOD

Boneless skinless chicken breast meat [L3,X]

#### DELI

Lean ham, sliced [L2]

#### CONDIMENTS

Olive oil [X]  
Salsa [S2]  
Peanut butter, natural [S6]

#### CANNED GOODS

Low sodium chicken broth [X]  
Sliced peaches (in juice, not syrup) [S1]

### PRODUCE

Onions [X]  
Russet potatoes [L1]  
Broccoli [B1]  
Apples [L2,S1]  
Bananas [B2]  
Cantaloupe [B1,S4]  
Honeydew [S4]  
Watermelon [S4]  
Grapes [B3]  
Tangelos [S3]

Hovering at the center bottom brings up this panel. You can open the toolbar here.

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Enjoy your menus!

Love,  
Leanne

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 1 - Chicken

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.



## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered

recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of 10 for the Freezer is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**



# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

9 pounds boneless skinless chicken breast meat  
[R1,R2,R4,R5,R6,R9]  
16 (6-oz.) boneless skinless chicken breast halves  
[R3,R7,R8,R10]  
Bacon (4 slices) [R5]

## CONDIMENTS

Sesame oil (1 tablespoon) (in Asian section of grocery store)  
[R6]  
Red chili paste (1 teaspoon) (in Asian section of grocery store)  
[R6]  
Dijon mustard (1/4 cup) [R3]  
Low sodium soy sauce (1/4 cup plus 6 tablespoons)  
[R2,R6,R10]  
Hot sauce (1 bottle) [R4]  
Honey (1/4 cup) [R3]  
Peanut butter (2 tablespoons) [R7]  
1 (10-oz.) jar apricot preserves [R6]  
Dry red wine (1/4 cup) (or use low sodium chicken broth) [R5]

## PRODUCE

Onions (1 cup diced plus 2 1/2 cups chopped)  
[R1,R5,R7,R8,R9]  
Red onions (1/2 cup chopped) [R6]  
Garlic (23 cloves) [R1,R5,R6,R7,R8,R9,R10]  
Carrots (2 medium) [R9]  
Celery (2 medium stalks) [R9]  
Green bell peppers (1 medium) [R7]  
Chipotle peppers (2) [R7]  
Tomatoes (4) [R1]  
2 (1-inch) pieces gingerroot [R6,R10]

## CANNED GOODS

Low sodium chicken broth (13 cups plus 1/4 cup if not using dry red wine) [R5,R7,R9]  
1 (14.5-oz.) can whole stewed tomatoes [R5]  
1 (14.5-oz.) can diced tomatoes [R7]  
2 (15-oz.) cans cannellini beans [R5]  
1 (11-oz.) can shoepeg or sweet corn [R9]  
Pineapple juice (1/3 cup) [R2]

## SPICES

Sea salt [R1,R5,R6,R8]  
Black peppercorns [R1,R3,R5,R6,R8,R9,R10]  
Ground cumin [R1,R7]  
Basil [R5]  
Oregano [R5,R8,R9]  
Chili powder [R7]  
Ground cinnamon [R7]  
Crushed red pepper flakes [R8]  
Thyme [R9]  
Poultry seasoning [R9]  
Paprika [R10]

## DRY GOODS

Brown sugar [R2]  
Bittersweet chocolate (2 ounces) [R7]  
1 (1.25-oz.) envelope taco seasoning mix [R1]

## FREEZER

1 (10-oz.) package chopped spinach [R8]  
1 (6-oz.) can lemonade concentrate [R10]

## OTHER

Wooden toothpicks [R8]  
Zipper-topped plastic bags:  
1 gallon 9  
1 quart 16

## GLUTEN FREE

Soy sauce [R2,R6,R10]  
Red chili paste [R6]  
Dijon mustard [R3]  
Hot sauce [R4]  
Dry red wine [R5]  
Chicken broth [R5,R7,R9]  
Apricot preserves [R6]  
Canned tomatoes [R5,R7]  
Canned cannellini beans [R5]  
Canned corn [R9]  
Taco seasoning mix [R1]  
Poultry seasoning [R9]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## 1. Shredded Chicken Tacos

Olive oil (1 teaspoon)  
Low sodium chicken broth (1/2 cup)  
Corn OR flour tortillas (8)  
Your favorite taco toppings such as salsa, chopped cilantro, shredded cheese or sour cream  
\*Canned black beans  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** Make sure chicken broth, tortillas and salsa (if using) are gluten free.

## 2. Pineapple Chicken Kabobs

Olive oil  
Metal OR bamboo skewers  
\*Whole wheat couscous  
\*Asparagus

**GLUTEN FREE:** No changes necessary.

## 3. Honey-Mustard Chicken

Olive oil  
\*New potatoes  
\*Green beans

**GLUTEN FREE:** No changes necessary.

## 4. Buffalo Chicken Strips

Blue cheese OR Feta cheese (4 ounces crumbled)  
Your favorite dipping sauce such as ranch or blue cheese dressing  
\*Corn on the cob  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** Make sure dipping sauces such as ranch or blue cheese dressing are gluten free.

## 5. Chicken Cannellini Stew

Chopped parsley (1/4 cup)  
Grated Parmesan cheese (1/4 cup)  
\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Crusty bread

**GLUTEN FREE:** No changes necessary.

## 6. Sweet & Sour Chicken

2 whole jalapeno peppers  
\*Brown rice  
\*Broccoli

**GLUTEN FREE:** No changes necessary.

## 7. Chicken Mole

Olive oil (2 tablespoons)  
\*1 package Mexican rice  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** No changes necessary.

## 8. Spinach-Stuffed Chicken

Dry white wine OR low sodium chicken broth (1/4 cup)  
Butter (1 tablespoon)  
Seasoned bread crumbs (1/4 cup)  
\*Baby red potatoes  
\*Medley of baby carrots with broccoli and cauliflower florets

**GLUTEN FREE:** Make sure wine OR chicken broth are gluten free and use gluten free bread crumbs or make your own from gluten free bread.

## 9. Chicken and Garden Vegetable Stew

Olive oil  
\*Russet potatoes  
\*Baby Brussels sprouts  
\*Butter  
\*Ground nutmeg

**GLUTEN FREE:** No changes necessary.

## 10. Lemonade Chicken

Olive oil  
\*1 package rice pilaf  
\*Zucchini, yellow squash and snow peas

**GLUTEN FREE:** No changes necessary.

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## MEAT

Leave 1 1/2 pounds boneless skinless chicken breast meat as is.  
Cut 4 1/2 pounds boneless skinless chicken breast meat into 1-inch cubes.  
Cut 1 1/2 pounds boneless skinless chicken breast meat into strips.  
Cut 1 1/2 pounds boneless skinless chicken breast meat into bite-sized pieces.  
Leave 12 (6-oz.) boneless skinless chicken breast halves as is.  
Trim 4 (6-oz.) boneless skinless chicken breast halves and pound thin.  
Dice 4 slices bacon.

## CONDIMENTS

Set out items shown on Assembly Time Shopping List.

## PRODUCE

**Onions:** Prepare as shown on Assembly Time Shopping List.  
**Garlic:** Press 23 cloves; peel (and leave whole) 2 cloves  
**Celery:** Slice 2 medium stalks.  
**Carrots:** Peel, quarter and slice 2 medium carrots.  
**Green bell pepper:** Seed, derib and chop 1 medium green bell pepper.  
**Chipotle peppers:** Chop 2 chipotle peppers.  
**Tomatoes:** Seed and dice 4 medium tomatoes.  
**Gingerroot:** Peel and chop 2 (1-inch) pieces of gingerroot.

## CANNED GOODS

Open all cans.  
Measure out 13 cups low sodium chicken broth plus 1/4 cup if not using red wine.  
With kitchen shears, chop whole stewed tomatoes right in the can.  
Drain 1 (14.5-oz.) can diced tomatoes.  
Drain and rinse 2 (15-oz.) cans cannellini beans.  
Drain 1 (11-oz.) can shoepeg or sweet corn.  
Measure out 1/3 cup pineapple juice.

## SPICES

Set out all spices shown on Assembly Time Shopping List.

## DRY GOODS

Measure 3 tablespoons packed brown sugar.  
Cut open envelope of taco seasoning mix.  
Chop 2 ounces bittersweet chocolate.

## FREEZER

Thaw 1 (10-oz.) package chopped spinach then drain and squeeze dry.  
Open 1 (6-oz.) can lemonade concentrate.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Shredded Chicken Tacos
- ☐ 2. Pineapple Chicken Kabobs
- ☐ 3. Honey-Mustard Chicken
- ☐ 4. Buffalo Chicken Strips
- ☐ 5. Chicken Cannellini Stew
- ☐ 6. Sweet & Sour Chicken
- ☐ 7. Chicken Mole
- ☐ 8. Spinach-Stuffed Chicken
- ☐ 9. Chicken and Garden Vegetable Stew
- ☐ 10. Lemonade Chicken

## Shredded Chicken Tacos

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat  
1 teaspoon ground cumin  
1 (1.25-oz.) envelope taco seasoning mix  
1/2 cup diced onion  
4 medium ripe tomatoes, seeded and diced  
2 cloves garlic, pressed  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

In a small bowl, combine cumin and taco seasoning. Generously coat chicken with seasoning mix, then place chicken and any remaining seasoning mix in a 1-quart freezer bag. Carefully squeeze the bag to force out any air, then seal.

In a second 1-quart freezer bag, combine onion, tomatoes, garlic, salt and pepper; seal bag and toss to mix well. Carefully squeeze the bag to force out any air, then seal.

To prevent freezer burn, place the filled bags in a 1-gallon plastic freezer bag. Carefully squeeze the bag to force out any air, then seal. Write the recipe name and date of preparation on the bag then place it in the freezer.

## Shredded Chicken Tacos

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat  
1 teaspoon ground cumin  
1 (1.25-oz.) envelope taco seasoning  
1/2 cup diced onion  
4 medium ripe tomatoes, seeded and diced  
2 cloves garlic, pressed  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground pepper

### At Time of Cooking Ingredients:

1 teaspoon olive oil  
1/2 cup low sodium chicken broth  
8 corn OR flour tortillas  
Your favorite taco toppings, such as salsa, chopped cilantro, shredded cheese or sour cream

### Cooking Instructions:

In large skillet, heat the olive oil over medium-high heat; add seasoned chicken and brown for about 2 minutes per side. Reduce heat to medium-low. Add chicken broth and vegetable mixture; cover and simmer until chicken is cooked through, about 30 minutes; transfer to a cutting board and shred with two forks. Return shredded chicken to the skillet and stir to coat with skillet contents. Cover and continue to cook on low heat for 15 minutes. Spoon mixture into tortillas and serve with your favorite toppings.

**Serving Suggestions:** Warmed black beans and a big salad.

**Nutrition per serving:** 378 Calories; 5g Fat; 46g Protein; 37g Carbohydrate; 5g Dietary Fiber; 99mg Cholesterol; 1086mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.  
Points: 9



## Pineapple Chicken Kabobs

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes  
1/3 cup pineapple juice  
3 tablespoons packed brown sugar  
3 tablespoons low sodium soy sauce

### To Assemble:

In a small bowl, whisk together pineapple juice, brown sugar and soy sauce. Place chicken in a 1-quart freezer bag and add pineapple juice mixture, squeezing the bag to coat well. Carefully squeeze the bag to force out any air, then seal.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Pineapple Chicken Kabobs

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

**DO-AHEAD TIP:** If using wooden skewers, soak them in water for at least 30 minutes to prevent burning.

### Preamsembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes  
1/3 cup pineapple juice  
3 tablespoons brown sugar, packed  
3 tablespoons low sodium soy sauce

### At Time of Cooking Ingredients:

Olive oil  
Metal or bamboo skewers

### Cooking Instructions:

Preheat outdoor grill to medium heat. Thread chicken onto grill skewers and lightly grease grill with olive oil. Grill skewers for 5 minutes per side or until chicken is cooked through and juices run clear.

**Serving Suggestions:** Whole wheat couscous and steamed asparagus.

**Nutrition per serving:** 242 Calories; 3g Fat; 40g Protein; 11g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 563mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates. Points: 6

## Honey-Mustard Chicken

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1/4 cup Dijon mustard  
1/4 cup honey  
1/2 teaspoon freshly ground black pepper

### To Assemble:

In a small bowl, whisk together mustard, honey and pepper until well combined. Place chicken in a 1-quart freezer bag and add honey mustard mixture, squeezing the bag to coat well. Carefully squeeze the bag to force out any air, then seal.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Honey-Mustard Chicken

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink full of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1/4 cup Dijon mustard  
1/4 cup honey  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Lightly grease a 9- x 13-inch baking dish with olive oil; add chicken and bake for 30 minutes, turning over halfway through cooking, until juices run clear. Allow to cool for 5 minutes in the baking dish before serving.

**Serving Suggestions:** Steamed new potatoes and steamed green beans.

**Nutrition per serving:** 273 Calories; 4g Fat; 40g Protein; 19g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 299mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Fat; 1 Other Carbohydrates. Points: 7

## Buffalo Chicken Strips

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into strips  
1 bottle hot sauce

### To Assemble:

Place chicken in a 1-quart freezer bag; pour hot sauce on top and squeeze the bag to coat; carefully squeeze the bag to force out any air, then seal.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Buffalo Chicken Strips

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into strips  
1 bottle hot sauce

### At Time of Cooking Ingredients:

4 ounces blue cheese or Feta cheese, crumbled  
Your favorite dipping sauce, such as ranch or blue cheese dressing

### Cooking Instructions:

Place contents of bag into a crock cooker. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through and juices run clear.

Preheat oven to 375 degrees. Remove chicken from juices and place in a single layer in a baking dish. Pour liquid from crock cooker over chicken and top with cheese; bake for 15 minutes or until cheese develops golden tips. Serve with your favorite dipping sauce.

**Serving Suggestions:** Corn on the cob and a big salad.

**Nutrition per serving:** 319 Calories; 13g Fat (36.8% calories from fat); 46g Protein; 3g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 3545mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. Points: 8

## Chicken Cannellini Stew

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes  
1/2 teaspoon sea salt  
4 slices bacon, diced  
1 teaspoon freshly ground black pepper  
1 cup chopped onion  
4 cloves garlic, pressed  
1 (14.5-oz.) can whole stewed tomatoes  
1/4 cup dry red wine or low sodium chicken broth  
2 (15-oz.) cans cannellini beans, drained and rinsed  
3 1/2 cups low sodium chicken broth  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano

### To Assemble:

Season chicken with salt and pepper then place it in a 1-quart freezer bag with the diced bacon. Carefully squeeze the bag to force out any air, then seal.

Chop tomatoes, reserving liquid from can. Add chopped tomatoes, reserved liquid and remaining ingredients to a 1-gallon freezer bag, squeezing bag to combine. Carefully squeeze the bag to force out any air, then seal.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Chicken Cannellini Stew

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes  
1/2 teaspoon sea salt  
4 slices bacon, diced  
1 teaspoon freshly ground black pepper  
1 cup chopped onion  
4 cloves garlic, pressed  
1 (14.5-oz.) can whole stewed tomatoes  
1/4 cup dry red wine or low sodium chicken broth  
2 (15-oz.) cans cannellini beans, drained and rinsed  
3 1/2 cups low sodium chicken broth  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano

### At Time of Cooking Ingredients:

1/4 cup chopped parsley  
1/4 cup grated Parmesan cheese

### Cooking Instructions:

In a large skillet, brown chicken and bacon over medium heat, cooking until bacon is crisp. Transfer ingredients to a crock cooker and add the contents of the second freezer bag. Stir in parsley. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through and falling apart. Serve topped with grated Parmesan cheese.

**Serving Suggestions:** A big spinach salad and some crusty bread.

**Nutrition per serving:** 517 Calories; 8g Fat; 63g Protein; 45g Carbohydrate; 10g Dietary Fiber; 108mg Cholesterol; 1475mg Sodium. Exchanges: 2 Grain(Starch); 7 1/2 Lean Meat; 2 Vegetable; 1/2 Fat. Points: 12

## Sweet & Sour Chicken

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4 to 6

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into bite-sized pieces  
1 (10-oz.) jar apricot preserves  
3 tablespoons low sodium soy sauce  
1 tablespoon sesame oil  
1 teaspoon red chili paste  
4 cloves garlic, pressed  
1/2 cup chopped red onion  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 (1-inch) piece gingerroot, peeled and grated

### To Assemble:

Place all ingredients in a 1-quart freezer bag. Squeeze the bag to combine. Carefully squeeze the bag to force out any air, then seal.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Sweet & Sour Chicken

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4 to 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into bite-sized pieces  
1 (10-oz.) jar apricot preserves  
3 tablespoons low sodium soy sauce  
1 tablespoon sesame oil  
1 teaspoon red chili paste  
4 cloves garlic, pressed  
1/2 cup chopped red onion  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 (1-inch) piece gingerroot, peeled and grated

### At Time of Cooking Ingredients:

2 whole jalapeno peppers

### Cooking Instructions:

Place contents of freezer bag in a crock cooker and add the whole jalapeno peppers. Cover and cook on LOW for 6 to 8 hours. Remove jalapeno peppers and cool slightly before serving.

**Serving Suggestions:** Brown rice and steamed broccoli spears.

**Nutrition per serving:** 420 Calories; 6g Fat; 41g Protein; 52g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 835mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 3 Other Carbohydrates. Points: 11



## Chicken Mole

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1/2 cup chopped onion  
4 cloves garlic, pressed  
2 tablespoons chili powder  
2 teaspoons ground cumin  
1/2 teaspoon ground cinnamon  
1 (14.5-oz.) can diced tomatoes, drained  
1 medium green bell pepper, seeded, deribbed and chopped  
2 chipotle peppers, chopped  
1 1/2 cups low sodium chicken broth  
2 tablespoons peanut butter  
2 ounces bittersweet chocolate, chopped

### To Assemble:

Place chicken in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

In a second 1-quart freezer bag, combine onion, garlic, chili powder, cumin and cinnamon, tossing to coat. Carefully squeeze the bag to force out any air and seal.

In a third 1-quart freezer bag, combine tomatoes, bell pepper, chipotle peppers, chicken broth, peanut butter and chocolate, squeezing the bag to mix well. Carefully squeeze the bag to force out any air and seal.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Chicken Mole

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1/2 cup chopped onion  
4 cloves garlic, pressed  
2 tablespoons chili powder  
2 teaspoons ground cumin  
1/2 teaspoon ground cinnamon  
1 (14.5-oz.) can diced tomatoes, drained  
1 medium green bell pepper, seeded, deribbed and chopped  
2 chipotle peppers, chopped  
1 1/2 cups low sodium chicken broth  
2 tablespoons peanut butter  
2 ounces bittersweet chocolate, chopped

### At Time of Cooking Ingredients:

2 tablespoons olive oil, divided

### Cooking Instructions:

Preheat oven to 350 degrees.

In a large skillet, heat 1 tablespoon of olive oil over medium heat; add contents of second freezer bag (onion through cinnamon) and sauté until onions are translucent and spices begin to toast. Add contents of third freezer bag (tomatoes through chocolate), stirring well to combine; simmer for 10 to 15 minutes then strain and puree in a food processor or blender until smooth. Wipe skillet clean and add remaining oil. Sear chicken over medium-high heat until browned, about 3 minutes per side. Place chicken in a large baking dish and pour puree over the top; bake for 30 minutes or until chicken is cooked through and juices run clear.

**Serving Suggestions:** Mexican rice and a big salad.

**Nutrition per serving:** 458 Calories; 22g Fat; 50g Protein; 21g Carbohydrate; 7g Dietary Fiber; 99mg Cholesterol; 739mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat. Points: 12

## Spinach-Stuffed Chicken

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves, trimmed and pounded thin  
1 (10-oz.) package frozen chopped spinach, thawed, drained and squeezed dry  
1/2 cup diced onion  
4 cloves garlic, pressed  
1/2 teaspoon dried oregano  
1/2 teaspoon sea salt  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon freshly ground black pepper  
Wooden toothpicks

### To Assemble:

Cut the chicken breast halves in half horizontally. In a medium bowl, combine remaining ingredients (spinach through black pepper). Spoon spinach mixture onto the bottom halves of chicken pieces, dividing evenly; cover with top halves and secure with toothpicks. Carefully place stuffed chicken in a 1-quart freezer bag. Squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Spinach-Stuffed Chicken

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves, trimmed and pounded thin  
1 (10-oz.) package frozen chopped spinach, thawed, drained and squeezed dry  
1/2 cup diced onion  
4 cloves garlic, pressed  
1/2 teaspoon dried oregano  
1/2 teaspoon sea salt  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon freshly ground black pepper  
Wooden toothpicks

### At Time of Cooking Ingredients:

1/4 cup dry white wine or low sodium chicken broth  
1 tablespoon butter, melted  
1/4 cup seasoned breadcrumbs

### Cooking Instructions:

Preheat oven to 350 degrees.

Place stuffed chicken pieces in a 9- x 9-inch baking dish; pour wine (or broth) into the bottom of the baking dish and brush the tops of the chicken with melted butter then sprinkle with breadcrumbs. Bake for 45 minutes or until chicken is cooked through and juices run clear. Let cool for 5 minutes before serving.

**Serving Suggestions:** Roasted baby red potatoes and a medley of steamed baby carrots with broccoli and cauliflower florets.

**Nutrition per serving:** 280 Calories; 5g Fat; 43g Protein; 11g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 628mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 1/2 Fat. Points: 6

## Chicken and Garden Vegetable Stew

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes  
1 cup chopped onion  
2 medium stalks celery, sliced  
2 medium carrots, peeled, quartered and sliced  
1 (11-oz.) can shoepeg or sweet corn, drained  
3 cloves garlic, pressed  
8 cups low sodium chicken broth  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1 teaspoon poultry seasoning  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Combine all ingredients in a 1-gallon freezer bag, squeezing the bag gently to combine. Carefully squeeze the bag to force out any air then seal.

To prevent freezer burn, place the filled bag in a second 1- gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Chicken and Garden Vegetable Stew

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch cubes  
1 cup chopped onion  
2 stalks celery, sliced  
2 carrots, peeled, quartered and sliced  
1 (11-oz.) can shoepeg or sweet corn, drained  
3 cloves garlic, pressed  
8 cups low sodium chicken broth  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1 teaspoon poultry seasoning  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Lightly coat the inside of a crock cooker with olive oil; add freezer bag contents; stir to combine. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through and carrots have softened.

**Serving Suggestions:** Mashed russet potatoes and steamed baby Brussels sprouts tossed with a little butter and ground nutmeg.

**Nutrition per serving:** 375 Calories; 3g Fat; 64g Protein; 25g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 1343mg Sodium. Exchanges: 1 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 0 Fat. Points: 9

## Lemonade Chicken

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 (6-oz.) can frozen lemonade concentrate  
1/4 cup low sodium soy sauce  
2 cloves garlic, peeled  
1 (1-inch) piece fresh gingerroot, peeled and chopped  
1/4 teaspoon paprika  
1/2 teaspoon freshly ground black pepper

### To Assemble:

In a blender, combine frozen lemonade concentrate, soy sauce, garlic, gingerroot, paprika and black pepper; blend until smooth.

Place chicken in a 1-quart freezer bag and pour half of the lemonade mixture on top; seal the bag and toss to coat. Carefully squeeze the bag to force out any air then seal the bag.

Place remaining lemonade mixture in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Lemonade Chicken

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 (6-oz.) can frozen lemonade concentrate  
1/4 cup low sodium soy sauce  
2 cloves garlic, peeled  
1 (1-inch) piece fresh gingerroot, peeled and chopped  
1/4 teaspoon paprika  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill with olive oil. Remove chicken from freezer bag and discard marinade. Cover and grill chicken 10 minutes each side, basting occasionally with lemonade marinade from second freezer bag. Chicken is done when juices run clear.

**Serving Suggestions:** Rice pilaf and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 296 Calories; 3g Fat; 41g Protein; 24g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 714mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates. Points: 7

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 2 - Beef

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes



# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like beef and prefer to enjoy other meats, maybe chicken was on sale this week instead of beef... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**



# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

1 (1 1/2- To 2-lb.) top sirloin steak, about 1 1/4 inches thick, trimmed [R1]  
4 (6-oz.) filet mignon steaks, about 1 1/2 inches thick [R2]  
3 to 4 pounds flank steak [R3,R9]  
1 pound boneless chuck steak [R4]  
1 (3-lb.) boneless brisket [R5]  
1 (4-lb.) top round roast [R6]  
1 (3- to 4-lb.) chuck roast [R8]  
3 pounds stew meat [R7,R10]

## CONDIMENTS

Olive oil (1/2 cup plus 3 tablespoons) [R1,R2,R6,R9]  
Balsamic vinegar (3 tablespoons) [R6,R10]  
Red wine vinegar (1/4 cup) [R5]  
Dijon-style mustard (3 tablespoons) [R1]  
Ketchup (1 1/2 cups) [R5]  
Worcestershire sauce (1/4 cup plus 4 tablespoons) [R5,R9]  
Low sodium soy sauce (1/4 cup) [R9]  
Peperoncini peppers (8 ounces) [R8]

## PRODUCE

Onions (1 1/2 cups chopped plus 1 cup diced) [R5,R7,R10]  
Yellow onions (1 cup chopped) [R8]  
Red onions (1/2 cup chopped) [R9]  
Garlic (29 cloves) [R1,R2,R3,R5,R6,R8,R9]  
Carrots (2 medium) [R10]  
Celery (2 medium stalks) [R10]  
Green bell peppers (1 cup chopped) [R7]  
Artichokes (4) [R4]  
Lemons (3/4 cup juice) [R1,R4]

## CANNED GOODS

Low sodium chicken broth (4 cups) [R4]  
Low sodium beef broth (31 ounces) [R8,R9,R10]  
1 (14.5-oz.) can diced tomatoes [R4]  
2 (8-oz.) cans tomato sauce plus 1/4 cup if not using sofrito sauce [R4,R7]  
Sofrito sauce (1/4 cup) (or use tomato sauce) [R7]  
Vegetable juice (1 cup) [R10]

## SPICES

Sea salt [R1,R2,R3,R6,R7,R8,R10]  
Black peppercorns [R1,R2,R4,R6,R9,R10]  
Rosemary [R1,R2,R4]  
Parsley flakes [R2]  
Thyme [R2,R10]  
Oregano [R3,R5,R7]  
Ground coriander [R3]  
Ground allspice [R3]  
Celery salt [R4]  
Dill [R4]  
Sage [R4]  
Crushed red pepper flakes [R4]  
Bay leaves [R4,R10]  
Seasoned salt [R5]  
Chili powder [R5]  
Italian seasoning [R8,R9]

## DAIRY/DAIRY CASE

Feta cheese (1/2 cup crumbled) [R9]

## DRY GOODS

All-purpose flour [R10]  
Brown sugar [R5]  
1 (0.18-oz.) package sazón seasoning OR all-purpose seasoning [R7]  
Quick-cooking barley (1/3 cup) [R10]

## FREEZER

Pearl onions (2 cups) [R4]  
1 (10-oz.) package pinto beans [R5]  
Chopped spinach (1 cup) [R9]

## OTHER

Cheesecloth for spice bag [R4]  
Kitchen string [R4,R9]  
Wooden toothpicks [R9]  
Zipper-topped plastic freezer bags:  
1-quart 11  
1-gallon 12  
2-gallon 1

## GLUTEN FREE

Balsamic vinegar [R6,R10]  
Red wine vinegar [R5]  
Dijon-style mustard [R1]  
Ketchup [R5]  
Worcestershire sauce [R5,R9]  
Low sodium soy sauce [R9]  
Peperoncini peppers [R8]  
Chicken broth [R4]  
Beef broth [R8,R9,R10]  
Canned tomatoes [R4]  
Tomato sauce [R4,R7]  
Sofrito sauce [R7]  
Sazón seasoning OR all-purpose seasoning [R7]  
Italian seasoning [R8,R9]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## Recipe 1 – Lemon-Garlic London Broil

Olive oil

\*Russet potatoes

\*Asparagus

**GLUTEN FREE:** Make sure mustard is gluten free.

## Recipe 2 – Herb-Crusted Filet Mignon

Olive oil

Sea salt and freshly ground black pepper, to taste

\*Baby red potatoes

\*Lettuce (not Iceberg, no nutrition)

\*Salad veggies (your choice)

\*Salad dressing (your choice)

**GLUTEN FREE:** No changes necessary.

## Recipe 3 – Steak Gyros

Olive oil (1 tablespoon)

4 whole wheat pitas

Tzatziki sauce (8 ounces) OR make your own, using:

Low fat plain Greek yogurt (1 cup

Cucumber (3 tablespoons grated)

Onion (1 tablespoon minced)

Sea salt (1 teaspoon

Freshly ground black pepper (1 teaspoon)

1 large cucumber (optional)

\*Lettuce (not Iceberg, no nutrition)

\*Red onion

\*Cherry tomatoes

\*Crumbled Feta cheese

\*Red wine vinaigrette

**GLUTEN FREE:** No changes necessary.

## Recipe 4 – Beef and Artichoke Stew

Olive oil

\*Sweet potatoes

\*Green and yellow (wax) beans

**GLUTEN FREE:** Make sure canned tomatoes, tomato sauce and chicken broth are gluten free.

## Recipe 5 – Brisket and Beans

Low sodium beef broth (2 cups)

\*Crusty bread

\*Butter, unsalted

\*Celery

\*Cherry tomatoes

\*Medley of raw baby carrots with broccoli and cauliflower florets

**GLUTEN FREE:** Make sure seasoned salt, ketchup, Worcestershire sauce and red wine vinegar are gluten free.

## Recipe 6 – Grilled Beef Roast

Olive oil

Aluminum foil wrap

\*Baby red potatoes

\*Baby spinach

\*Red onion

\*Strawberries

\*Red wine vinaigrette

**GLUTEN FREE:** Make sure balsamic vinegar is gluten free.

## Recipe 7 – Carne Guisada

\*Corn on the cob

\*Lettuce (not Iceberg, no nutrition)

\*Salad veggies (your choice)

\*Salad dressing (your choice)

**GLUTEN FREE:** Make sure tomato sauce, sofrito sauce and sazón OR all-purpose seasoning are gluten free.

## Recipe 8 – Italian Roast Beef Sandwiches

6 deli rolls

6 slices Swiss OR Provolone cheese (optional)

\*Mixed baby greens

\*Red onion

\*Cherry tomatoes

\*Olive oil

\*Balsamic vinegar

\*Parmesan cheese, grated

**GLUTEN FREE:** Make sure beef broth, peperoncini peppers and Italian seasoning are gluten free.

## Recipe 9 – Stuffed Flank Steak

\*Sweet potatoes

\*Green beans

**GLUTEN FREE:** Make sure beef broth, soy sauce, Worcestershire sauce and Italian seasoning are gluten free.

## Recipe 10 – Beef Barley Stew

\*Broccoli and cauliflower florets

\*Crusty bread

\*Butter, unsalted

**GLUTEN FREE:** Use gluten free flour and brown rice instead of barley. Make sure vegetable juice, beef broth and balsamic vinegar are gluten free.

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## MEAT

Leave as is:

- 4 (6-oz.) filet mignon steaks
- 1 (3-lb.) brisket
- 1 (4-lb.) top round roast
- 1 (3- to 4-lb.) chuck roast

Trim:

- 1 (1 1/2- to 2-lb.) top sirloin steak

Trim and cut into strips:

- 1 1/2 pounds flank steak

Trim and pound to 1/2-inch thickness:

- 1 (1 1/2- to 2-lb.) flank steak

Cube:

- 1 pound boneless chuck steak
- 2 pounds stew meat
- 1 pound stew meat

## CONDIMENTS

Set out items shown on Assembly Time Shopping List.

## PRODUCE

**Onions:** Prepare as shown on Assembly Time Shopping List.

**Garlic:** Press as needed for each recipe.

**Carrots:** Peel and slice 2 medium carrots.

**Celery:** Slice 2 medium stalks.

**Green Bell Peppers:** Chop 1 cup.

**Artichokes:** Trim and thinly slice 4 artichokes.

**Lemons:** Squeeze 3/4 cup juice.

## CANNED GOODS

Open all cans.

Measure out 4 cups low sodium chicken broth.

Measure out 31 ounces low sodium beef broth.

Measure out 1/4 cup sofrito sauce OR tomato sauce.

Measure out 1 cup vegetable juice.

## SPICES

Set out all spices shown on Assembly Time Shopping List.

## DAIRY/DAIRY CASE

Measure out 1/2 cup crumbled Feta cheese.

## DRY GOODS

Measure out 1/4 cup all-purpose flour.

Measure out 1/4 cup packed brown sugar.

Set out sazón seasoning OR all-purpose seasoning.

Measure out 1/3 cup quick-cooking barley.

## FREEZER

Open 1 (10-oz.) package pinto beans.

Open package of pearl onions and measure out 2 cups.

Thaw 1 cup chopped spinach then drain and squeeze dry.

## OTHER

Set out items listed on Assembly Time Shopping List.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Lemon Garlic London Broil
- ☐ 2. Herb-Crusted Filet Mignon
- ☐ 3. Steak Gyros
- ☐ 4. Beef and Artichoke Stew
- ☐ 5. Brisket and Beans
- ☐ 6. Grilled Beef Roast
- ☐ 7. Carne Guisada
- ☐ 8. Italian Roast Beef Sandwiches
- ☐ 9. Stuffed Flank Steak
- ☐ 10. Beef Barley Stew

## Lemon-Garlic London Broil

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 (1 1/2 – to 2-lb.) top sirloin steak, about 1 1/4 inches thick, trimmed  
1/4 cup olive oil  
1/4 cup lemon juice  
6 cloves garlic  
3 tablespoons Dijon-style mustard  
1 teaspoon dried rosemary, crushed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

Place sirloin steak in a 1-quart freezer bag. Blend remaining ingredients in a food processor or blender; add mixture to the freezer bag and squeeze the bag gently to coat sirloin steak. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Lemon-Garlic London Broil

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (1 1/2 – to 2-lb.) top sirloin steak, about 1 1/4 inches thick, trimmed  
1/4 cup olive oil  
1/4 cup lemon juice  
6 cloves garlic  
3 tablespoons Dijon-style mustard  
1 teaspoon dried rosemary, crushed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven broiler.

Remove steak from marinade and place on a lightly oiled broiler pan; discard marinade. Broil steak until desired doneness is achieved, approximately 7 minutes per side for medium-rare. Transfer to a cutting board and let stand 15 minutes. Slice crosswise and serve.

**Serving Suggestions:** Mashed russet potatoes and steamed asparagus.

**Nutrition per serving:** 291 Calories; 14g Fat; 35g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 471mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. Points: 7

## Herb-Crusted Filet Mignon

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) filet mignon steaks, about 1 1/2 inches thick  
3 tablespoons olive oil  
4 cloves garlic, pressed  
1 teaspoon dried rosemary, crushed  
1 teaspoon dried parsley flakes  
1 teaspoon dried thyme  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Place filets in a 1-quart freezer bag. In a small bowl, whisk together remaining ingredients; add mixture to the plastic bag and squeeze it gently to coat each filet. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Herb-Crusted Filet Mignon

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) filet mignon steaks, about 1 1/2 inches thick  
3 tablespoons olive oil  
4 cloves garlic, pressed  
1 teaspoon dried rosemary, crushed  
1 teaspoon dried parsley flakes  
1 teaspoon dried thyme  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil  
Salt and pepper to taste

### Cooking Instructions:

Preheat outdoor grill to high heat. Lightly grease grill grate with olive oil.

Remove steaks from marinade, allowing excess oil to drain from steaks; discard marinade. Grill steaks until desired doneness is achieved, about 6 minutes per side for medium-rare. Remove from heat, season with salt and pepper and allow steaks to rest for 10 minutes before serving.

**Serving Suggestions:** Roasted baby red potatoes and a big salad.

**Nutrition per serving:** 514 Calories; 42g Fat; 30g Protein; 2g Carbohydrate; trace Dietary Fiber; 120mg Cholesterol; 200mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 6 Fat. Points: 14

## Steak Gyros

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds flank steak, trimmed and cut into strips  
4 cloves garlic, pressed  
2 teaspoon dried oregano  
1 teaspoon ground coriander  
1 teaspoon sea salt  
1/2 teaspoon ground allspice

### To Assemble:

In a small bowl, combine garlic, oregano, coriander, salt and allspice. Rub spice mixture into steak strips, then place strips in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Steak Gyros

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds flank steak, trimmed and cut into strips  
4 cloves garlic, pressed  
2 teaspoon dried oregano  
1 teaspoon ground coriander  
1 teaspoon sea salt  
1/2 teaspoon ground allspice

### At Time of Cooking Ingredients:

1 tablespoon olive oil  
4 whole wheat pitas, halved  
8 ounces tzatziki sauce (see recipe below to make your own)  
1 large cucumber, peeled and sliced (optional)

### Cooking Instructions:

In a large skillet, heat olive oil over medium heat. Add steak strips and cook until desired doneness is achieved, about 2 to 3 minutes per side for medium-rare. Stuff pitas with meat and garnish with tzatziki sauce and cucumber, if using.

### Tzatziki Sauce

1 cup low fat plain Greek yogurt  
3 tablespoons seeded, peeled and grated cucumber, squeezed to drain excess water  
1 tablespoon minced onion  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper

Gently combine all ingredients and serve!

**Serving Suggestions:** A big salad of mixed baby greens, thinly sliced red onion, halved cherry tomatoes and crumbled Feta cheese, tossed with red wine vinaigrette.

**Nutrition per serving:** 440 Calories; 18g Fat; 115g Protein; 44g Carbohydrate; 6g Dietary Fiber; 58mg Cholesterol; 1414mg Sodium. Exchanges: 2 1/2 Grain(Starch); 15 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat. Points: 19



## Beef and Artichoke Stew

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound boneless chuck steak, cubed  
1/4 teaspoon celery salt  
1/2 teaspoon freshly ground black pepper  
1 teaspoon dried dill  
1 teaspoon dried rosemary, crushed  
1 teaspoon dried sage  
Crushed red pepper flakes, to taste  
1 bay leaf  
Kitchen string  
Cheesecloth for spice bag  
4 artichokes, cut into thick slices  
2 cups frozen pearl onions  
1 (14.5-oz.) can diced tomatoes  
1 (8-oz.) can tomato sauce  
1/2 cup lemon juice  
4 cups low sodium chicken broth

### To Assemble:

Toss cubed steak in celery salt and pepper then place in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

In a small bowl, combine dill, rosemary, sage, pepper flakes and bay leaf. Using kitchen string, tie a piece of cheesecloth around spice mixture to create a spice bag. Add spice bag and remaining ingredients to a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Beef and Artichoke Stew

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound boneless beef chuck steak, cubed  
1/4 teaspoon celery salt  
1/2 teaspoon freshly ground black pepper  
1 teaspoon dried dill  
1 teaspoon dried rosemary  
1 teaspoon dried sage  
Red pepper flakes, to taste  
1 bay leaf  
Kitchen string  
Cheesecloth for spice bag  
4 artichokes, cut into thick slices  
2 cups frozen pearl onions  
1 (14.5-oz.) can diced tomatoes  
1 (8-oz.) can tomato sauce  
1/2 cup lemon juice  
4 cups low sodium chicken broth

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

In a large skillet, heat the olive oil over medium-high heat; add cubed steak and brown on all sides; transfer to a slow cooker then add the contents of the second freezer bag to the slow cooker. Cover and cook on Low for 6 to 8 hours. Remove spice bag before serving.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 402 Calories; 10g Fat; 48g Protein; 34g Carbohydrate; 11g Dietary Fiber; 73mg Cholesterol; 1523mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 1/2 Fat. Points: 10

## Brisket and Beans

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4 to 6

### Assembly Ingredients:

1 (10 oz.) package frozen pinto beans  
1 cup diced onion  
4 cloves garlic, pressed  
1 teaspoon seasoned salt  
1 teaspoon chili powder  
1 teaspoon dried oregano  
1 1/2 cups ketchup  
4 tablespoons Worcestershire sauce  
1/4 cup red wine vinegar  
1/4 cup packed brown sugar  
1 (3-lb.) boneless brisket

### To Assemble:

Place beans, onion and garlic in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Whisk together seasoned salt, chili powder, oregano, ketchup, Worcestershire sauce, red wine vinegar and brown sugar. Spread evenly over brisket, then place brisket in a 1-gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Brisket and Beans

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4 to 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (10 oz.) package frozen pinto beans  
1 cup diced onion  
4 cloves garlic, pressed  
1 teaspoon seasoned salt  
1 teaspoon chili powder  
1 teaspoon dried oregano  
1 1/2 cups ketchup  
4 tablespoons Worcestershire sauce  
1/4 cup red wine vinegar  
1/4 cup packed brown sugar  
1 (3-lb.) boneless brisket

### At Time of Cooking Ingredients:

2 cups low sodium beef broth

### Cooking Instructions:

Place beans, onion and garlic in a slow cooker; stir in beef broth and place coated brisket on top (cut in half first if necessary). Cover and cook on Low for 8 to 10 hours, stirring once or twice during cooking. Skim off excess fat then remove brisket to a cutting board and slice thinly. Transfer bean mixture to a serving bowl and top with sliced brisket; serve.

**Serving Suggestions:** A relish tray of celery sticks and a medley of raw baby carrots with broccoli and cauliflower florets. Add some crusty bread and butter.

**Nutrition per serving:** 571 Calories; 17g Fat; 57g Protein; 47g Carbohydrate; 4g Dietary Fiber; 141mg Cholesterol; 1283mg Sodium. Exchanges: 1 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Fat; 2 Other Carbohydrates. Points: 14

## Grilled Beef Roast

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4 to 6

### Assembly Ingredients:

1 (4-lb.) top round roast  
4 cloves garlic, pressed  
2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

Whisk together garlic, olive oil, balsamic vinegar, salt and pepper. Rub into roast on all sides. Place roast in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Grilled Beef Roast

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4 to 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Allow roast to come to room temperature before grilling.

### Preassembled Ingredients:

1 (4-lb.) top round roast  
4 cloves garlic, pressed  
2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil  
Aluminum foil wrap

### Cooking Instructions:

Preheat outdoor grill to medium-high. Lightly grease grill grate with olive oil. Sear roast on all sides, about 2 minutes per side. Reduce grill temperature to medium and move roast to indirect heat. Cover and grill for 1 1/2 to 2 hours or until internal temperature reaches 140 degrees for medium-rare. Remove from heat and cover with aluminum foil wrap. Allow to rest for 15 minutes before carving.

**Serving Suggestions:** Roasted baby red potatoes and a salad of baby spinach, thinly sliced red onion and halved strawberries, tossed with red wine vinaigrette.

**Nutrition per serving:** 577 Calories; 33g Fat; 65g Protein; 1g Carbohydrate; trace Dietary Fiber; 185mg Cholesterol; 465mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat. Points: 15

## Carne Guisada

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 pounds stew meat, cubed  
1 cup chopped green bell pepper  
1 cup chopped onion  
1 (8 oz.) can tomato sauce  
1/4 cup prepared sofrito sauce OR tomato sauce  
1 (0.18-oz) package sazón seasoning OR all-purpose seasoning  
1 teaspoon dried oregano  
1/2 teaspoon sea salt

### To Assemble:

Place stew meat in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining ingredients in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Carne Guisada

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 pounds stew meat, cubed  
1 cup chopped green bell pepper  
1 cup chopped onion  
1 (8 oz.) can tomato sauce  
1/4 cup prepared sofrito sauce OR tomato sauce  
1 (0.18-oz) package sazón seasoning OR all-purpose seasoning  
1 teaspoon dried oregano  
1/2 teaspoon sea salt

### At Time of Cooking Ingredients:

Water

### Cooking Instructions:

Place contents of vegetable freezer bag in a slow cooker; bring to a simmer on high and cook for 5 minutes. Add meat and cook until browned. Add water to cover meat, while stirring. Cover, reduce heat setting to low, and cook for 5 to 7 hours or until meat is cooked through and onions are tender.

**Serving Suggestions:** Corn on the cob and a big salad.

**Nutrition per serving:** 462 Calories; 22g Fat; 51g Protein; 11g Carbohydrate; 3g Dietary Fiber; 125mg Cholesterol; 885mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 2 Vegetable; 1/2 Fat. Points: 11

## Italian Roast Beef Sandwiches

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 (3- to 4-lb.) chuck roast  
1 (14.5-oz.) can low sodium beef broth  
1/4 cup water  
8 ounces jarred peperoncini peppers with juice  
1 cup chopped yellow onion  
3 cloves garlic, pressed  
3 rounded tablespoons Italian seasoning  
1 teaspoon sea salt

### To Assemble:

Combine all ingredients in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Italian Roast Beef Sandwiches

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (3- to 4-lb.) chuck roast  
1 (14.5-oz.) can low sodium beef broth  
1/4 cup water  
8 ounces jarred peperoncini peppers with juice  
1 cup chopped yellow onion  
3 cloves garlic, pressed  
3 rounded tablespoons Italian seasoning  
1 teaspoon sea salt

### At Time of Cooking Ingredients:

6 deli rolls  
6 slices Swiss or Provolone cheese (optional)

### Cooking Instructions:

Preheat oven to 275 degrees.

Place freezer bag contents in a large Dutch oven or oven-safe lidded saucepan; cover and bake for 5 to 6 hours or until meat is tender.

Remove from oven and shred meat with forks. Divide meat evenly on deli rolls and top with cheese, if desired; place open-faced under the broiler for a few minutes to melt the cheese. Serve with a side of juices from the pot for dipping.

**Serving Suggestions:** A big salad of mixed baby greens, thinly sliced red onion and halved cherry tomatoes, tossed with olive oil and balsamic vinegar and topped with grated Parmesan cheese.

**Nutrition per serving:** 787 Calories; 46g Fat; 53g Protein; 39g Carbohydrate; 3g Dietary Fiber; 157mg Cholesterol; 827mg Sodium. Exchanges: 2 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates. Points: 21

## Stuffed Flank Steak

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 cup frozen chopped spinach, thawed and squeezed dry  
1/2 cup chopped red onion  
4 cloves garlic, pressed  
1/2 cup crumbled Feta cheese  
1 (1 1/2- 2-lb.) flank steak, trimmed and pounded to 1/2-inch thickness  
Kitchen string OR wooden toothpicks  
1/4 cup olive oil  
1/4 cup low sodium soy sauce  
1/4 cup low sodium beef broth  
1/4 cup Worcestershire sauce  
1 teaspoon Italian seasoning  
1 teaspoon freshly ground black pepper

### To Assemble:

Combine spinach, onion, garlic and Feta in a medium bowl; blend well. Spread mixture evenly over flank steak then roll up steak lengthwise and secure with kitchen string or toothpicks.

Place stuffed flank steak, olive oil, soy sauce, beef broth, Worcestershire sauce, Italian seasoning and black pepper in a 1-gallon freezer bag. Gently squeeze bag to mix and cover meat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Stuffed Flank Steak

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 cup frozen chopped spinach, thawed and squeezed dry  
1/2 cup chopped red onion  
4 cloves garlic, pressed  
1/2 cup crumbled Feta cheese  
1 (1 1/2- 2-lb.) flank steak, trimmed and pounded to 1/2-inch thickness  
Kitchen string OR wooden toothpicks  
1/4 cup olive oil  
1/4 cup low sodium soy sauce  
1/4 cup low sodium beef broth  
1/4 cup Worcestershire sauce  
1 teaspoon Italian seasoning  
1 teaspoon freshly ground black pepper

### Cooking Instructions:

Preheat oven to 350 degrees.

Remove stuffed flank steak from bag and discard marinade. Bake in a shallow glass baking dish for 1 hour or until internal temperature reaches 145 degrees. Let stand for 5 minutes before slicing; serve.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 345 Calories; 23g Fat; 112g Protein; 11g Carbohydrate; 3g Dietary Fiber; 71mg Cholesterol; 1098mg Sodium. Exchanges: 0 Grain(Starch); 15 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. Points: 17

## Beef Barley Stew

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/4 cup all-purpose flour  
1/3 cup quick-cooking barley  
1 pound stew meat, cubed  
2 medium carrots, sliced  
1/2 cup chopped onion  
2 medium stalks celery, sliced  
1 cup water  
1 cup vegetable juice  
1 (14.5 oz.) can low sodium beef broth  
1 bay leaf  
2 tablespoons balsamic vinegar  
1 teaspoon dried thyme  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Combine flour and barley in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (stew meat through pepper) in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Beef Barley Stew

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup all-purpose flour  
1/3 cup quick-cooking barley  
1 pound stew meat, cubed  
2 medium carrots, sliced  
1/2 cup chopped onion  
2 medium stalks celery, sliced  
1 cup water  
1 cup vegetable juice  
1 (14.5 oz.) can low sodium beef broth  
1 bay leaf  
2 tablespoons balsamic vinegar  
1 teaspoon dried thyme  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### Cooking Instructions:

Pour contents of freezer bags into a slow cooker, stirring to mix. Cover and cook on Low for 6 to 8 hours or until meat is cooked through and vegetables are tender. Discard bay leaf before serving.

**Serving Suggestions:** Steamed broccoli and cauliflower and some hot, crusty bread.

**Nutrition per serving:** 336 Calories; 10g Fat; 32g Protein; 28g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 810mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat. Points: 8



# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 3 - Pork

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like pork and prefer to enjoy other meats, maybe chicken was on sale this week instead of pork... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

1 (4-lb.) boneless pork shoulder [R1]  
1 (2 1/2- to 3-lb.) boneless pork shoulder [R6]  
3 (2- to 3-lb.) lean pork tenderloins [R4,R5,R7]  
12 (6-oz.) pork chops, 3/4" thick [R8,R9]  
6 pounds spare or baby back ribs [R10]  
2 large smoked ham hocks OR 1/2 pound bacon [R2]

## DELI

Diced cooked ham (1 cup) [R3]

## CONDIMENTS

Olive oil (6 tablespoons) [R4,R5]  
Sesame oil (1/4 cup) (in Asian section of grocery store) [R10]  
Apple cider vinegar (3/4 cup) [R1,R4]  
Balsamic vinegar (2 tablespoons) [R5]  
Rice wine vinegar (1/4 cup) [R10]  
Dijon mustard (3 tablespoons) [R1,R5]  
Ketchup (1/2 cup) [R1]  
Worcestershire sauce (3 tablespoons) [R1,R5]  
Low sodium soy sauce (1/4 cup) [R10]  
Green salsa (28 ounces) [R6]  
Green olives (1 cup) [R5]  
Red pepper chili paste (1/2 cup) (in Asian section of grocery store) [R10]  
Cherry preserves (1 cup) (if not using cherry pie filling) [R8]

## PRODUCE

Onions (2 medium plus 1 cup chopped plus 1/2 cup diced) [R1,R2,R3,R6,R7]  
Red onions (2 large plus 1/2 cup diced) [R9,R10]  
Garlic (28 cloves) [R1,R2,R4,R5,R6,R9,R10]  
Carrots (1 large) [R2]  
Celery (1 medium stalk) [R2]  
Gingerroot (one 1-inch piece) [R10]  
Limes (2 tablespoons juice) [R8]  
Granny Smith apples (2 large) [R7]

## CANNED GOODS

2 (14.5-oz.) cans diced tomatoes [R4,R6]  
1 (6-oz.) can tomato paste [R1]  
2 (15-oz.) cans navy beans [R2]  
1 (4-oz.) can diced jalapeno peppers [R6]  
Cherry pie filling (1 cup) (if not using cherry preserves) [R8]

## SPICES

Sea salt [R7,R8]  
Black peppercorns [R1,R2,R3,R4,R5,R7,R9]  
Paprika [R1]  
Bay leaves [R2]  
Chili powder [R4]  
Oregano [R5]  
Sage [R7]  
Ground nutmeg [R8]  
Ground ginger [R9]

## DAIRY/DAIRY CASE

Eggs (4 large) [R3]  
Milk (1 cup) [R3]  
Low fat Cheddar cheese (1 cup shredded) [R3]

## DRY GOODS

Stuffing mix (1 cup) [R7]  
Dried cranberries (1/2 cup) [R7]  
Pecans (1/4 cup chopped) [R7]  
Brown sugar (1/3 cup plus 1/4 cup plus 3 tablespoons packed) [R1,R4,R5,R10]

## BAKERY

Day-old bread (4 cups cubed) [R3]

## OTHER

Cola (1 cup) [R9]  
Wooden toothpicks OR kitchen string [R7]  
Zipper-topped plastic freezer bags:  
1-quart 1  
1-gallon 22

## GLUTEN FREE

Smoked ham hocks OR bacon [R2]  
Diced cooked ham [R3]  
Apple cider vinegar [R1,R4]  
Rice wine vinegar [R10]  
Balsamic vinegar [R5]  
Dijon mustard [R1,R5]  
Ketchup [R1]  
Worcestershire sauce [R1,R5]  
Low sodium soy sauce [R10]  
Green salsa [R6]  
Green olives [R5]  
Red pepper chili paste [R10]  
Cherry preserves (if using) [R8]  
Diced tomatoes [R4,R6]  
Tomato paste [R1]  
Canned diced jalapeno peppers [R6]  
Canned navy beans [R2]  
Jalapeno peppers [R6]  
Canned cherry pie filling (if using) [R8]  
Dry stuffing mix [R7]  
Day-old bread [R3]





# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## **Recipe 1 – Tangy Pulled Pork**

6 whole wheat burger buns

\*Coleslaw mix

\*Baby carrots

\*Low fat mayonnaise

\*Rice vinegar

**GLUTEN FREE:** Make sure burger buns are gluten free.

## **Recipe 2 – Ham and Navy Bean Soup**

\*Baby carrots

\*Celery

\*Cherry tomatoes

\*Whole black olives

\*Crusty bread

\*Butter, unsalted

## **Recipe 3 – Ham and Cheese Casserole**

Olive oil

Aluminum foil wrap

Low fat Cheddar cheese (1/2 cup shredded)

\*Baby spinach

\*Red onion

\*Green apple

\*Poppy seed salad dressing

## **Recipe 4 – Tomato Pork Medallions**

Olive oil

\*New potatoes

\*Broccoli

## **Recipe 5 – Olive Pork Roast**

Olive oil

\*Russet potatoes

\*Garlic

\*Asparagus

## **Recipe 6 - Chili Verde**

\*Whole wheat flour tortillas

\*Corn on the cob (fresh or frozen)

\*Lettuce (not Iceberg, no nutrition)

\*Salad veggies (your choice)

\*Salad dressing (your choice)

## **Recipe 7 – Cran-Apple Stuffed Tenderloin**

Olive oil

Aluminum foil wrap

\*Russet potatoes

\*Garlic

\*Medley of baby carrots with broccoli and cauliflower florets

## **Recipe 8 – Cherry-Lime Chops**

\*Sweet potatoes

\*Green beans

## **Recipe 9 – Grilled Cola Chops**

Olive oil

\*New potatoes

\*Lettuce (not Iceberg, no nutrition)

\*Salad veggies (your choice)

\*Salad dressing (your choice)

## **Recipe 10 – Korean Spare Ribs**

Olive oil

\*Brown rice

\*Zucchini, yellow squash and snow peas

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## MEAT

Trim 1 (4-lb.) boneless pork shoulder

Trim and cube 1 (2 1/2- to 3-lb.) boneless pork shoulder

Slice 1 (2- to 3-lb.) pork tenderloin into 6 medallions and pound to 1" thick

Trim 1 (2- to 3-lb.) pork tenderloin then butterfly slice and pound to 1/2" thick

Leave as is:

12 (6-oz.) pork chops

6 pounds spare or baby back ribs

2 large smoked ham hocks OR chop 1/2 pound bacon

1 (2- to 3-lb.) pork tenderloin

## CONDIMENTS

Set out items shown on Assembly Time Shopping List and measure as listed in each recipe.

## PRODUCE

**Onions:** Prepare as shown on Assembly Time Shopping List.

**Red onions:** Mince 2 large red onions and dice 1/2 cup.

**Garlic:** Press cloves as listed in each recipe.

**Carrots:** Peel and chop 1 large carrot.

**Celery:** Chop 1 medium stalk of celery.

**Gingerroot:** Peel and mince one (1-inch) piece of gingerroot.

**Limes:** Squeeze 2 tablespoons of lime juice.

**Granny Smith apples:** Core, peel and chop 2 large Granny Smith apples.

## CANNED GOODS

Open all cans.

Drain and rinse 2 (15-oz.) cans navy beans.

Drain 1 (4-oz.) can diced jalapeno peppers.

## SPICES

Set out all spices shown on Assembly Time Shopping List and measure as listed in each recipe.

## DAIRY/DAIRY CASE

Measure out 1 cup milk.

Shred 1 cup low fat Cheddar cheese.

## DRY GOODS

Measure out 1 cup of stuffing mix.

Measure out 1/2 cup of dried cranberries.

Chop 1/4 cup pecans.

Measure brown sugar as listed in each recipe.

## BAKERY

Cube 4 cups of day-old bread.

## OTHER

Measure out 1 cup cola.

Set out wooden toothpicks OR kitchen string.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Tangy Pulled Pork
- ☐ 2. Ham and Navy Bean Soup
- ☐ 3. Ham and Cheese Casserole
- ☐ 4. Tomato Pork Medallions
- ☐ 5. Olive Pork Roast
- ☐ 6. Chili Verde
- ☐ 7. Cran-Apple Stuffed Tenderloin
- ☐ 8. Cherry-Lime Chops
- ☐ 9. Grilled Cola Chops
- ☐ 10. Korean Spare Ribs

## Tangy Pulled Pork

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 6

1 (4-lb.) boneless pork shoulder, trimmed  
1/2 cup chopped onion  
4 cloves garlic, pressed  
1/2 cup ketchup  
1/2 cup apple cider vinegar  
1/3 cup packed brown sugar  
1 (6-oz.) can tomato paste  
2 tablespoons Worcestershire sauce  
2 tablespoons Dijon mustard  
1 teaspoon paprika  
1 teaspoon freshly ground black pepper  
2/3 cup water

### To Assemble:

Place pork shoulder and onion in a 1-gallon freezer bag.

In a large bowl, whisk together remaining ingredients (garlic through water). Pour mixture into the freezer bag with pork and onion, gently squeezing to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure ketchup, apple cider vinegar, tomato paste, Worcestershire sauce and mustard are gluten free.

## Tangy Pulled Pork

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 (4-lb.) boneless pork shoulder, trimmed  
1/2 cup chopped onion  
4 cloves garlic, pressed  
1/2 cup ketchup  
1/2 cup apple cider vinegar  
1/3 cup packed brown sugar  
1 (6-oz.) can tomato paste  
2 tablespoons Worcestershire sauce  
2 tablespoons Dijon mustard  
1 teaspoon paprika  
1 teaspoon freshly ground black pepper  
2/3 cup water

### At Time of Cooking Ingredients:

6 whole wheat burger buns

### Cooking Instructions:

Pour freezer bag contents into a slow cooker. Cover and cook on LOW for 8 to 10 hours or until pork falls apart. Transfer pork to a cutting board and shred with two forks. Return shredded pork to slow cooker and mix well with sauce. Serve on lightly toasted burger buns.

**Serving Suggestions:** A big bowl of coleslaw (use a ready-made mix and toss with low fat mayo and a little rice vinegar). Add a bowl of raw baby carrots on the side.

**Nutrition per serving:** 848 Calories; 39g Fat; 66g Protein; 56g Carbohydrate; 5g Dietary Fiber; 162mg Cholesterol; 1055mg Sodium. **Exchanges:** 2 Grain (Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates. **Points:** 22

## Ham and Navy Bean Soup

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

2 (15-oz.) cans navy beans, drained and rinsed  
1 medium onion, chopped  
2 cloves garlic, pressed  
1 bay leaf  
2 large smoked ham hocks OR 1/2 pound bacon, chopped  
1 large carrot, chopped  
1 stalk celery, chopped  
1 teaspoon freshly ground black pepper

### To Assemble:

Combine all ingredients in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure that navy beans and ham OR bacon are gluten free.

## Ham and Navy Bean Soup

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 (15-oz.) cans navy beans, drained and rinsed  
1 medium onion, chopped  
2 cloves garlic, pressed  
1 bay leaf  
2 large smoked ham hocks OR 1/2 pound bacon, chopped  
1 large carrot, chopped  
1 stalk celery, chopped  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

8 cups water

### Cooking Instructions:

Pour freezer bag contents into a slow cooker and cover with water; stir to combine. Cover and cook on LOW for 8 to 10 hours or until ham falls off the bone (or bacon is cooked through, if using). If using ham hock, discard bone and excess fat. Discard bay leaf before serving.

**Serving Suggestions:** A relish tray of baby carrots, celery sticks, cherry tomatoes and whole black olives. Add some crusty bread and butter on the side.

**Nutrition per serving:** 376 Calories; 15g Fat; 28g Protein; 33g Carbohydrate; 8g Dietary Fiber; 80mg Cholesterol; 693mg Sodium. **Exchanges:** 2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. **Points:** 9

## Ham and Cheese Casserole

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

4 large eggs  
1 cup milk  
1/2 teaspoon freshly ground black pepper  
1 medium onion, chopped  
1 cup diced cooked ham  
1 cup shredded low fat Cheddar cheese  
4 cups day-old bread, cubed

### To Assemble:

In a large bowl, whisk together eggs, milk and pepper. Add onion, ham and cheese; combine well. Pour mixture into a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Add bread cubes to a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure ham and bread are gluten free.

## Ham and Cheese Casserole

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 large eggs  
1 cup milk  
1/2 teaspoon freshly ground black pepper  
1 medium onion, chopped  
1 cup diced cooked ham  
1 cup shredded low fat Cheddar cheese  
4 cups day-old bread, cubed

### At Time of Cooking Ingredients:

Olive oil  
Aluminum foil wrap  
1/2 cup shredded low fat Cheddar cheese

### Cooking Instructions:

Pour the egg mixture into a lightly greased 9- x 13-inch baking dish. Add the bread cubes, stirring to mix well. Cover dish with aluminum foil and refrigerate for 8 to 12 hours.

Preheat oven to 375 degrees. Remove casserole from refrigerator and bake for 45 minutes or until set. Uncover and sprinkle with 1/2 cup shredded Cheddar cheese. Bake an additional 15 minutes or until cheese is melted and golden. Transfer dish to a wire rack and allow to cool 15 minutes before serving.

**Serving Suggestions:** A big salad of baby spinach, sliced red onion and green apple, tossed with poppy seed dressing.

**Nutrition per serving:** 251 Calories; 10g Fat; 19g Protein; 20g Carbohydrate; 1g Dietary Fiber; 166mg Cholesterol; 709mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 6



## Tomato Pork Medallions

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 (2- to 3-lb.) lean pork tenderloin, sliced into 6 medallions and  
pounded to 1" thick  
1 (14.5 oz.) can diced tomatoes  
6 cloves garlic, pressed  
1 tablespoon chili powder  
1/4 teaspoon freshly ground black pepper  
4 tablespoons olive oil  
2 tablespoons packed brown sugar  
4 tablespoons apple cider vinegar

### To Assemble:

Place pork medallions in a 1-gallon freezer bag.

Combine remaining ingredients (tomatoes through apple cider vinegar)  
in a food processor or blender and process until smooth. Pour into  
freezer bag with pork medallions, gently tossing to coat. Carefully  
squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon  
freezer bag; carefully squeeze the bag to force out any air then seal the  
bag. On the outside of the bag, label or write the recipe name and date of  
preparation and place it in the freezer.

**GLUTEN FREE:** Make sure tomatoes and vinegar are gluten free.

## Tomato Pork Medallions

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't  
have a full thaw at cooking time, remove each bag from the holding bag  
and place in a sink of cold water (do not use hot water!) to speed-thaw  
your food safely.

### Preassembled Ingredients:

1 (2- to 3-lb.) lean pork tenderloin, sliced into 6 medallions and  
pounded to 1" thick  
1 (14.5 oz.) can diced tomatoes  
6 cloves garlic, pressed  
1 tablespoon chili powder  
1/4 teaspoon freshly ground black pepper  
4 tablespoons olive oil  
2 tablespoons packed brown sugar  
4 tablespoons apple cider vinegar

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill to medium-high heat. Lightly grease grill  
grate with olive oil. Grill pork medallions 3 to 5 minutes per side, or until  
cooked through.

**Serving Suggestions** Steamed new potatoes and steamed broccoli  
spears.

**Nutrition per serving:** 351 Calories; 16g Fat; 41g Protein; 10g Carbohydrate; 2g Dietary  
Fiber; 123mg Cholesterol; 344mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean  
Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 9

## Olive Pork Roast

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 (2- to 3-lb.) lean pork tenderloin  
1 cup green olives  
2 cloves garlic, pressed  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
1 tablespoon Worcestershire sauce  
1 tablespoon packed brown sugar  
1 tablespoon Dijon mustard  
1 teaspoon freshly ground black pepper  
2 teaspoons dried oregano

### To Assemble:

Make slits in the tenderloin with a knife, gently pushing an olive into each slit, all around the tenderloin. Place tenderloin in a 1-gallon freezer bag.

In a small bowl, whisk together remaining ingredients (garlic through oregano). Pour mixture into the freezer bag with the pork, gently squeezing the bag to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure olives, balsamic vinegar, Worcestershire sauce and mustard are gluten free.

## Olive Pork Roast

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (2- to 3-lb.) lean pork tenderloin  
1 cup green olives  
2 cloves garlic, pressed  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
1 tablespoon Worcestershire sauce  
1 tablespoon packed brown sugar  
1 tablespoon Dijon mustard  
1 teaspoon freshly ground black pepper  
2 teaspoons dried oregano

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 400 degrees. Lightly grease roasting pan with olive oil. Place tenderloin in roasting pan and pour remaining marinade over the pork. Roast 30 to 35 minutes, or until desired doneness is achieved. Let stand 10 minutes before slicing and serving.

**Serving Suggestions:** Garlic-mashed russet potatoes and steamed asparagus.

**Nutrition per serving:** 310 Calories; 13g Fat; 40g Protein; 5g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 348mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

## Chili Verde

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 (2 1/2- to 3-lb.) boneless pork shoulder, trimmed and cubed  
1/2 cup diced onion  
4 cloves garlic, pressed  
28 ounces green salsa  
1 (4-oz.) can diced jalapeno peppers, drained  
1 (14.5-oz.) can diced tomatoes

### To Assemble:

Place all ingredients in a 1-gallon freezer bag, gently squeezing to mix. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure salsa, jalapeno peppers and tomatoes are gluten free.

## Chili Verde

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 (2 1/2- to 3-lb.) boneless pork shoulder, trimmed and cubed  
1/2 cup diced onion  
4 cloves garlic, pressed  
28 ounces green salsa  
1 (4-oz.) can diced jalapeno peppers, drained  
1 (14.5-oz.) can diced tomatoes

### Cooking Instructions:

Pour freezer bag contents into a slow cooker. Cover and cook on LOW for 6 to 8 hours or until pork falls apart.

**Serving Suggestions:** Roll pork mixture in warmed whole wheat flour tortillas. On the side, serve corn on the cob (fresh or frozen) and a big salad.

**Nutrition per serving:** 431 Calories; 22g Fat; 37g Protein; 15g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 1094mg Sodium. **Exchanges:** 2 Vegetable; 0 Fat. **Points:** 11

## Cran-Apple Stuffed Tenderloin

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 cup dry stuffing mix  
1/2 cup water  
2 large Granny Smith apples, cored, peeled and chopped  
1/2 cup dried cranberries  
1/4 cup chopped pecans  
1/2 cup chopped onion  
1 teaspoon dried sage  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 (2- to 3-lb.) lean pork tenderloin, trimmed, butterfly-sliced and  
pounded to 1/2" thick  
Wooden toothpicks OR kitchen string

### To Assemble:

In a large bowl, combine stuffing mix and water. Stir in apples, cranberries, pecans, onion, sage, salt and pepper.

Spread stuffing mixture on cut side of tenderloin. Roll the tenderloin horizontally into a cylinder and secure with toothpicks or kitchen string. Place stuffed tenderloin in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure stuffing mix is gluten free.

## Cran-Apple Stuffed Tenderloin

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 cup dry stuffing mix  
1/2 cup water  
2 large Granny Smith apples, cored, peeled and chopped  
1/2 cup dried cranberries  
1/4 cup chopped pecans  
1/2 cup chopped onion  
1 teaspoon dried sage  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 (2- to 3-lb.) lean pork tenderloin, trimmed, butterfly-sliced and  
pounded to 1/2" thick  
Wooden toothpicks OR kitchen string

### At Time of Cooking Ingredients:

Olive oil  
Aluminum foil wrap

### Cooking Instructions:

Preheat oven to 325 degrees. Lightly grease a roasting pan with olive oil. Place stuffed tenderloin in roasting pan and roast for 1 hour or until internal temperature reaches 160 degrees. Wrap tenderloin in aluminum foil and allow it to rest 10 minutes. Remove toothpicks or string before slicing.

**Serving Suggestions:** Garlic-mashed russet potatoes and a medley of steamed baby carrots with broccoli and cauliflower florets.

**Nutrition per serving:** 364 Calories; 11g Fat; 43g Protein; 23g Carbohydrate; 2g Dietary Fiber; 123mg Cholesterol; 571mg Sodium. **Exchanges:** 1 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat. **Points:** 9

## Cherry-Lime Chops

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (6-oz.) pork chops, 3/4" thick  
1 cup canned cherry pie filling OR cherry preserves  
2 tablespoons lime juice  
1/8 teaspoon ground nutmeg  
1/2 teaspoon sea salt

### To Assemble:

Place all ingredients in a 1-gallon freezer bag, gently squeezing to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure cherry pie filling OR preserves is gluten free.

## Cherry-Lime Chops

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

6 (6-oz.) pork chops, 3/4" thick  
1 cup canned cherry pie filling OR cherry preserves  
2 tablespoons lime juice  
1/8 teaspoon ground nutmeg  
1/2 teaspoon sea salt

### Cooking Instructions:

Pour freezer bag contents into a slow cooker. Cover and cook on LOW for 6 to 8 hours or until internal temperature reaches 160 degrees.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 313 Calories; 17g Fat; 26g Protein; 13g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 227mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates. **Points:** 8

## Grilled Cola Chops

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (6-oz.) pork chops, 3/4" thick  
1 cup cola  
4 cloves garlic, pressed  
1/2 cup diced red onion  
1/2 teaspoon ground ginger  
1 teaspoon freshly ground black pepper

### To Assemble:

Combine all ingredients in a 1-gallon freezer bag, gently squeezing to mix. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Grilled Cola Chops

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

6 (6-oz.) pork chops, 3/4" thick  
1 cup cola  
4 cloves garlic, pressed  
1/2 cup diced red onion  
1/2 teaspoon ground ginger  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Place pork chops on grill, topping with extra marinade. Discard remaining marinade. Grill pork chops 5 to 6 minutes per side, until internal temperature reaches 160 degrees.

**Serving Suggestions:** Steamed new potatoes and a big salad.

**Nutrition per serving:** 289 Calories; 17g Fat; 27g Protein; 6g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 69mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 7



## Korean Spare Ribs

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 pounds pork spare or baby back ribs  
2 large red onions, minced  
6 cloves garlic, pressed  
1/4 cup sesame oil  
1/4 cup low sodium soy sauce  
1/2 cup red pepper chili paste  
1/4 cup packed brown sugar  
1/4 cup rice wine vinegar  
1 (1-inch) piece fresh gingerroot, peeled and minced

### To Assemble:

In a medium bowl, whisk together onion, garlic, sesame oil, soy sauce, chili paste, brown sugar, rice wine vinegar and ginger. Spread mixture evenly over ribs on all sides.

Divide ribs into two 1-gallon freezer bags; carefully squeeze the bags to force out any air then seal the bags.

To prevent freezer burn, place each filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce, chili paste and vinegar are gluten free.

## Korean Spare Ribs

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

6 pounds pork spare or baby back ribs  
2 large red onions, minced  
6 cloves garlic, pressed  
1/4 cup sesame oil  
1/4 cup low sodium soy sauce  
1/2 cup red pepper chili paste  
1/4 cup packed brown sugar  
1/4 cup rice wine vinegar  
1 (1-inch) piece fresh gingerroot, peeled and minced

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill for indirect heat. Lightly grease grill grate with olive oil. Grill ribs, bone-side down, for 1-1 1/2 hours, until the meat flakes off the bone.

**Serving Suggestions:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 967 Calories; 76g Fat; 50g Protein; 18g Carbohydrate; 1g Dietary Fiber; 220mg Cholesterol; 747mg Sodium. **Exchanges:** 7 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 26

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 4 - Fish

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like fish and prefer to enjoy other meats, maybe chicken was on sale this week instead of fish... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

8 ounces smoked sausage (andouille, kielbasa, etc.) [R2]

## SEAFOOD

3 1/2 pounds shrimp, peeled and deveined [R2,R5,R6]

1 1/2 pounds scallops [R7]

6 (4-oz.) skinless salmon fillets [R4]

6 (4-oz.) halibut fillets [R9]

6 (4-oz.) tuna steaks [R8]

12 (4-oz.) tilapia fillets [R3,R10]

1 1/2 pounds cod OR halibut fillets [R6]

## DELI

1 pound crab meat [R1]

## CONDIMENTS

Olive oil (1/2 cup plus 1 tablespoon) [R9,R10]

White wine vinegar (1/2 cup) [R10]

Low fat mayonnaise (3 tablespoons) [R1]

Raspberry vinaigrette (1 cup) [R3]

Dijon mustard (4 tablespoons) [R1,R3]

Ketchup (3 tablespoons) [R1]

Prepared horseradish (2 tablespoons) [R4]

Hot sauce (a dash) [R2]

Low sodium soy sauce (3/4 cup) [R8]

Teriyaki sauce (2 tablespoons) [R8]

Wasabi paste (3 tablespoons) [R8]

## PRODUCE

Onions (2 cups chopped) [R2,R6]

Yellow onions (1 1/2 cups diced) [R1,R10]

Shallots (4 large) [R5]

Garlic (30 cloves) [R1,R2,R4,R5,R6,R9,10]

Celery (2 cups chopped plus 3/4 cup diced) [R1,R2,R6]

Green bell peppers (2 cups chopped plus 1 cup diced)  
[R1,R2,R6]

Parsley (1/4 cup chopped) [R10]

Lemons (4 tablespoons juice) [R4,R5,R10]

## CANNED GOODS

Low sodium chicken broth (2 1/4 cups) [R2,R5,R6]

1 (28-oz.) can diced tomatoes [R2]

1 (14.5-oz.) can diced tomatoes [R6]

Clam juice (3 cups) [R6]

## SPICES

Sea salt (1 tablespoon) [R4,R5,R6,R7,R9,R10]

Black peppercorns (8 1/2 teaspoons ground) [all]

Parsley flakes (1 tablespoon) [R2]

Bay leaf (1) [R2]

Mint (1/2 teaspoon) [R7]

Thyme (2 teaspoons) [R2,R9,R10]

Dill (1 teaspoon) [R3]

Basil (1 teaspoon) [R6]

Oregano (1/2 teaspoon) [R9]

Fennel (1 teaspoon) [R6]

Ground cumin (1 teaspoon) [R7]

Sweet paprika (1 tablespoon) [R7,R9]

Ground turmeric (1 teaspoon) [R7]

Ground cinnamon (1/4 teaspoon) [R7]

Ground ginger (1/4 teaspoon) [R7]

Sesame seeds (1/3 cup) [R8]

Creole seasoning (1 tablespoon) [R9]

Saffron threads (1/2 teaspoon) (optional) [R10]

## DAIRY/DAIRY CASE

Butter, unsalted (1/3 cup plus 2 tablespoons) [R4,R5]

Eggs (4) [R1]

## DRY GOODS

Baking powder (1 teaspoon) [R1]

Saltine-style crackers (8 ounces/2 sleeves) [R1]

## OTHER

Zipper-topped plastic freezer bags

1-quart 2

1-gallon 20

## GLUTEN FREE

Sausage [R2]

White wine vinegar [R10]

Raspberry vinaigrette [R3]

Low fat mayonnaise [R1]

Dijon mustard [R1]

Ketchup [R1]

Prepared horseradish [R4]

Hot sauce [R2]

Soy sauce [R8]

Teriyaki sauce [R8]

Wasabi [R8]

Chicken broth [R2,R5,R6]

Diced tomatoes [R2,R6]

Clam juice [R6]

Creole seasoning [R9]

Baking powder [R1]

Saltine crackers [R1]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## **Recipe 1 – Crab Casserole**

1 stick unsalted butter  
\*Baby spinach  
\*Red onion  
\*Cucumber  
\*Salad dressing (your choice)

## **Recipe 2 – Shrimp Jambalaya**

Rice (6 cups cooked)  
Additional hot sauce to taste  
\*Baby carrots  
\*Cherry tomatoes  
\*Celery  
\*Whole black olives

## **Recipe 3 – Berry Good Tilapia**

Olive oil  
\*Red potatoes  
\*Asparagus

## **Recipe 4 – Horseradish Salmon**

Olive oil  
\*New potatoes  
\*Green beans  
\*Butter, unsalted  
\*Slivered almonds

## **Recipe 5 – Shrimp Scampi**

\*Angel Hair pasta  
\*Butter, unsalted  
\*Parmesan cheese, grated  
\*Mixed baby greens  
\*Red onion  
\*Cherry tomatoes  
\*Red wine vinaigrette

## **Recipe 6 – Fisherman's Stew**

\*Bread for garlic toast  
\*Butter, unsalted  
\*Garlic powder  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

## **Recipe 7 – Moroccan Scallops**

Olive oil (2 tablespoons)  
\*Whole wheat couscous  
\*Green beans

## **Recipe 8 – Wasabi-Sesame Tuna**

Olive oil  
\*Brown rice  
\*Zucchini, yellow squash and snow peas

## **Recipe 9 – Creole Baked Halibut**

Aluminum foil wrap  
Olive oil  
\*Sweet potatoes  
\*Kale

## **Recipe 10 – Argentine Tilapia**

Aluminum foil wrap  
Olive oil  
\*New potatoes  
\*Asparagus

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## **MEAT**

Smoked sausage – cut into 1/2-inch slices.

## **SEAFOOD**

Crabmeat – pick through carefully to remove any shell shards; refrigerate until ready to use.

All other seafood – keep refrigerated until ready to use.

## **CONDIMENTS**

Set condiments out on countertop and measure as listed in Assembly Time Shopping List.

## **PRODUCE**

**Onions** – chop 2 cups.

**Yellow onions** – dice 1 1/2 cups.

**Shallots** – dice 4 large shallots.

**Garlic** – press 30 cloves of garlic individually as needed for each recipe.

**Celery** – chop 2 cups and slice 3/4 cup.

**Green bell peppers** – seed, derib then chop 2 cups and dice 1 cup.

**Parsley** – chop 1/4 cup.

**Lemons** – squeeze 4 tablespoons juice.

## **CANNED GOODS**

Low sodium chicken broth – measure out 2 1/4 cups.

Canned tomatoes – open cans.

Clam juice – measure out 3 cups.

## **SPICES**

Set spices out on countertop and measure as listed in Assembly Time Shopping List.

## **DAIRY**

Unsalted butter – melt 1/3 cup plus 2 tablespoons.

Eggs – slightly beat 4 eggs.

## **DRY GOODS**

Measure out 1 teaspoon baking powder.

Crush 8 ounces (2 sleeves) saltine crackers.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Crab Casserole
- ☐ 2. Shrimp Jambalaya
- ☐ 3. Berry Good Tilapia
- ☐ 4. Horseradish Salmon
- ☐ 5. Shrimp Scampi
- ☐ 6. Fisherman's Stew
- ☐ 7. Moroccan Scallops
- ☐ 8. Wasabi-Sesame Tuna
- ☐ 9. Creole Baked Halibut
- ☐ 10. Argentine Tilapia

## Crab Casserole

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 6

1 pound crab meat, picked through carefully to remove any shell shards  
8 ounces (2 sleeves) Saltine-style crackers, crushed  
4 eggs  
1 cup diced green bell pepper  
3/4 cup diced celery  
1 cup diced yellow onion  
4 cloves garlic, pressed  
1/2 teaspoon freshly ground black pepper  
3 tablespoons ketchup  
3 tablespoons Dijon mustard  
3 tablespoons low fat mayonnaise  
1 teaspoon baking powder

### To Assemble:

In a large bowl, combine all ingredients, using your hands to blend well. Transfer mixture to a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure saltine crackers, ketchup, mustard, mayonnaise and baking powder are gluten free.

## Crab Casserole

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound crab meat, picked through carefully to remove any shell shards  
8 ounces (2 sleeves) Saltine-style crackers, crushed  
4 eggs  
1 cup diced green bell pepper  
1 cup diced yellow onion  
3/4 cup diced celery  
4 cloves garlic, pressed  
1/2 teaspoon freshly ground black pepper  
3 tablespoons ketchup  
3 tablespoons Dijon mustard  
3 tablespoons low fat mayonnaise  
1 teaspoon baking powder

### At Time of Cooking Ingredients:

1 stick unsalted butter, melted

### Cooking Instructions:

Preheat oven to 425 degrees. Use 1 teaspoon of melted butter to lightly grease a 9x13 glass or metal baking dish (casserole will be cold going into the oven, so metal is best).

Pour freezer bag contents into baking dish and cover with remaining melted butter. Bake 15 minutes, until lightly browned.

**Serving Suggestions:** A big salad of baby spinach, sliced red onion and cucumber.

**Nutrition per serving:** 480 Calories; 26g Fat; 25g Protein; 36g Carbohydrate; 3g Dietary Fiber; 253mg Cholesterol; 1107mg Sodium. **Exchanges:** 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates. **Points:** 13

## Shrimp Jambalaya

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
1 cup chopped onion  
1 cup chopped green bell pepper  
1 cup chopped celery  
6 cloves garlic, pressed  
1 (28-oz.) can diced tomatoes  
8 ounces smoked sausage (andouille, kielbasa, etc.), cut into 1/2-inch slices  
1 tablespoon dried parsley flakes  
1/2 teaspoon dried thyme  
1 bay leaf  
1 teaspoon freshly ground black pepper  
1 cup low sodium chicken broth  
Dash hot sauce

### To Assemble:

Place shrimp in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining ingredients in a 1-gallon freezer bag, gently squeezing to combine. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure canned tomatoes, sausage, chicken broth and hot sauce are gluten free.

## Shrimp Jambalaya

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
1 cup chopped onion  
1 cup chopped green bell pepper  
1 cup chopped celery  
6 cloves garlic, pressed  
1 (28-oz.) can diced tomatoes  
8 ounces smoked sausage (andouille, kielbasa, etc.), cut into 1/2-inch slices  
1 tablespoon dried parsley flakes  
1/2 teaspoon dried thyme  
1 bay leaf  
1 teaspoon freshly ground black pepper  
1 cup low sodium chicken broth  
Dash hot sauce

### At Time of Cooking Ingredients:

6 cups cooked rice  
Hot sauce to taste

### Cooking Instructions:

Place 1-gallon freezer bag contents in crock pot, cover and cook on low 7 to 8 hours or until vegetables are tender. Bring crock pot to high heat and stir in shrimp. Cover and cook 15 minutes, or until shrimp are pink. Stir in rice and extra hot sauce to taste before serving.

**Serving Suggestions:** A relish tray of baby carrots, cherry tomatoes, celery sticks and whole black olives.

**Nutrition per serving:** 555 Calories; 14g Fat; 38g Protein; 66g Carbohydrate; 4g Dietary Fiber; 199mg Cholesterol; 1090mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 14



## Berry Good Tilapia

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (4-oz.) tilapia fillets  
1 cup raspberry vinaigrette  
1 tablespoon Dijon mustard  
1 teaspoon dried dill  
1/2 teaspoon freshly ground black pepper

### To Assemble:

In a small bowl, whisk together vinaigrette, mustard, dill and pepper. Place tilapia fillets in a 1-gallon freezer bag and pour the vinaigrette mixture into the bag, gently squeezing the bag to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure raspberry vinaigrette is gluten free.

## Berry Good Tilapia

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

6 (4-oz.) tilapia fillets  
1 cup raspberry vinaigrette  
1 tablespoon Dijon mustard  
1 teaspoon dried dill  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Lightly grease a casserole dish and arrange fillets in a single layer in the casserole. Pour remaining vinaigrette mixture over the fillets and bake, uncovered, for 20 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Steamed red potatoes and steamed asparagus.

**Nutrition per serving:** 299 Calories; 21g Fat; 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 92mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fat; 0 Other Carbohydrates. **Points:** 8

## Horseradish Salmon

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (4-oz.) skinless salmon fillets  
2 tablespoons unsalted butter, melted  
2 tablespoons prepared horseradish  
1 tablespoon lemon juice  
4 cloves garlic, pressed  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Place salmon fillets in a 1-gallon freezer bag.

In a small bowl, whisk together remaining ingredients (butter through pepper). Pour mixture into bag with salmon, gently squeezing to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure prepared horseradish is gluten free.

## Horseradish Salmon

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

6 (4-oz.) skinless salmon fillets  
2 tablespoons unsalted butter, melted  
2 tablespoons prepared horseradish  
1 tablespoon lemon juice  
4 cloves garlic, pressed  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 375 degrees. Lightly grease a casserole dish and arrange fillets in a single layer in the casserole. Pour remaining horseradish mixture over the fillets and bake, uncovered, 25 minutes until fish flakes with a fork.

**Serving Suggestions** Steamed new potatoes and steamed green beans tossed with butter and slivered almonds.

**Nutrition per serving:** 173 Calories; 8g Fat; 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 249mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 4

## Shrimp Scampi

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
1/3 cup melted butter  
6 cloves garlic, pressed  
4 large shallots, diced  
1/4 cup low sodium chicken broth  
2 tablespoons lemon juice  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

Place shrimp in a 1-gallon freezer bag.

In a medium bowl, whisk together remaining ingredients (butter through pepper). Pour mixture into bag with shrimp, gently squeezing to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure chicken broth is gluten free.

## Shrimp Scampi

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
1/3 cup melted butter  
6 cloves garlic, pressed  
4 large shallots, diced  
1/4 cup low sodium chicken broth  
2 tablespoons lemon juice  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### Cooking Instructions:

Pour contents of freezer bag into large skillet over medium-high heat. Cook about 5 minutes or until shrimp are pink and firm.

**Serving Suggestions:** Angel Hair pasta tossed with butter and grated Parmesan cheese; add a big salad of mixed baby greens with sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

**Nutrition per serving:** 224 Calories; 12g Fat; 24g Protein; 4g Carbohydrate; trace Dietary Fiber; 200mg Cholesterol; 452mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat. **Points:** 6

## Fisherman's Stew

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds cod OR halibut fillets, cut into 1/2-inch pieces  
1/2 pound shrimp, peeled and deveined  
1 teaspoon dried basil  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 cup chopped onion  
6 cloves garlic, pressed  
1 (14.5-oz.) can diced tomatoes  
1 cup chopped green bell pepper  
1 cup chopped celery  
1 teaspoon dried fennel  
1 cup low sodium chicken broth  
3 cups clam juice

### To Assemble:

Combine cod OR halibut, shrimp, basil, salt and pepper in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (onion through clam juice) in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure canned tomatoes, chicken broth and clam juice are gluten free.

## Fisherman's Stew

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 1/2 pounds cod OR halibut fillets, cut into 1/2-inch pieces  
1/2 pound shrimp, peeled and deveined  
1 teaspoon dried basil  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 cup chopped onion  
6 cloves garlic, pressed  
1 (14.5-oz.) can diced tomatoes  
1 cup chopped green bell pepper  
1 cup chopped celery  
1 teaspoon dried fennel  
1 cup low sodium chicken broth  
3 cups clam juice

### Cooking Instructions:

Pour contents of second freezer bag (onion through clam juice) into slow cooker, stirring to mix. Cover and cook on low 6 to 8 hours or until vegetables are tender. Add contents of first freezer bag (cod or halibut through pepper) to slow cooker. Bring to high heat, cover and cook 15 to 20 minutes longer, until shrimp are pink and firm and fish flakes with a fork.

**Serving Suggestions:** Garlic toast and a big salad.

**Nutrition per serving:** 191 Calories; 2g Fat; 33g Protein; 10g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 1044mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 4

## Moroccan Scallops

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds scallops, rinsed and patted dry  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1/2 teaspoon dried mint  
1 teaspoon ground cumin  
1 teaspoon sweet paprika  
1 teaspoon ground turmeric  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger

### To Assemble:

In a small bowl, combine salt through ginger, stirring to mix well. Coat scallops on all sides with spice mixture, then place in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Moroccan Scallops

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds scallops, rinsed and patted dry  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1/2 teaspoon dried mint  
1 teaspoon ground cumin  
1 teaspoon sweet paprika  
1 teaspoon ground turmeric  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger

### At Time of Cooking Ingredients:

2 tablespoons olive oil, divided

### Cooking Instructions:

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat; add half of the scallops and sear for 2 minutes per side; transfer to a warm plate. Repeat with remaining olive oil and the second half of the scallops.

**Serving Suggestions:** Whole wheat couscous and steamed green beans.

**Nutrition per serving:** 145 Calories; 5g Fat; 19g Protein; 4g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 341mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 Fat. **Points:** 3

## Wasabi-Sesame Tuna

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (4-oz.) tuna steaks, rinsed and patted dry  
3/4 cup low sodium soy sauce  
2 tablespoons teriyaki sauce  
3 tablespoons wasabi paste  
1 teaspoon freshly ground black pepper  
1/3 cup sesame seeds

### To Assemble:

In a small bowl, stir together soy sauce, teriyaki sauce, wasabi paste and pepper. Coat each tuna steak in this mixture, then coat with sesame seeds. Place coated tuna steaks in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce, teriyaki sauce and wasabi are gluten free.

## Wasabi-Sesame Tuna

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

6 (4-oz.) tuna steaks, rinsed and patted dry  
3/4 cup low sodium soy sauce  
2 tablespoons teriyaki sauce  
3 tablespoons wasabi paste  
1 teaspoon freshly ground black pepper  
1/3 cup sesame seeds

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

In a large skillet, heat olive oil over high heat. Sear tuna steaks 2 minutes per side, or until desired doneness is achieved.

**Serving Suggestions:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 237 Calories; 10g Fat; 30g Protein; 7g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 1475mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 6

## Creole Baked Halibut

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (4-oz.) halibut fillets, rinsed and patted dry  
1 tablespoon olive oil  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 tablespoon Creole seasoning  
2 teaspoons sweet paprika  
1 teaspoon dried thyme  
1/2 teaspoon dried oregano  
2 cloves garlic, pressed

### To Assemble:

Rub fillets with olive oil, then sprinkle with salt and pepper.

In a small bowl, combine remaining ingredients (Creole seasoning through garlic), stirring to mix well. Coat one side of each fillet with seasoning, gently rubbing the mixture in. Place fillets in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure Creole seasoning is gluten free.

## Creole Baked Halibut

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

6 (4-oz.) halibut fillets, rinsed and patted dry  
1 tablespoon olive oil  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 tablespoon Creole seasoning  
2 teaspoons sweet paprika  
1 teaspoon dried thyme  
1/2 teaspoon dried oregano  
2 cloves garlic, pressed

### At Time of Cooking Ingredients:

Aluminum foil wrap  
Olive oil

### Cooking Instructions:

Preheat oven to 400 degrees. Line a casserole dish with aluminum foil wrap then lightly coat with olive oil. Place fillets, seasoned sides up, in a casserole dish and bake, uncovered, for 12 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Baked sweet potatoes and steamed kale.

**Nutrition per serving:** 156 Calories; 5g Fat; 24g Protein; 2g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 326mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 4



## Argentine Tilapia

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 (4-oz.) tilapia fillets  
1/2 teaspoon saffron threads (optional)  
1 tablespoon lemon juice  
1/2 cup olive oil  
1/2 cup white wine vinegar  
1/2 cup diced yellow onion  
2 cloves garlic, pressed  
1/4 cup chopped parsley  
1/2 teaspoon dried thyme  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

Place tilapia fillets in a 1-gallon freezer bag.

Combine remaining ingredients (saffron, if using, through pepper) in a bowl and whisk until combined. Pour mixture into bag with fish, gently squeezing to coat; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure white wine vinegar is gluten free.

## Argentine Tilapia

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

6 (4-oz.) tilapia fillets  
1/2 teaspoon saffron threads (optional)  
1 tablespoon lemon juice  
1/2 cup olive oil  
1/2 cup white wine vinegar  
1/2 cup diced yellow onion  
2 cloves garlic, pressed  
1/4 cup chopped parsley  
1/2 teaspoon dried thyme  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Aluminum foil wrap  
Olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Line a casserole dish with aluminum foil wrap then lightly coat with olive oil. Place tilapia fillets in a single layer in a casserole dish and pour remaining marinade over the top; bake, uncovered, for 15 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Steamed new potatoes and steamed asparagus.

**Nutrition per serving:** 280 Calories; 18g Fat; 24g Protein; 3g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 219mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 5 - Chicken

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of 10 for the Freezer is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**



# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

3 pounds boneless skinless chicken breast meat [R1,R2,R9]  
24 boneless skinless chicken breast halves  
[R3,R4,R6,R7,R8,R10]  
8 skinless chicken drumsticks [R5]  
Bacon (2 slices) [R1]  
Canadian bacon (3 slices) [R3]

## CONDIMENTS

Olive oil (1 tablespoon plus 1 1/2 teaspoons) [R5,R6]  
Balsamic vinegar (1 1/2 teaspoons) [R5]  
Dark sesame oil (1 3/4 tablespoons plus 1 1/2 teaspoons) (in  
Asian section of grocery store) [R4,R5,R9]  
Low sodium soy sauce (1/4 cup plus 1 1/2 tablespoons)  
[R4,R5]  
Teriyaki sauce (1 cup) [R9]  
Prepared mustard (2 tablespoons) [R8]  
1 (16-oz.) jar picante sauce [R8]  
Chipotle peppers in adobo sauce (1) [R2]  
Honey (1 tablespoon) [R4]

## PRODUCE

Onions (1 medium plus 1 small) [R1,R2]  
Red onions (1 medium) [R9]  
Garlic (19 cloves) [R1,R2,R4,R5,R6,R9]  
Green bell peppers (1 large) [R8]  
Red bell peppers (1 large) [R9]  
Red chilies (2 medium) [R1]  
Jalapeno peppers (1) [R2]  
Gingerroot (one 3-inch piece) [R4,R9]  
Chives (1/2 cup chopped) [R9,R10]  
Rosemary (1 tablespoon chopped plus 1/2 teaspoon) (or use  
dried) [R3,R10]  
Thyme (1 1/2 teaspoons chopped) [R1]  
Oranges (1 cup juice) [R5]

## CANNED GOODS

Low sodium chicken broth (4 cups) [R1]  
1 (14.5-oz.) can Mexican-style diced tomatoes [R2]  
1 (8-oz.) can tomato sauce [R2]  
Tomato paste (1 tablespoon) [R2]  
1 (6-oz.) jar roasted red peppers [R7]  
1 (15-oz.) can black beans [R2]  
Crushed pineapple (1/3 cup) [R10]  
Pineapple juice (1 cup) [R10]

## SPICES

Sea salt (1 1/2 teaspoons) [R1,R6,R7,R10]  
Black peppercorns (4 1/2 teaspoons freshly ground)  
[R1,R3,R4,R5,R6,R7,R10]  
Ground cumin (1 teaspoon) [R6]  
Oregano (2 teaspoons) [R2]  
Smoked paprika (1/2 teaspoon) [R2]  
Bay leaves (1) [R2]  
Onion powder (1 1/2 teaspoons) [R5]  
Italian seasoning (1 teaspoon) [R7]

## DAIRY/DAIRY CASE

Mozzarella cheese (1/4 cup shredded) [R7]  
Parmesan cheese (1/4 cup grated) [R7]  
Goat cheese (1/4 cup crumbled) [R3]

## DRY GOODS

Brown rice (1 1/2 cups uncooked) [R2]  
Brown sugar (1/4 cup packed) [R8]

## FREEZER

Whole kernel corn (1 1/2 cups) [R1]

## OTHER

Wooden toothpicks [R3,R7]  
Metal OR bamboo skewers [R9]  
Zipper-topped plastic freezer bags:  
1-quart 6  
1-gallon 17

## GLUTEN FREE

Bacon [R1]  
Canadian bacon [R3]  
Balsamic vinegar [R5]  
Soy sauce [R4,R5]  
Teriyaki sauce [R9]  
Prepared mustard [R8]  
Picante sauce [R8]  
Chipotle peppers [R2]  
Chicken broth [R1]  
Mexican-style diced tomatoes [R2]  
Tomato sauce [R2]  
Tomato paste [R2]  
Black beans [R2]  
Roasted red peppers [R7]  
Pineapple juice [R10]  
Crushed pineapple [R10]  
Italian seasoning [R7]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## 1. Chicken and Chili Soup

Butter, unsalted (1 tablespoon)  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Corn muffins

## 2. Mexican Gumbo

1 lime (optional)  
\*Baby carrots  
\*Cherry tomatoes  
\*Jicama  
\*Whole black olives

## 3. Herb-Stuffed Chicken Breasts

Olive oil  
\*Sweet potatoes  
\*Green beans

## 4. Korean Grilled Chicken

Olive oil  
\*Brown rice  
\*Frozen petite green peas  
\*Broccoli  
\*Cilantro  
\*Green onions

## 5. Grilled Orange-Soy Drumsticks

Olive oil  
\*Whole wheat couscous  
\*Zucchini  
\*Yellow squash  
\*Green bell pepper  
\*Red onion

## 6. Cumin Chicken

Olive oil  
\*New potatoes  
\*Medley of baby carrots with broccoli and cauliflower florets

## 7. Stuffed Chicken Valentino

Olive oil  
\*Eggplant  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

## 8. Picante Chicken

\*Corn on the cob  
\*Broccoli slaw  
\*Low fat mayonnaise  
\*Rice vinegar

## 9. Teriyaki Chicken Kebabs

Metal or bamboo skewers  
Olive oil  
\*Brown rice  
\*Broccoli

## 10. Pineapple Chicken

\*Wild rice pilaf  
\*Asparagus

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## MEAT

Refrigerate 24 boneless skinless chicken breast halves.  
Refrigerate 8 skinless chicken drumsticks.  
Cube 3 pounds boneless skinless chicken breast meat (keep each 1 pound portion separate); refrigerate.  
Dice 2 slices bacon.  
Dice 3 slices Canadian bacon.

## CONDIMENTS

Set condiments out on countertop and measure as indicated on Assembly Time Shopping List.

## PRODUCE

**Onions:** Dice 1 medium plus 1 small onion (keeping each portion separate).  
**Red onion:** Quarter 1 medium onion then cut into 1-inch wedges.  
**Garlic:** Slice 3 cloves; press 16 cloves individually as needed for each recipe.  
**Green bell pepper:** Seed, derib and dice 1 large green bell pepper.  
**Red bell pepper:** Seed, derib and chop 1 large red bell pepper into 1-inch pieces.  
**Jalapeno pepper:** Seed and dice 1 jalapeno pepper.  
**Red chilies:** Seed and dice 2 medium red chilies.  
**Gingerroot:** Peel and grate a 2-inch piece; peel and mince a 1-inch piece.  
**Chives:** Chop 1/2 cup chives.  
**Rosemary:** Chop 1 tablespoon plus 1/2 teaspoon rosemary.  
**Thyme:** Chop 2 teaspoons thyme.  
**Oranges:** Squeeze 1 cup orange juice.

## CANNED GOODS

Open all cans.  
Drain and rinse 1 (15-oz.) can black beans.  
Drain and chop 1 (6-oz.) jar roasted red peppers.  
Measure out 1 cup pineapple juice.  
Measure out 1/3 cup crushed pineapple.

## SPICES

Set spices out on countertop and measure as indicated on Assembly Time Shopping List.

## DAIRY

Shred 1/4 cup Mozzarella cheese.  
Grate 1/4 cup Parmesan cheese.  
Crumble 1/4 cup goat cheese.

## DRY GOODS

Measure out 1 1/2 cups uncooked brown rice.  
Measure out 1/4 cup packed brown sugar.

## FREEZER

Measure out 1 1/2 cups frozen whole kernel corn.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Chicken and Chili Soup
- ☐ 2. Mexican Gumbo
- ☐ 3. Herb-Stuffed Chicken Breasts
- ☐ 4. Korean Grilled Chicken
- ☐ 5. Grilled Orange-Soy Drumsticks
- ☐ 6. Cumin Chicken
- ☐ 7. Stuffed Chicken Valentino
- ☐ 8. Picante Chicken
- ☐ 9. Teriyaki Chicken Kabobs
- ☐ 10. Pineapple Chicken

## Chicken and Chili Soup

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 medium red chilies, seeded and diced  
2 slices bacon, diced  
1 medium onion, diced  
2 cloves garlic, pressed  
1 pound boneless skinless chicken breast meat, cubed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 1/2 teaspoons chopped fresh thyme  
1 1/2 cups frozen whole kernel corn  
4 cups low sodium chicken broth

### To Assemble:

In a 1-quart zippered plastic freezer storage bag, combine chilies, bacon, onion and garlic. Carefully squeeze out air and seal.

In a second 1-quart zippered plastic freezer storage bag, combine chicken, salt and pepper, gently squeezing to coat. Carefully squeeze out air and seal.

In a third 1-quart zippered plastic freezer storage bag, combine thyme, corn and chicken broth. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bags in a 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure bacon and chicken broth are gluten free.

## Chicken and Chili Soup

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 medium red chilies, seeded and diced  
2 slices bacon, diced  
1 medium onion, diced  
2 cloves garlic, pressed  
1 pound boneless skinless chicken breast meat, cubed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 1/2 teaspoons chopped fresh thyme  
1 1/2 cups frozen whole kernel corn  
4 cups low sodium chicken broth

### At Time of Cooking Ingredients:

1 tablespoon unsalted butter  
1 tablespoon olive oil

### Cooking Instructions:

In a large skillet, heat butter and olive oil over medium-high heat. Add contents of first freezer bag (chilies through garlic) to skillet and cook 4 to 5 minutes, until onion softens. Add contents of second freezer bag (chicken through pepper) and cook until chicken is white on the outside. Add contents of third freezer bag (thyme through chicken broth). Bring to a simmer, then cover and simmer 20 minutes or until chicken is cooked through.

**Serving Suggestions:** A big salad and some corn muffins.

**Nutrition per serving:** 341 Calories; 10g Fat; 42g Protein; 24g Carbohydrate; 3g Dietary Fiber; 76mg Cholesterol; 884mg Sodium. **Exchanges:** 1 Grain (Starch); 5 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat. **Points:** 9

## Mexican Gumbo

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4 to 6

### Assembly Ingredients:

1 pound boneless skinless chicken breast meat, cubed  
1 (15-oz.) can black beans, drained and rinsed  
1 (14.5-oz.) can Mexican style diced tomatoes  
1 (8-oz.) can tomato sauce  
1 tablespoon tomato paste  
2 1/2 cups water  
1 1/2 cups uncooked brown rice  
1 small onion, diced  
4 cloves garlic, pressed  
1 chipotle pepper in adobo sauce, chopped  
1 jalapeno, seeded and chopped  
2 teaspoons dried oregano  
1/2 teaspoon smoked paprika  
1 bay leaf

### To Assemble:

Combine all ingredients in a 1-gallon zippered plastic freezer storage bag, gently squeezing to combine. Gently squeeze out air and seal.

To prevent freezer burn, place filled bag in a second 1-gallon zippered plastic freezer storage bag, pressing out air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure canned beans, tomatoes, tomato sauce, tomato paste and chipotle peppers are gluten free.

## Mexican Gumbo

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4 to 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Premeasured Ingredients:

1 pound boneless skinless chicken breast meat, cubed  
1 (15-oz.) can black beans, drained and rinsed  
1 (14.5-oz.) can Mexican style diced tomatoes  
1 (8-oz.) can tomato sauce  
1 tablespoon tomato paste  
2 1/2 cups water  
1 1/2 cups uncooked brown rice  
1 small onion, diced  
4 cloves garlic, pressed  
1 chipotle pepper in adobo sauce, chopped  
1 jalapeno, seeded and chopped  
2 teaspoons dried oregano  
1/2 teaspoon smoked paprika  
1 bay leaf

### At Time of Cooking Ingredients:

1 lime (optional)

### Cooking Instructions:

Pour contents of freezer bag into slow cooker. Cover and cook on low heat for 10-12 hours, until chicken is cooked through and rice is tender. Serve with lime wedges, if desired.

**Serving Suggestions:** A relish tray of baby carrots, cherry tomatoes, jicama sticks and whole black olives.

**Nutrition per serving:** 360 Calories; 3g Fat; 27g Protein; 56g Carbohydrate; 7g Dietary Fiber; 44mg Cholesterol; 773mg Sodium. **Exchanges:** 3 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat. **Points:** 9

## Herb-Stuffed Chicken Breasts

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/4 cup crumbled goat cheese  
1/2 teaspoon chopped fresh rosemary  
3 slices Canadian bacon, diced  
4 (6-oz.) boneless, skinless chicken breast halves  
1/2 teaspoon freshly ground black pepper  
Wooden toothpicks

### To Assemble:

In a small bowl, combine goat cheese, rosemary and Canadian bacon. Cut a horizontal slit through each chicken breast to form a pocket. Stuff chicken breasts with goat cheese mixture, securing with toothpicks. Rub stuffed chicken breasts with pepper.

Place stuffed chicken breasts in a 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing.

To prevent freezer burn, place filled bag in a second 1-gallon zippered plastic freezer storage bag. Label the bag, then press out air and seal before freezing.

**GLUTEN FREE:** Make sure Canadian bacon is gluten free.

## Herb-Stuffed Chicken Breasts

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup crumbled goat cheese  
1/2 teaspoon chopped fresh rosemary  
3 slices Canadian bacon, diced  
4 (6-oz.) boneless, skinless chicken breast halves  
1/2 teaspoon freshly ground black pepper  
Wooden toothpicks

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 400 degrees. Lightly coat a large cast-iron skillet with olive oil. Sear stuffed chicken breasts 4 minutes per side. Transfer pan to oven and bake 25 minutes until cooked through. Discard toothpicks before serving.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 255 Calories; 6g Fat; 46g Protein; 1g Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 435mg Sodium. **Exchanges:** 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Fat. **Points:** 6



## Korean Grilled Chicken

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1/4 cup low sodium soy sauce  
1 1/2 tablespoons dark sesame oil  
1 (1-inch) piece fresh gingerroot, peeled and minced  
1 tablespoon honey  
1 teaspoon freshly ground black pepper  
3 cloves garlic, sliced

### To Assemble:

Combine all ingredients in a 1-gallon zippered plastic freezer storage bag, gently squeezing to coat. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place filled bag in a second 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure soy sauce is gluten free.

## Korean Grilled Chicken

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1/4 cup low sodium soy sauce  
1 1/2 tablespoons dark sesame oil  
1 (1-inch) piece fresh gingerroot, peeled and minced  
1 tablespoon honey  
1 teaspoon freshly ground black pepper  
3 cloves garlic, sliced

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill for medium-high heat. Lightly grease grill grate with olive oil. Place chicken breasts on grill, discarding marinade. Grill 6 to 8 minutes per side, or until cooked through and juices run clear.

**Serving Suggestions:** Steamed broccoli and brown rice tossed with petite green peas, chopped cilantro and chopped green onion.

**Nutrition per serving:** 267 Calories; 7g Fat; 41g Protein; 8g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 712mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.  
**Points:** 6

## Grilled Orange-Soy Drumsticks

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 cup orange juice  
1 1/2 tablespoons low sodium soy sauce  
4 cloves garlic, pressed  
1 1/2 teaspoons balsamic vinegar  
1 1/2 teaspoons olive oil  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons dark sesame oil  
1 teaspoon freshly ground black pepper  
8 skinless chicken drumsticks

### To Assemble:

Combine all ingredients in a 1-gallon zippered plastic freezer storage bag, gently squeezing to mix well. Carefully squeeze out excess air before sealing.

To prevent freezer burn, placed filled bag in a second 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure soy sauce and balsamic vinegar are gluten free.

## Grilled Orange-Soy Drumsticks

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 cup orange juice  
1 1/2 tablespoons low sodium soy sauce  
4 cloves garlic, pressed  
1 1/2 teaspoons balsamic vinegar  
1 1/2 teaspoons olive oil  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons dark sesame oil  
1 teaspoon freshly ground black pepper  
8 skinless chicken drumsticks

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to medium heat. Lightly grease grill grate with olive oil. Pour marinade into a small saucepan and cook over medium grill heat 5 minutes. Place drumsticks on grill, then brush with marinade. Grill 30 minutes, brushing occasionally with marinade.

**Serving Suggestions:** Whole wheat couscous and grilled OR stir-fried zucchini, yellow squash, green bell pepper and red onion.

**Nutrition per serving:** 245 Calories; 9g Fat (32.6% calories from fat); 31g Protein; 9g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 355mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat. **Points:** 6

## Cumin Chicken

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 tablespoon olive oil  
1 teaspoon ground cumin  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
3 cloves garlic, pressed

### To Assemble:

Rub chicken breasts with olive oil, then coat with cumin, salt, pepper and garlic. Place in a 1-quart zippered plastic freezer storage bag, gently squeezing to mix well. Carefully squeeze out excess air before sealing.

To prevent freezer burn, placed filled bag in a 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** No changes necessary.

## Cumin Chicken

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 tablespoon olive oil  
1 teaspoon ground cumin  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
3 cloves garlic, pressed

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Grill chicken 6 minutes per side, or until cooked through.

**Serving Suggestions:** Steamed new potatoes and steamed medley of baby carrots with broccoli and cauliflower florets.

**Nutrition per serving:** 223 Calories; 6g Fat; 40g Protein; 1g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 229mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fat. **Points:** 5

## Stuffed Chicken Valentino

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 teaspoon Italian seasoning  
1/4 cup grated Parmesan cheese  
1 (6-oz.) jar roasted red peppers, drained  
4 (6-oz.) boneless skinless chicken breast halves  
1/4 cup shredded Mozzarella cheese  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
Wooden toothpicks

### To Assemble:

In a medium bowl, combine Italian seasoning and Parmesan cheese. Add peppers, tossing to coat. Cut a horizontal slit through each chicken breast to form a pocket. Stuff each chicken breast with mixture and about 1 teaspoon shredded mozzarella cheese, securing with toothpicks. Rub each stuffed chicken breast with salt and pepper.

Place stuffed chicken breasts in a 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing.

To prevent freezer burn, place filled bag in a second 1-gallon zippered plastic freezer storage bag. Label the bag, then press out air and seal before freezing.

**GLUTEN FREE:** Make sure Italian seasoning and roasted red peppers are gluten free.

## Stuffed Chicken Valentino

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 teaspoon Italian seasoning  
1/4 cup grated Parmesan cheese  
1 (6 oz) jar roasted red peppers, drained  
1/4 cup shredded Mozzarella cheese  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
Wooden toothpicks

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Lightly grease baking dish with olive oil. Place stuffed chicken in prepared baking dish and bake 35 to 40 minutes or until cooked through.

**Serving Suggestions:** Grilled eggplant and a big salad.

**Nutrition per serving:** 246 Calories; 6g Fat; 43g Protein; 3g Carbohydrate; 1g Dietary Fiber; 109mg Cholesterol; 352mg Sodium. **Exchanges:** 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 6

## Picante Chicken

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 (16-oz.) jar picante sauce  
1 large green bell pepper, seeded, deribbed and chopped  
1/4 cup packed brown sugar  
2 tablespoons prepared mustard

### To Assemble:

Combine all ingredients in a 1-gallon zippered plastic freezer storage bag, gently squeezing to mix well. Carefully squeeze out excess air before sealing.

To prevent freezer burn, placed filled bag in a second 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure picante sauce and prepared mustard are gluten free.

## Picante Chicken

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 (16-oz.) jar picante sauce  
1 large green bell pepper, seeded, deribbed and chopped  
1/4 cup packed brown sugar  
2 tablespoons prepared mustard

### Cooking Instructions:

Pour contents of freezer bag into slow-cooker. Cover and cook on low 5 to 6 hours or high 3 to 4 hours until chicken is cooked through.

**Serving Suggestions:** Corn on the cob and broccoli slaw (use a ready-made mix and toss with low fat mayo and a little rice vinegar).

**Nutrition per serving:** 195 Calories; 2g Fat; 28g Protein; 16g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 775mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 5

## Teriyaki Chicken Kabobs

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 cup teriyaki sauce  
1/4 cup chopped fresh chives  
1 (2-inch) piece fresh gingerroot, peeled and grated  
1/4 tablespoon dark sesame oil  
3 cloves garlic, pressed  
1 pound boneless skinless chicken breast meat, cubed  
1 large red bell pepper, seeded and cut into 1-inch pieces  
1 medium red onion, quartered then cut into 1-inch wedges

### To Assemble:

In a small bowl, whisk together teriyaki sauce, chives, ginger, sesame oil and garlic.

Place chicken, bell pepper and onion into a 1-gallon zippered plastic freezer storage bag, then pour in teriyaki mixture. Gently squeeze bag to mix well. Carefully squeeze out excess air before sealing.

To prevent freezer burn, placed filled bag in a second 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure teriyaki sauce is gluten free.

## Teriyaki Chicken Kabobs

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 cup teriyaki sauce  
1/4 cup chopped fresh chives  
1 (2-inch) piece fresh gingerroot, peeled and grated  
1/4 tablespoon dark sesame oil  
3 cloves garlic, pressed  
1 pound boneless skinless chicken breast meat, cubed  
1 large red bell pepper, seeded and cut into 1-inch pieces  
1 medium red onion, quartered then cut into 1-inch wedges

### At time of cooking ingredients:

Metal OR bamboo skewers  
Olive oil

### Cooking Instructions:

If using bamboo skewers, soak them in water for 30 minutes prior to assembly, to prevent burning during cooking. Thread chicken, bell pepper and onion onto grill skewers, alternating ingredients. Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Grill skewers 15 minutes, turning frequently, until chicken is cooked through and juices run clear.

**Serving Suggestions:** Brown rice and steamed broccoli.

**Nutrition per serving:** 227 Calories; 3g Fat; 32g Protein; 19g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 2837mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fat. **Points:** 6

## Pineapple Chicken

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 tablespoon chopped fresh rosemary  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/4 cup chopped fresh chives  
1 cup pineapple juice  
1/3 cup canned, crushed pineapple

### To Assemble:

Rub chicken with rosemary, salt and pepper. Place in a 1-quart zippered plastic freezer storage bag. Carefully squeeze out excess air before sealing.

Place chives, pineapple juice and crushed pineapple in a second 1-quart zippered plastic freezer storage bag. Carefully squeeze out excess air before sealing.

To prevent freezer burn, placed filled bags in a 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure pineapple juice and crushed pineapple are gluten free.

## Pineapple Chicken

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 tablespoon chopped fresh rosemary  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
4 (6-oz.) boneless skinless chicken breast halves  
1/4 cup chopped fresh chives  
1 cup pineapple juice  
1/3 cup canned, crushed pineapple

### Cooking Instructions:

Preheat oven to 375 degrees. Place chicken in a shallow baking dish, then top with pineapple mixture. Bake 30 minutes, basting frequently, until chicken is cooked through.

**Serving Suggestions:** Wild rice pilaf and steamed asparagus.

**Nutrition per serving:** 237 Calories; 2g Fat; 40g Protein; 12g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 347mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat. **Points:** 5



# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 6 - Beef

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like beef and prefer to enjoy other meats, maybe chicken was on sale this week instead of beef... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of 10 for the Freezer is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

1 pound beef sirloin tip roast [R1]  
1 pound beef stew meat [R3]  
1 (3- to 4-lb.) eye-of-round beef roast [R5]  
1 pound beef flank steak [R7]  
1 (2- to 2 1/2-lb.) center-cut beef tenderloin [R9]  
6 pounds extra lean ground beef [R2.R4.R6.R8.R10]

## CONDIMENTS

Olive oil [R1.R5.R9]  
Toasted sesame oil (2 tablespoons) (in Asian section of grocery store) [R7]  
Balsamic vinegar (1 tablespoon) [R8]  
Apple cider vinegar (3 tablespoons) [R2.R4]  
Worcestershire sauce (1 tablespoon plus 1 teaspoon) [R4.R6]  
Low sodium sauce (1/4 cup plus 2 tablespoons) [R1.R7]  
Liquid smoke (1 tablespoon) [R6]  
Kalamata olives (1/2 cup drained) [R9]  
Honey (1/4 cup) [R1]  
Dry white wine (2 cups) (or use low sodium beef broth) [R5]

## PRODUCE

Onions (2 large plus 2 1/4 cups chopped) [R1.R2.R3.R4.R8.R10]  
Garlic (10 cloves) [R3.R4.R7.R8.R9.R10]  
Green onions (1/2 cup sliced) [R7]  
Celery (3 medium stalks) [R3.R4]  
Carrots (3 medium) [R3.R7]  
Green bell peppers (1 large plus 1/2 cup chopped) [R1.R4]  
Red bell peppers (1 medium) [R7]  
Broccoli florets (8) [R7]  
Gingerroot (one 1-inch piece) [R7]  
Parsley (1/4 cup sprigs) [R9]  
Lemons (3 tablespoons juice) [R1.R2]

## CANNED GOODS

1 (14.5-oz.) can low sodium beef broth plus 2 cups if not using dry white wine) [R3.R5]  
2 (14.5-oz.) cans diced tomatoes [R8.R10]  
Tomato sauce (2 cups plus 7 ounces) [R2.R4.R8]  
Tomato paste (19 ounces) [R6.R10]  
1 (16-oz.) can cannellini beans [R8]  
Roasted red peppers (3 ounces drained) [R9]  
Diced green chilies (2 ounces) [R10]  
1 (16-oz.) can whole cranberry sauce [R2]

## DRY GOODS

Seasoned Italian bread crumbs (1 cup) [R2.R4]  
White sugar (1 teaspoon) [R6]  
Brown sugar (3 tablespoons) [R2.R4]  
Cocoa powder (1/2 tablespoon) [R8]

## SPICES

Sea salt [R1.R2.R4.R5.R6.R8.R9.R10]  
Black peppercorns [R1.R2.R3.R4.R5.R6.R9.R10]  
Onion powder (1 teaspoon) [R2]  
Oregano (2 teaspoons) [R3]  
Basil (2 teaspoons) [R3]  
Rosemary (1 teaspoon) [R5]  
Sage (1/2 teaspoon) [R5]  
Thyme (1/2 teaspoon) [R5]  
Celery seeds (1 teaspoon) [R5]  
Crushed red pepper flakes (1/2 tablespoon) [R7]  
Chili powder (1 tablespoon plus 1/2 teaspoon) [R8.R10]  
Ground cinnamon (1 teaspoon) [R8]  
Ground allspice (1/4 teaspoon) [R8]  
Bay leaves (1) [R8]  
Ground cumin (1/4 teaspoon) [R10]

## DAIRY/DAIRY CASE

Eggs (3) [R2.R4]  
Monterey Jack cheese (4 ounces) [R10]  
Parmesan cheese (1 tablespoon grated) [R2]

## OTHER

Plastic wrap [R4]  
Wax paper [R2]  
Aluminum foil [R10]  
Zipper-topped plastic freezer bags:  
    1-quart           16  
    1-gallon         16

## GLUTEN FREE

Apple cider vinegar) [R2.R4]  
Balsamic vinegar [R8]  
Low sodium sauce [R1.R7]  
Worcestershire sauce [R4.R6]  
Liquid smoke [R6]  
Olives [R9]  
Wine (if using) [R5]  
Beef broth [R3.R5]  
Canned tomatoes [R8.R10]  
Tomato sauce [R2.R4.R8]  
Tomato paste [R6.R10]  
Cannellini beans [R8]  
Roasted red peppers [R9]  
Diced green chilies [R10]  
Cranberry sauce [R2]  
Bread crumbs OR bread [R2.R4]





# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## 1. Deluxe Beef Kabobs

Olive oil (to coat grill grate)  
1 pint fresh whole mushrooms (optional)  
Metal OR bamboo skewers  
\*Brown rice  
\*Yellow squash  
\*Snow peas

## 2. Spicy Cranberry Meatballs

Olive oil (1 to 2 tablespoons)  
\*Sweet potatoes  
\*Broccoli

## 3. Oven Baked Beef Stew

Olive oil (to coat baking dish)  
2 medium russet potatoes (optional)  
1/2 pound fresh whole mushrooms (optional)  
\*Russet potatoes (if not including in stew)  
\*Baby Brussels sprouts  
\*Butter, unsalted  
\*Ground nutmeg

## 4. Sweet and Sour Meatloaf

Olive oil (to coat loaf pan)  
\*Red potatoes  
\*Butter, unsalted  
\*Parsley  
\*Green beans

## 5. Wine Marinated Beef Roast

Olive oil (to coat roasting pan)  
\*Russet potatoes  
\*Garlic  
\*Medley of baby carrots with broccoli and cauliflower florets

## 6. Zesty Barbecue Beef Burgers

4 whole wheat burger buns  
Optional trimmings: Lettuce, tomato, red onion  
\*Broccoli slaw  
\*Low fat mayonnaise  
\*Rice vinegar

**GLUTEN FREE:** Make sure burger buns are gluten free.

## 7. Beef and Vegetable Lo Mein

8 ounces lo mein noodles  
Olive oil (to coat skillet)  
\*Sesame bread sticks

**GLUTEN FREE:** Use gluten free noodles.

## 8. Mole Chili

Olive oil (to coat skillet)  
\*Lettuce  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Corn muffins  
\*Butter, unsalted

## 9. Mediterranean Beef Tenderloin

Olive oil (1 1/2 tablespoons)  
\*Whole wheat couscous  
\*Zucchini and yellow squash

## 10. Southwestern Macaroni

Olive oil (to coat baking dish)  
Elbow macaroni (3.5 ounces uncooked)  
Jalapeno peppers (1) (optional)  
Aluminum foil wrap  
\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## MEAT

Cut 1 pound sirloin tip roast into 2-inch cubes.  
Trim and cut 1 pound flank steak into bite-size pieces.  
Ground beef:  
Salt and pepper 1 pound ground beef and form into 4 patties.  
Use remaining ground beef as directed in recipes.

## CONDIMENTS

Set condiments out on countertop and use as listed in each recipe.

## CANNED GOODS

Open all cans and measure as needed for each recipe.

## SPICES

Set all spices out on countertop and measure as indicated on Assembly Time Shopping List.

## DAIRY/DAIRY CASE

Beat eggs as needed for each recipe.  
Shred 4 ounces Monterey Jack cheese.  
Grate 1 tablespoon Parmesan cheese.

## DRY GOODS

Measure dry goods as needed for each recipe.

## PRODUCE

### Onions:

Slice 1 large onion.  
Cut 1 large onion into chunks.  
Chop 2 1/4 cups plus 1 tablespoon onion.

### Garlic:

Peel 3 cloves of garlic and keep whole.  
Press remaining garlic as needed for each recipe.

**Green onions:** Slice 1/2 cup of green onions.

### Celery:

Dice 2 medium stalks of celery.  
Thinly slice 1 medium stalk of celery.

### Carrots:

Widely dice 2 medium carrots.  
Cut 1 medium carrot into small matchsticks.

### Bell peppers:

Seed, derib and cut 1 large green bell pepper into chunks.  
Chop 1/2 cup green bell pepper.  
Seed, derib and cut 1 medium red bell pepper into strips.

**Broccoli florets:** Cut 8 broccoli florets into quarters.

**Gingerroot:** Mince 1 (1-inch) piece gingerroot.

**Parsley:** Cut long stems from parsley sprigs.

**Lemons:** Squeeze juice as listed in each of 2 recipes.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Deluxe Beef Kabobs
- ☐ 2. Spicy Cranberry Meatballs
- ☐ 3. Oven Baked Beef Stew
- ☐ 4. Sweet and Sour Meatloaf
- ☐ 5. Wine Marinated Beef Roast
- ☐ 6. Zesty Barbecue Beef Burgers
- ☐ 7. Beef and Vegetable Lo Mein
- ☐ 8. Mole Chili
- ☐ 9. Mediterranean Beef Tenderloin
- ☐ 10. Southwestern Macaroni

## Deluxe Beef Kabobs

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 large onion, cut into chunks  
1 large green bell pepper, seeded, deribbed and cut into chunks  
1 pound beef sirloin tip roast, cut into 2-inch cubes  
Sea salt and freshly ground black pepper, to taste  
1/4 cup low sodium soy sauce  
1/4 cup olive oil  
1/4 cup honey  
2 tablespoons lemon juice

### To Assemble:

Place onion and bell pepper chunks in a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air; seal the bag.

Toss beef cubes with salt and pepper and place in a 1-gallon zipper-topped plastic freezer bag. In a small bowl, whisk together soy sauce, olive oil, honey, and lemon juice until well blended; pour over beef cubes; carefully squeeze the bag to remove excess air; seal the bag and turn to coat.

To prevent freezer burn, place the filled bag in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce is gluten free.

**DO-AHEAD TIP:** If using bamboo skewers, soak them in water for at least 30 minutes to prevent burning.

## Deluxe Beef Kabobs

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 large onion, cut into chunks  
1 large green pepper, seeded, deribbed and cut into chunks  
1 pound beef sirloin tip roast, cut into 2-inch cubes  
Sea salt and freshly ground black pepper, to taste  
1/4 cup low sodium soy sauce  
1/4 cup olive oil  
1/4 cup honey  
2 tablespoons lemon juice

### At Time of Cooking Ingredients:

Olive oil  
1 pint fresh whole mushrooms (optional)  
Wooden or metal skewers

### Cooking Instructions:

Preheat outdoor grill to MEDIUM and lightly grease grill grate with olive oil. Transfer contents of freezer bag with onions and green peppers into a large bowl; add mushrooms, if desired. Add beef cubes and marinade; gently toss to blend well. Alternately thread beef cubes, onions, bell peppers, and mushrooms on skewers. Grill (turning skewers about every 5 minutes) for 20 minutes or until desired level of doneness is reached. Baste skewers with marinade while grilling. (NOTE: You can also broil skewers for 20 to 30 minutes, turning at least once).

**Serving Suggestions:** Brown rice and stir-fried yellow squash and snow peas.

**Nutrition per serving:** 450 Calories; 29g Fat; 24g Protein; 25g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 712mg Sodium.  
**Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 1 Other Carbohydrates. **Points:** 12

## Spicy Cranberry Meatballs

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

#### MEATBALLS:

1 pound extra lean ground beef  
1 egg, beaten  
1/2 cup seasoned Italian bread crumbs  
1 teaspoon onion powder  
1 tablespoon grated Parmesan cheese  
Sea salt and freshly ground black pepper, to taste

#### SAUCE:

1 (16-oz.) can whole cranberry sauce  
1 cup tomato sauce  
2 tablespoons apple cider vinegar  
2 tablespoons brown sugar  
1 tablespoon finely chopped onion  
1 tablespoon lemon juice

### To Assemble:

Mix together all of the ingredients for the meatballs and form into 1-inch balls. Place meatballs on a wax paper-lined cookie sheet and “flash freeze” for about 20 minutes. Transfer to a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag.

Combine all of the ingredients for the sauce in a second 1-quart zipper-topped plastic freezer bag; gently squeezing to combine contents. Carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Use gluten free bread crumbs (or make your own using gluten free bread). Make sure cranberry sauce, tomato sauce and vinegar are gluten free.

## Spicy Cranberry Meatballs

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

#### MEATBALLS:

1 pound extra lean ground beef  
1 egg, beaten  
1/2 cup seasoned Italian bread crumbs  
1 teaspoon onion powder  
1 tablespoon grated Parmesan cheese  
Sea salt and freshly ground black pepper, to taste

#### SAUCE:

1 (16-oz.) can whole cranberry sauce  
1 cup tomato sauce  
2 tablespoons apple cider vinegar  
2 tablespoons brown sugar  
1 tablespoon finely chopped onion  
1 tablespoon lemon juice

### At Time of Cooking Ingredients:

1 to 2 tablespoons olive oil

### Cooking Instructions:

Heat the oil in a large skillet over medium-high heat; add meatballs and lightly brown. Place meatballs and cranberry sauce mixture in a slow cooker. Cover and cook on LOW for 2 to 4 hours.

**Serving Suggestions:** Baked sweet potatoes and steamed broccoli.

**Nutrition per serving:** 502 Calories; 14g Fat; 30g Protein; 65g Carbohydrate; 3g Dietary Fiber; 115mg Cholesterol; 954mg Sodium.

**Exchanges:** 1/2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat; 3 Other Carbohydrates. **Points:** 13

## Oven Baked Beef Stew

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 (14.5-oz.) can low sodium beef broth  
1/4 cup chopped onion  
2 teaspoons dried oregano  
2 teaspoons dried basil  
2 cloves garlic, pressed  
1/4 teaspoon freshly ground black pepper  
1 pound beef stew meat  
2 medium carrots, widely diced  
2 medium stalks celery, widely diced

### To Assemble:

In a 1-quart zipper-topped plastic freezer bag, combine beef broth, onion, oregano, basil, garlic, and pepper. Carefully squeeze the bag to remove excess air; seal the bag and gently toss to blend.

In a second 1-quart zipper-topped plastic freezer bag, combine carrots and celery; carefully squeeze the bag to remove excess air; seal the bag.

Place beef cubes in a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure broth is gluten free.

## Oven Baked Beef Stew

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (14.5-oz.) can low sodium beef broth  
1/4 cup chopped onion  
2 teaspoons dried oregano  
2 teaspoons dried basil  
2 cloves garlic, pressed  
1/4 teaspoon freshly ground black pepper  
1 pound beef stew meat  
2 medium carrots, widely diced  
2 medium stalks celery, widely diced

### At Time of Cooking Ingredients:

Olive oil  
2 potatoes, cut into chunks (optional)  
1/2 pound fresh whole mushrooms (optional)

### Cooking Instructions:

Preheat oven to 350 degrees. Spread carrots and celery (and mushrooms and potatoes, if desired) in a large baking dish that has been lightly coated with olive oil. Add beef cubes then stir in broth mixture; bake, uncovered, for 1 hour or until beef is fork-tender.

**Serving Suggestions:** Mashed russet potatoes (if potatoes are not included with stew) and steamed baby Brussels sprouts tossed with butter and a dash of ground nutmeg.

**Nutrition per serving:** 242 Calories; 10g Fat; 29g Protein; 7g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 113mg Sodium.

**Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 6

## Sweet and Sour Meatloaf

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

2 pounds extra lean ground beef  
1/2 cup seasoned Italian bread crumbs  
1/2 cup finely chopped onion  
1/2 cup chopped green bell pepper  
1 medium stalk celery, thinly sliced  
1 clove garlic, pressed  
Sea salt and freshly ground black pepper, to taste  
1 teaspoon Worcestershire sauce  
2 eggs, beaten  
1 cup tomato sauce  
1 tablespoon brown sugar  
1 tablespoon apple cider vinegar

### To Assemble:

In a large bowl, combine first 9 ingredients (ground beef through eggs); blend well and form into a loaf. Wrap tightly in plastic wrap to maintain shape then place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to remove excess air; seal the bag.

In a 1-quart zipper-topped plastic freezer bag, combine tomato sauce, brown sugar, and vinegar, gently squeezing to combine contents. Carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air; seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Use gluten free bread crumbs (or make your own using gluten free bread). Make sure Worcestershire sauce, tomato sauce and vinegar are gluten free.

## Sweet and Sour Meatloaf

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 pounds extra lean ground beef  
1/2 cup seasoned Italian bread crumbs  
1/2 cup finely chopped onion  
1/2 cup chopped green bell pepper  
1 medium stalk celery, thinly sliced  
1 clove garlic, pressed  
Sea salt and freshly ground black pepper, to taste  
1 teaspoon Worcestershire sauce  
2 eggs, beaten  
1 cup tomato sauce  
1 tablespoon brown sugar  
1 tablespoon apple cider vinegar

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Remove thawed meatloaf from plastic wrap and place in a loaf pan that has been lightly coated with olive oil; bake, uncovered, for 30 minutes. Pour sweet/sour tomato sauce over meatloaf and return to the oven for another 30 to 45 minutes or until done.

**Serving Suggestions:** Steamed red potatoes tossed with butter and chopped parsley; add steamed green beans.

**Nutrition per serving:** 294 Calories; 9g Fat; 37g Protein; 14g Carbohydrate; 2g Dietary Fiber; 152mg Cholesterol; 668mg Sodium.

**Exchanges:** 1/2 Grain(Starch); 8 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates. **Points:** 7



## Wine Marinated Beef Roast

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4 to 6

### Assembly Ingredients:

1/4 cup olive oil  
2 cups dry white wine OR low sodium beef broth  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 teaspoon dried rosemary, crushed  
1/2 teaspoon dried sage  
1/2 teaspoon dried thyme  
1 teaspoon celery seeds  
1 large onion, sliced  
1 (3- to 4-lb.) eye-of-round beef roast

### To Assemble:

In a medium bowl, combine first 8 ingredients (olive oil through celery seeds); blend well. Place sliced onion and beef roast in a 1-gallon zipper-topped plastic freezer bag and pour wine marinade on top. Carefully squeeze the bag to remove excess air; seal the bag and turn to coat beef.

To prevent freezer burn, place the filled bag in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure wine (or broth) is gluten free.

## Wine Marinated Beef Roast

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4 to 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup olive oil  
2 cups dry white wine OR low sodium beef broth  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 teaspoon dried rosemary, crushed  
1/2 teaspoon dried sage  
1/2 teaspoon dried thyme  
1 teaspoon celery seeds  
1 large onion, sliced  
1 (3- to 4-lb.) eye-of-round beef roast

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Drain roast and onions, discarding marinade. Lay onions in the bottom of a roasting pan that has been lightly coated with olive oil then place roast on top; bake, uncovered, for 1 1/2 hours or until roast reaches desired level of doneness. Allow it to rest for 5 minutes before slicing.

**Serving Suggestions:** Garlic-mashed russet potatoes and steamed medley of baby carrots with broccoli and cauliflower florets.

**Nutrition per serving:** 472 Calories; 18g Fat; 59g Protein; 4g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 470mg Sodium.

**Exchanges:** 0 Grain(Starch); 8 Lean Meat; 1/2 Vegetable; 1 Fat.

**Points:** 10

## Zesty Barbecue Beef Burgers

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound extra lean ground beef  
16 ounces tomato paste  
1 tablespoon liquid smoke  
1 tablespoon Worcestershire sauce  
1 teaspoon white sugar  
1 teaspoon sea salt  
Freshly ground black pepper

### To Assemble:

In a 1-quart zipper-topped plastic freezer bag, combine tomato paste, liquid smoke, Worcestershire sauce, sugar, salt and pepper; carefully squeeze the bag to remove excess air then seal the bag. Gently squeeze the bag to blend ingredients.

Season ground beef with salt and pepper to taste and form into 4 patties. Place patties on a wax paper-lined baking sheet and freeze for 1 to 2 hours. Place frozen patties in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure tomato sauce, liquid smoke and Worcestershire sauce are gluten free.

## Zesty Barbecue Beef Burgers

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound extra lean ground beef  
16 ounces tomato paste  
1 tablespoon liquid smoke  
1 tablespoon Worcestershire sauce  
1 teaspoon white sugar  
1 teaspoon sea salt  
Freshly ground black pepper

### At Time of Cooking Ingredients:

4 whole wheat burger buns  
Optional trimmings: Lettuce, tomato, sliced red onion

### Cooking Instructions:

Preheat indoor or outdoor grill. Cook burgers to desired level of doneness. While burgers are cooking, heat the contents of the sauce bag in a small saucepan over medium-low heat. Serve on burgers topped with sauce and trimmings, if desired.

**Serving Suggestions:** Serve a big bowl of broccoli slaw on the side (use a ready-made mix and toss with low fat mayo and a little rice vinegar).

**Nutrition per serving:** 423 Calories; 9g Fat; 36g Protein; 53g Carbohydrate; 8g Dietary Fiber; 61mg Cholesterol; 1781mg Sodium.  
**Exchanges:** 2 Grain(Starch); 6 1/2 Lean Meat; 4 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates. **Points:** 11

## Beef and Vegetable Lo Mein

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound beef flank steak, trimmed and cut into bite-size pieces  
2 cloves garlic, pressed  
1 (1-inch piece) fresh ginger root, peeled and minced  
1/2 cup sliced green onion  
2 tablespoons toasted sesame oil  
2 tablespoons low sodium soy sauce  
1/2 tablespoon crushed red pepper flakes (optional)  
8 broccoli florets, quartered  
1 medium red bell pepper, seeded, deribbed and cut into strips  
1 carrot, cut into small matchsticks

### To Assemble:

Place flank steak in a 1-gallon zipper-topped plastic freezer bag. In a small bowl, combine garlic, ginger, green onions, sesame oil and soy sauce; pour mixture over beef. Carefully squeeze the bag to remove excess air then seal the bag; gently toss to combine ingredients.

In a 1-quart zipper-topped plastic freezer bag, combine broccoli florets, bell pepper strips and carrots; carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce is gluten free.

## Beef and Vegetable Lo Mein

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound beef flank steak, trimmed and cut into bite-size pieces  
2 cloves garlic, pressed  
1 (1-inch piece) fresh ginger root, peeled and minced  
1/2 cup sliced green onion  
2 tablespoons toasted sesame oil  
2 tablespoons low sodium soy sauce  
1/2 tablespoon crushed red pepper flakes (optional)  
8 broccoli florets, quartered  
1 medium red bell pepper, seeded, deribbed and cut into strips  
1 carrot, cut into small matchsticks

### At Time of Cooking Ingredients:

8 ounces lo mein noodles  
Water  
Olive oil

### Cooking Instructions:

Prepare noodles according to package directions; drain. Meanwhile, add beef mixture to a large skillet over medium heat. Add 1/2 cup of water and allow the beef to simmer in the sauce and cook through. In another skillet lightly coated with olive oil, add vegetable mixture; cook until peppers start to soften and broccoli is bright green. Transfer vegetables and cooked noodles to the skillet with the beef; cook over medium-low heat for 5 minutes before serving.

**Serving Suggestions:** Serve sesame bread sticks on the side.

**Nutrition per serving:** 440 Calories; 12g Fat; 31g Protein; 53g Carbohydrate; 3g Dietary Fiber; 56mg Cholesterol; 403mg Sodium.  
**Exchanges:** 3 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat. **Points:** 11

## Mole Chili

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

1 pound extra lean ground beef  
1 cup chopped onion  
1 clove garlic, pressed  
1 tablespoon chili powder  
1/2 tablespoon cocoa powder  
1 teaspoon ground cinnamon  
1/2 teaspoon sea salt  
1/4 teaspoon ground allspice  
1 bay leaf  
1 (16-oz.) can cannellini beans, drained and rinsed  
1 (14.5-oz.) can diced tomatoes, un-drained  
7 ounces tomato sauce  
1/2 cup water  
1 tablespoon balsamic vinegar

### To Assemble:

In a 1-quart zipper-topped plastic freezer bag, combine ground beef, onion and garlic; gently squeeze to combine. Carefully squeeze the bag to remove excess air then seal the bag.

In a 1-quart zipper-topped plastic freezer bag, combine spices (chili powder through bay leaf); carefully squeeze the bag to force out any air then seal the bag.

In a 1-quart zipper-topped plastic freezer bag, combine beans, tomatoes, tomato sauce, water and vinegar; gently squeeze to combine. Carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure beans, tomatoes, tomato sauce and vinegar are gluten free.

## Mole Chili

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 pound extra lean ground beef  
1 cup chopped onion  
1 clove garlic, pressed  
1 tablespoon chili powder  
1/2 tablespoon cocoa powder  
1 teaspoon ground cinnamon  
1/2 teaspoon sea salt  
1/4 teaspoon ground allspice  
1 bay leaf  
1 (16-oz.) can cannellini beans, drained and rinsed  
1 (14.5-oz.) can diced tomatoes, un-drained  
7 ounces tomato sauce  
1/2 cup water  
1 tablespoon balsamic vinegar

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

In a large skillet or saucepan, heat a little olive oil over medium-high heat. Add contents of ground beef bag and cook until beef is no longer pink and onion has softened. Drain off any extra liquid. Add contents of spice bag and stir until blended and spices become fragrant from the heat. Add contents of remaining bag (bean mixture) to the skillet, stirring well. Bring chili to a boil then reduce heat to medium-low and simmer for 20 minutes or until sauce has thickened, stirring occasionally.

**Serving Suggestions:** A big salad and some warm, buttered corn muffins.

**Nutrition per serving:** 307 Calories; 6g Fat; 32g Protein; 31g Carbohydrate; 9g Dietary Fiber; 61mg Cholesterol; 1209mg Sodium.  
**Exchanges:** 1 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat. **Points:** 7

## Mediterranean Beef Tenderloin

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 (2- to 2 1/2-lb.) center-cut beef tenderloin  
Olive oil  
Sea salt and freshly ground black pepper, to taste  
3 ounces jarred or canned roasted red peppers, drained  
3 cloves garlic, peeled  
1/2 cup parsley  
1/2 cup kalamata olives, drained

### To Assemble:

Lightly coat tenderloin with olive oil and season with salt and pepper to taste. Place beef in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag.

Combine remaining ingredients in a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure roasted red peppers and olives are gluten free.

## Mediterranean Beef Tenderloin

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (2- to 2 1/2-lb.) center-cut beef tenderloin  
Olive oil  
Sea salt and freshly ground black pepper, to taste  
3 ounces jarred or canned roasted red peppers, drained  
3 cloves garlic, peeled  
1/2 cup parsley  
1/2 cup kalamata olives, drained

### At Time of Cooking Ingredients:

1 1/2 tablespoons olive oil

### Cooking Instructions:

Preheat oven to 500 degrees. Place the meat in a METAL roasting pan (NO GLASS!) and add a splash of water; roast for 10 minutes. DO NOT OPEN THE OVEN DOOR DURING THIS TIME! Reduce oven temperature to 350 degrees and continue to cook tenderloin for 30 minutes or until desired level of doneness is reached. Remove tenderloin from oven and let it rest 10 minutes. Meanwhile, add contents of roasted red pepper bag to a food processor or blender; process or blend, while streaming in olive oil, until smooth. Slice beef and serve topped with sauce.

**Serving Suggestions:** Whole wheat couscous and stir-fried zucchini and yellow squash.

**Nutrition per serving:** 779 Calories; 65g Fat; 41g Protein; 4g Carbohydrate; 1g Dietary Fiber; 161mg Cholesterol; 629mg Sodium.  
**Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 9 1/2 Fat. **Points:** 21

## Southwestern Macaroni

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound extra lean ground beef  
1/2 cup chopped onion  
1 clove garlic, pressed  
1 (14.5-oz.) can diced tomatoes, un-drained  
3 ounces tomato paste  
2 ounces canned diced green chilies  
1/2 teaspoon sea salt  
1/2 teaspoon chili powder  
1/4 teaspoon ground cumin  
1/4 teaspoon freshly ground black pepper  
4 ounces shredded Monterey Jack cheese

### To Assemble:

In a 1-quart zipper-topped plastic freezer bag, combine ground beef, onion and garlic; gently squeeze to combine. Carefully squeeze the bag to remove excess air then seal the bag.

In a 1-quart zipper-topped plastic freezer bag, combine tomatoes, tomato paste, green chilies, salt, chili powder, cumin and pepper; gently squeeze bag to combine. Carefully squeeze the bag to remove excess air then seal the bag.

Place cheese in a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to remove excess air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure tomatoes, tomato paste and chilies are gluten free.

## Southwestern Macaroni

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound extra lean ground beef  
1/2 cup chopped onion  
1 clove garlic, pressed  
1 (14.5-oz.) can diced tomatoes, un-drained  
3 ounces tomato paste  
2 ounces canned diced green chilies  
1/2 teaspoon sea salt  
1/2 teaspoon chili powder  
1/4 teaspoon ground cumin  
1/4 teaspoon freshly ground black pepper  
4 ounces shredded Monterey Jack cheese

### At Time of Cooking Ingredients

Elbow macaroni (3.5 ounces uncooked)  
Olive oil  
1 jalapeno pepper, seeded and chopped (optional)

### Cooking Instructions:

Preheat oven to 375 degrees. Prepare macaroni according to package directions. Meanwhile, heat a large skillet coated with a little olive oil over medium-high heat. Add contents of ground beef bag and cook until beef is no longer pink and onion has softened. Drain of any extra liquid. Add contents of tomato bag to the skillet, stirring well. Bring to a boil then reduce heat and simmer, uncovered, for 10 minutes. When macaroni is cooked, drain and then add to skillet. Pour skillet contents into a 2-quart baking dish lightly coated with olive oil; top with cheese and jalapenos (if desired). Cover lightly with aluminum foil wrap and bake for 30 minutes. Remove foil and bake for 10 minutes longer or until hot and bubbly and cheese begins to brown.

**Serving Suggestions:** Serve a big spinach salad on the side.

**Nutrition per serving:** 409 Calories; 14g Fat; 37g Protein; 31g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 997mg Sodium. Exchanges: 1 Grain(Starch); 7 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat. Points: 10

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 7 - Pork

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes



# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like pork and prefer to enjoy other meats, maybe chicken was on sale this week instead of pork... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

8 pounds pork spareribs [R1,R4]  
1 (3- to 4-lb.) boneless smoked ham [R2]  
Cooked ham (2 cups cubed) [R3]  
6 thick-cut boneless pork chops [R5]  
2 1/2 to 3 pounds lean pork tenderloin [R6,R10]  
4 to 4 1/2 pounds ground pork [R7,R8,R9]  
1/4 pound chorizo sausage [R10]

## CONDIMENTS

Apple cider vinegar (1/2 cup) [R4]  
Dijon mustard (3 tablespoons) [R1,R2,R5]  
Prepared horseradish (1 tablespoon) [R2]  
Worcestershire sauce (1 teaspoon) [R3]  
Low sodium soy sauce (1/2 cup plus 3 tablespoons) [R1,R9]  
Salsa (1 cup) [R6]  
Hot sauce (optional) [R6]  
Olives (1/4 cup sliced) [R3]  
Honey (1 cup) [R1]

## PRODUCE

Onions (1 large plus 6 medium plus 1/2 cup chopped)  
[R3,R4,R5,R6,R7,R8,R10]  
Red onions (1 medium) [R9]  
Garlic (18 cloves) [R1,R4,R8,R10]  
Carrots (2 medium) [R4,R9]  
Celery (2 medium stalks) [R4,R9]  
Zucchini (1 medium) [R7]  
Red bell peppers (2 medium) [R6,R10]  
Jalapeno peppers (2) [R8,R10]  
Limes (2 tablespoons juice) [R6]

## CANNED GOODS

Low sodium chicken broth (3 1/2 cups) [R3,R4]  
Low sodium beef broth (1 1/2 cups) [R5]  
2 (28-oz.) cans diced tomatoes [R8,R10]  
1 (14.5-oz.) can stewed tomatoes [R7]  
1 (8-oz.) can tomato sauce [R7]  
1 (8-oz.) can tomato paste [R4]  
2 (15-oz.) cans kidney beans [R8]  
2 (15-oz.) cans black beans [R10]  
Sweet and sour sauce (1/2 cup) [R9]

## SPICES

Sea salt [R3,R4,R5,R8,R10]  
Black peppercorns [R4,R5,R6,R7,R8,R9]  
Ground ginger [R1]  
Bay leaves [R4,R10]  
Paprika [R5,R9]  
Dried parsley flakes [R5]  
Ground cumin [R6,R8,R9]  
Italian seasoning [R7]  
Chili powder [R8]  
Cayenne pepper [R8]

## DAIRY/DAIRY CASE

Butter, unsalted (3 tablespoons plus extra for coating  
casserole dish) [R3]  
Eggs (1) [R9]  
Milk (1/2 cup) [R3]  
Light sour cream (1 cup) [R3]

## DRY GOODS

Flour (1 tablespoon) [R3]  
White sugar (1 teaspoon) [R7]  
Brown sugar (1 1/2 cups) [R1,R2]  
Dry bread crumbs (1/2 cup) [R9]  
1 (7-oz.) package spaghetti noodles [R3]

## OTHER

Plastic wrap [R3]  
Aluminum foil wrap [R3]  
Cola (1/4 cup) [R2]  
Zipper-topped plastic freezer bags:  
1 quart (6)  
1 gallon (18)

## GLUTEN FREE

Chorizo sausage [R10]  
Apple cider vinegar [R4]  
Dijon mustard [R1,R2,R5]  
Prepared horseradish [R2]  
Soy sauce [R1]  
Worcestershire sauce [R3]  
Salsa [R6]  
Hot sauce (if using) [R6]  
Olives [R3]  
Chicken broth [R3,R4]  
Beef broth [R5]  
Canned tomatoes [R7,R8,R10]  
Kidney beans [R8]  
Black beans [R10]  
Tomato sauce [R7]  
Tomato paste [R4]  
Sweet and sour sauce [R9]  
Italian seasoning [R7]  
Flour [R3]  
Spaghetti noodles [R3]  
Bread crumbs OR bread [R9]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## Recipe 1 – Honey Garlic Baked Ribs

Olive oil  
Aluminum foil wrap  
\*Brown rice  
\*Zucchini, yellow squash and snow peas

## Recipe 2 – Horseradish Ham

\*Sweet potatoes  
\*Cabbage

## Recipe 3 – Ham and Noodle Bake

\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** Make sure salad dressing is gluten free.

## Recipe 4 – Country-Style Ribs

Olive oil (2 tablespoons)  
\*Sweet potatoes  
\*Broccoli

## Recipe 5 – Stovetop Chops and Onions

Olive oil (2 tablespoons)  
Light sour cream (8 ounces)  
\*Russet potatoes  
\*Baby Brussels sprouts  
\*Butter, unsalted  
\*Ground nutmeg

## Recipe 6 – Pulled Pork Tacos

12 whole wheat flour tortillas  
Toppings (your choice): Shredded cheese, lettuce, tomatoes, sour cream, etc.  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** Make sure salad dressing is gluten free.

## Recipe 7 – Pork Penne

Penne pasta (1 1/2 cups uncooked)  
Olive oil (1 tablespoon)  
\*Parmesan cheese (grated, for garnish)  
\*Mixed baby greens  
\*Red onion  
\*Mushrooms  
\*Red wine vinaigrette

**GLUTEN FREE:** Make sure vinaigrette is gluten free.

## Recipe 8 – Spicy Pork Skillet Chili

Olive oil (1 tablespoon)  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Corn muffins

**GLUTEN FREE:** Make sure salad dressing and corn muffins are gluten free.

## Recipe 9 – Sweet and Sour Pork Meatloaf

Aluminum foil wrap  
\*Sweet potatoes  
\*Green beans

## Recipe 10 – Brazilian Black Bean Stew

Olive oil (1 tablespoon)  
\*Zucchini and yellow squash



# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## **MEAT**

Spareribs – separate in half (each 4 pounds)

Ham – Cut in half

Ham – Cube 2 pounds

Chops – Set aside 6 chops

Tenderloin – Cube 4 to 4 1/2 pounds

Ground pork – Separate 4 to 4 1/2 pounds as listed in each recipe

Chorizo sausage – set aside.

## **CONDIMENTS**

Set out items shown on Assembly Time Shopping List and measure as listed in each recipe.

## **CANNED GOODS**

Open all cans.

Drain and rinse 2 cans kidney beans.

Drain and rinse 2 cans black beans.

## **SPICES**

Set out items shown on Assembly Time Shopping List and measure as listed in each recipe.

## **DRY GOODS**

Measure flour and white sugar as shown on Assembly Time Shopping List at the time of preparing each recipe.

Measure 1 cup of brown sugar.

Measure 1/2 cup of dry bread crumbs.

Break 1 (7-oz.) package Spaghetti noodles in half.

## **PRODUCE**

### **Onions**

Chop 6 medium onions plus 1/2 cup

Dice 1 medium red onion

### **Garlic**

Press cloves as listed in each recipe

### **Carrots**

Peel and chop 2 medium carrots

### **Celery**

Chop 1 medium stalk of celery

Dice 1 medium stalk of celery

### **Zucchini**

Chop 1 medium zucchini

### **Red bell peppers**

Seed, derib and chop 1 medium red bell pepper

Seed, derib and dice 1 medium red bell pepper

### **Jalapeno peppers**

Seed and chop 1 jalapeno pepper

Seed and dice 1 jalapeno pepper

### **Limes**

Squeeze 2 tablespoons juice.

## **DAIRY**

Measure 3 tablespoons of unsalted butter, plus a little extra.

Lightly beat 1 egg.

Measure 1/2 cup of milk.

Measure 1 cup of light sour cream.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Honey Garlic Baked Ribs
- ☐ 2. Horseradish Ham
- ☐ 3. Ham and Noodle Bake
- ☐ 4. Country Style Ribs
- ☐ 5. Stovetop Chops and Onions
- ☐ 6. Pulled Pork Tacos
- ☐ 7. Pork Penne
- ☐ 8. Spicy Pork Skillet Chili
- ☐ 9. Sweet and Sour Pork Meatloaf
- ☐ 10. Brazilian Black Bean Stew

## Honey Garlic Baked Ribs

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 6

4 pounds pork spareribs  
1 cup honey  
1 cup packed brown sugar  
1/2 cup low sodium soy sauce  
4 cloves garlic, pressed  
1/2 teaspoon ground ginger  
1 tablespoon Dijon mustard

### To Assemble:

In a medium bowl, whisk together honey, sugar, soy sauce, garlic, ginger and mustard. Place spareribs in a 1-gallon zipper-topped plastic freezer bag, then pour half the marinade into the bag. Gently squeeze the bag to coat then carefully squeeze the bag to force out any air before sealing. Place remaining marinade in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce and mustard are gluten free.

## Honey Garlic Baked Ribs

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 pounds pork spareribs  
1 cup honey  
1 cup packed brown sugar  
1/2 cup low sodium soy sauce  
4 cloves garlic, pressed  
1/2 teaspoon ground ginger  
1 tablespoon Dijon mustard

### At Time of Cooking Ingredients:

Olive oil  
Aluminum foil wrap

### Cooking Instructions:

Preheat oven to 350 degrees. Lightly grease a roasting pan with olive oil. Discard excess marinade from bag containing ribs and place ribs on roasting rack. Cover pan with aluminum foil and bake 1 hour. Drain pan, then pour bag containing reserved marinade over ribs. Bake, uncovered, 45 minutes or until ribs are tender and cooked through, occasionally basting with pan juices.

**Serving Suggestions:** Brown rice and stir-fried zucchini and yellow squash.

**Nutrition per serving:** 865 Calories; 45g Fat; 34g Protein; 85g Carbohydrate; trace Dietary Fiber; 146mg Cholesterol; 991mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 6 1/2 Fat; 5 1/2 Other Carbohydrates. **Points:** 24

## Horseradish Ham

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 (3- to 4-lb.) boneless smoked ham, cut in half  
1/2 cup packed brown sugar  
1 tablespoon Dijon mustard  
1 tablespoon prepared horseradish  
1/4 cup cola

### To Assemble:

Rub ham with sugar, mustard and horseradish. Place in 1-gallon zipper-topped plastic freezer bag then pour cola into bag. Carefully squeeze the bag to force out any air then seal the bag. To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure mustard and horseradish are gluten free.

## Horseradish Ham

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 (3- to 4-lb.) boneless smoked ham, cut in half  
1/2 cup packed brown sugar  
1 tablespoon Dijon mustard  
1 tablespoon prepared horseradish  
1/4 cup cola

### Cooking Instructions:

Pour contents of freezer bag into slow cooker. Cover and cook on low 6 to 8 hours.

**Serving Suggestions:** Baked sweet potatoes and braised cabbage.

**Nutrition per serving:** 476 Calories; 20g Fat; 51g Protein; 19g Carbohydrate; trace Dietary Fiber; 132mg Cholesterol; 3415mg Sodium. **Exchanges:** 7 Lean Meat; 0 Fat; 1 1/2 Other Carbohydrates. **Points:** 12

## Ham and Noodle Bake

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

3 tablespoons butter (plus a little more to grease casserole dish)  
1 tablespoon flour  
1/2 cup low sodium chicken broth  
1/2 cup milk  
1 (7-oz.) package Spaghetti noodles, broken in half  
2 cups cooked, cubed ham  
1 cup light sour cream  
1/2 cup chopped onion  
1/4 cup sliced olives  
1/2 teaspoon sea salt  
1 teaspoon Worcestershire sauce  
Plastic wrap  
Aluminum foil wrap

### To Assemble:

Lightly grease a casserole dish with butter. In a small saucepan, melt butter over medium-low heat. Add flour and whisk until bubbly. Slowly whisk in chicken broth and milk then bring to a simmer. Whisking constantly, simmer until thickened, about 5 minutes.

Meanwhile, cook spaghetti according to package directions. Drain and place in a large bowl. Add sauce, ham, sour cream, onion, olives, salt and Worcestershire sauce, stirring to mix well.

Pour mixture into casserole dish and allow to cool. Wrap casserole with plastic wrap, making contact with casserole ingredients. Cover with aluminum foil. Using a permanent marker, write recipe name and date of preparation on casserole and place in freezer.

**GLUTEN FREE:** Use gluten free flour and make sure broth, olives, Worcestershire sauce and Spaghetti noodles are gluten free.

## Ham and Noodle Bake

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge.

### Preassembled Ingredients:

3 tablespoons butter (plus a little more to grease casserole dish)  
1 tablespoon flour  
1/2 cup low sodium chicken broth  
1/2 cup milk  
1 (7-oz.) package Spaghetti noodles, broken in half  
2 cups cooked, cubed ham, cubed  
1 cup light sour cream  
1/2 cup chopped onion  
1/4 cup sliced olives  
1/2 teaspoon sea salt  
1 teaspoon Worcestershire sauce  
Plastic wrap  
Aluminum foil wrap

### Cooking Instructions:

Preheat oven to 325 degrees. Bake casserole, uncovered, 30 minutes or until heated through.

**Serving Suggestions:** Serve a big spinach salad on the side.

**Nutrition per serving:** 302 Calories; 13g Fat; 15g Protein; 31g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 931mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

## Country-Style Ribs

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

4 pounds pork spareribs  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 medium onion, chopped  
1 medium carrot, chopped  
1 medium stalk celery, chopped  
6 cloves garlic, pressed  
1 (8-oz.) can tomato paste  
1/2 cup apple cider vinegar  
1 bay leaf  
3 cups low sodium chicken broth

### To Assemble:

Rub spareribs with salt and pepper. Place in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (onion through chicken broth) in a second 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure tomato paste, vinegar and broth are gluten free.

## Country-Style Ribs

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 pounds pork spareribs  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 medium onion, chopped  
1 medium carrot, chopped  
1 medium stalk celery, chopped  
6 cloves garlic, pressed  
1 (8-oz.) can tomato paste  
1/2 cup apple cider vinegar  
1 bay leaf  
3 cups low sodium chicken broth

### At Time of Cooking Ingredients:

2 tablespoons olive oil

### Cooking Instructions:

Preheat oven to 350 degrees. Heat olive oil in a Dutch oven over medium-high heat. Add ribs in batches, browning on all sides. Pour in remaining ingredients, stirring to mix well. Bring to a simmer while stirring. Cover and bake 1 1/2 to 2 hours, or until meat is cooked through and tender. Uncover during final 30 minutes of cooking to reduce liquid. Remove bay leaf before serving.

**Serving Suggestions** Steamed new potatoes and steamed broccoli.

**Nutrition per serving:** 657 Calories; 49g Fat; 40g Protein; 14g Carbohydrate; 3g Dietary Fiber; 146mg Cholesterol; 1025mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 7 1/2 Fat. **Points:** 18

## Stovetop Chops and Onions

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

6 thick-cut boneless pork chops  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 large onion, cut into rings  
1 1/2 cups low sodium beef broth  
1 tablespoon Dijon mustard  
1 teaspoon paprika  
1/2 teaspoon dried parsley flakes

### To Assemble:

Rub pork chops with salt and pepper, then place in 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (onion through parsley) in 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure broth and mustard are gluten free.

## Stovetop Chops and Onions

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

6 thick-cut boneless pork chops  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 large onion, cut into rings  
1 1/2 cups low sodium beef broth  
1 tablespoon Dijon mustard  
1 teaspoon paprika  
1/2 teaspoon dried parsley flakes

### At Time of Cooking Ingredients:

2 tablespoons olive oil  
8 ounces light sour cream

### Cooking Instructions:

In a large skillet, heat olive oil over medium-high heat. Add pork chops and brown on both sides. Pour contents of second freezer bag over pork chops and bring to a boil. Reduce heat and simmer 30 minutes or until pork chops are cooked through. Stir in sour cream and gently simmer 5 minutes, then serve.

**Serving Suggestions:** Mashed russet potatoes and steamed baby Brussels sprouts tossed with a little unsalted butter and ground nutmeg.

**Nutrition per serving:** 306 Calories; 15g Fat; 36g Protein; 5g Carbohydrate; 1g Dietary Fiber; 103mg Cholesterol; 287mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 8



## Pulled Pork Tacos

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 to 2 pounds lean pork tenderloin, cubed  
1 cup salsa  
1 medium red bell pepper, chopped  
1 medium onion, chopped  
2 tablespoons lime juice  
2 teaspoons ground cumin  
1 tablespoon freshly ground black pepper  
Hot sauce, to taste (optional)

### To Assemble:

Combine all ingredients in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure salsa and hot sauce (if using) are gluten free.

## Pulled Pork Tacos

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 1/2 to 2 pounds lean pork tenderloin, cubed  
1 cup salsa  
1 medium red bell pepper, chopped  
1 medium onion, chopped  
2 tablespoons lime juice  
2 teaspoons ground cumin  
1 tablespoon freshly ground black pepper  
Hot sauce, to taste (optional)

### At Time of Cooking Ingredients:

12 whole wheat tortillas  
Your favorite taco toppings (shredded cheese, lettuce, tomato, sour cream, etc.)

### Cooking Instructions:

Pour contents of freezer bag into slow cooker. Cover and cook on low 6 to 8 hours or high 3 to 4 hours, until pork is tender and cooked through. Shred pork with two forks, then stir back into slow cooker. Divide taco meat evenly among tortillas, then top with your choice of toppings and serve.

**Serving Suggestions:** Serve a big salad on the side.

**Nutrition per serving:** 452 Calories; 9g Fat; 33g Protein; 60g Carbohydrate; 6g Dietary Fiber; 74mg Cholesterol; 1010mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat. **Points:** 11

## Pork Penne

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 pound ground pork  
1 teaspoon freshly ground black pepper  
1 medium onion, chopped  
1 (14.5-oz) can stewed tomatoes  
1 (8-oz.) can tomato sauce  
1 medium zucchini, chopped  
2 teaspoons Italian seasoning  
1 teaspoon white sugar

### To Assemble:

Season pork with pepper, then place in a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining ingredients (onion through sugar) in a second 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure canned tomatoes, tomato sauce and Italian seasoning are gluten free.

## Pork Penne

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound ground pork  
1 teaspoon freshly ground black pepper  
1 medium onion, chopped  
1 (14.5-oz) can stewed tomatoes  
1 (8-oz.) can tomato sauce  
1 medium zucchini, chopped  
2 teaspoons Italian seasoning  
1 teaspoon white sugar

### At Time of Cooking Ingredients:

1 1/2 cups uncooked penne  
1 tablespoon olive oil

### Cooking Instructions:

Cook penne according to package directions.

Meanwhile, heat olive oil in a large skillet over medium heat. Add ground pork and brown. Pour contents of second freezer bag into skillet, stirring to mix well. Cover and simmer 10 minutes, or until pork is cooked through. Drain pasta and stir into skillet mixture, cooking until heated through.

**Serving Suggestions:** On the side, serve a salad of mixed baby greens, sliced red onion and sliced mushrooms, tossed with red wine vinaigrette.

**Nutrition per serving:** 320 Calories; 19g Fat; 16g Protein; 22g Carbohydrate; 3g Dietary Fiber; 54mg Cholesterol; 292mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

## Spicy Pork Skillet Chili

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds ground pork  
1 tablespoon chili powder  
2 teaspoons ground cumin  
1/4 teaspoon cayenne pepper  
2 teaspoons sea salt  
1 teaspoon freshly ground black pepper  
2 medium onions, chopped  
4 cloves garlic, pressed  
1 (28-oz.) can diced tomatoes  
1 jalapeno pepper, seeded and chopped  
2 (15-oz.) cans kidney beans, drained and rinsed

### To Assemble:

Season ground pork with chili powder, cumin, cayenne pepper, salt and black pepper. Place in a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining ingredients (onion through kidney beans) in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure canned tomatoes and canned beans are gluten free.

## Spicy Pork Skillet Chili

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 pounds ground pork  
1 tablespoon chili powder  
2 teaspoons ground cumin  
1/4 teaspoon cayenne pepper  
2 teaspoons sea salt  
1 teaspoon freshly ground black pepper  
2 medium onions, chopped  
4 cloves garlic, pressed  
1 (28-oz.) can diced tomatoes  
1 jalapeno pepper, seeded and chopped  
2 (15-oz.) cans kidney beans, drained and rinsed

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in a large skillet over medium heat. Add ground pork and brown. Pour contents of second freezer bag into skillet, stirring to mix well. Simmer 1 hour, stirring occasionally.

**Serving Suggestions:** A big salad and some corn muffins.

**Nutrition per serving:** 498 Calories; 27g Fat; 30g Protein; 34g Carbohydrate; 13g Dietary Fiber; 82mg Cholesterol; 1641mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat. **Points:** 12

## Sweet and Sour Pork Meatloaf

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 to 2 pounds ground pork  
2 tablespoons freshly ground black pepper  
1 tablespoon ground cumin  
1 teaspoon paprika  
3 tablespoons low sodium soy sauce  
1/2 cup sweet and sour sauce  
1 medium carrot, peeled and shredded  
1 medium stalk celery, diced  
1 medium red onion, diced  
1 egg, lightly beaten  
1/2 cup dry bread crumbs

### To Assemble:

In a large mixing bowl, combine all ingredients. Gently mix until all ingredients are incorporated. Form mixture into a loaf and place in 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure sweet and sour sauce is gluten free and use gluten free bread crumbs (or make your own using gluten free bread).

## Sweet and Sour Pork Meatloaf

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 to 2 pounds ground pork  
2 tablespoons freshly ground black pepper  
1 tablespoon ground cumin  
1 teaspoon paprika  
3 tablespoons low sodium soy sauce  
1/2 cup sweet and sour sauce  
1 medium carrot, peeled and shredded  
1 medium stalk celery, diced  
1 medium red onion, diced  
1 egg, lightly beaten  
1/2 cup dry bread crumbs

### At Time of Cooking Ingredients:

Aluminum foil

### Cooking Instructions:

Preheat oven to 375 degrees. Place meatloaf in loaf pan and cover with aluminum foil. Bake 1 hour. Remove foil and drain off excess grease. Bake another 10 to 20 minutes or until cooked through. Cover with fresh aluminum foil and allow to rest 10 minutes before slicing and serving.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 400 Calories; 26g Fat; 23g Protein; 19g Carbohydrate; 2g Dietary Fiber; 117mg Cholesterol; 531mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 11

## Brazilian Black Bean Stew

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1/4 pound chorizo sausage  
1 pound lean pork tenderloin, cubed  
4 cloves garlic, pressed  
1 medium onion, chopped  
2 (15-oz.) cans black beans, drained and rinsed  
1 medium red bell pepper, diced  
1 (28-oz.) can diced tomatoes  
1 jalapeno pepper, seeded and diced  
1 1/2 cups water  
1/4 teaspoon sea salt  
1 bay leaf

### To Assemble:

Place chorizo and pork tenderloin in 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining ingredients (garlic through bay leaf) in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure sausage, canned tomatoes and canned beans are gluten free.

## Brazilian Black Bean Stew

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 pound chorizo sausage  
1 pound lean pork tenderloin, cubed  
4 cloves garlic, pressed  
1 medium onion, chopped  
2 (14.5-oz.) cans black beans, drained and rinsed  
1 medium red bell pepper, diced  
1 (28-oz.) can diced tomatoes  
1 jalapeno pepper, seeded and diced  
1 1/2 cups water  
1/4 teaspoon sea salt  
1 bay leaf

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in a large skillet over medium-high heat. Add chorizo and cubed pork and cook until browned.

Carefully pour in contents of second freezer bag, stirring to mix well. Reduce heat, cover and simmer 45 minutes, or until meat is cooked through. Remove bay leaf before serving.

**Serving Suggestions:** Stir-fried zucchini and yellow squash.

**Nutrition per serving:** 362 Calories; 13g Fat; 31g Protein; 29g Carbohydrate; 10g Dietary Fiber; 66mg Cholesterol; 1227mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. **Points:** 9

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 8 – Fish/Seafood

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!



## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like fish and prefer to enjoy other meats, maybe chicken was on sale this week instead of fish... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered

recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## SEAFOOD

12 (6-oz.) skinless salmon fillets [R1,R3]  
12 (6-oz.) white fish fillets [R2,R7]  
12 (6-oz.) tuna fillets [R4,R6]  
2 pounds white fish [R5]  
3 pounds shrimp, peeled and deveined [R8,R9]  
1 1/2 pounds scallops [R10]

## CONDIMENTS

Olive oil [R9]  
White wine vinegar (1/4 cup) [R5]  
Whole-grain mustard (1 tablespoon) [R1]  
Sesame oil (1 tablespoon) in Asian section of grocery store) [R2]  
Fish sauce OR low sodium soy sauce (1 tablespoon) [R2]  
Wasabi paste (1 tablespoon) (in Asian section of grocery store) [R4]  
Low sodium soy sauce (1/4 cup) [R4]  
Pesto (1/4 cup) [R5]  
Honey, preferably local (2 teaspoons) [R1]  
Ginger marmalade OR pickled ginger (1/4 cup) [R4]  
White wine (1/4 cup) (or use low sodium chicken broth) [R10]

## PRODUCE

Shallots (1) [R10]  
Garlic (2 cloves) [R10]  
Red bell peppers (1 medium) [R5]  
Jalapeno peppers (2) [R8]  
Parsley (2 tablespoons chopped) [R10]  
Cilantro (1/4 cup chopped) [R8]  
Lemons (2 whole plus 1 tablespoon juice) [R8,R10]  
Limes (3 whole plus 1/4 cup juice) [R2,R8]  
Oranges (1 teaspoon grated peel) [R3]

## CANNED GOODS

Low sodium chicken broth (1/4 cup if not using white wine) [R10]

## SPICES

Sea salt [R1,R3,R5,R6,R7,R9,R10]  
Black peppercorns [R1,R3,R5,R6,R7,R9,R10]  
Ground turmeric [R1]  
Crushed red pepper flakes [R1,R2,R7]  
Garlic powder [R1]  
Chili powder [R3]  
Ground cumin [R3,R6,R7]  
Paprika [R3]  
Ground coriander [R3,R6]  
Ground allspice [R7]  
Ground cinnamon [R7]  
Ground cloves [R7]

## DAIRY/DAIRY CASE

Butter, unsalted (2 teaspoons) [R10]

## DRY GOODS

Brown sugar (1/4 cup plus 2 tablespoons) [R10]

## OTHER

Grill skewers [R5]  
Zipper-topped plastic freezer bags:  
1-gallon 20  
1-quart 2

## GLUTEN FREE

White wine vinegar [R5]  
Whole-grain mustard [R1]  
Fish sauce [R2]  
Soy sauce [R2,R4]  
Wasabi paste [R4]  
Pesto [R5]  
White wine OR chicken broth [R10]





# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## Recipe 1 – Spicy Honey-Mustard Salmon

Olive oil  
\*New potatoes  
\*Butter, unsalted  
\*Parsley  
\*Garlic  
\*Olive oil  
\*Baby spinach

## Recipe 2 – Cilantro-Lime White Fish

Cilantro  
Olive oil  
\*Brown rice  
\*Zucchini, yellow squash and snow peas

## Recipe 3 – Orange Salmon

Olive oil  
\*Whole wheat couscous  
\*Green beans  
\*Butter, unsalted  
\*Slivered almonds

**GLUTEN FREE:** Make sure couscous is gluten free.

## Recipe 4 – Grilled Wasabi-Ginger Tuna

Olive oil  
\*Bok choy  
\*Frozen stir-fry Asian vegetables

## Recipe 5 – Pesto Fish Kebabs

Olive oil  
\*Angel Hair pasta  
\*Butter, unsalted  
\*Parmesan cheese  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

**GLUTEN FREE:** Make sure pasta and salad dressing are gluten free.

## Recipe 6 – Coriander-Rubbed Tuna

Olive oil  
\*Red potatoes  
\*Broccoli

## Recipe 7 – Grilled Jerk White Fish

Olive oil  
\*Sweet potatoes  
\*Swiss chard

## Recipe 8 – Baja Shrimp Tacos

Olive oil  
6 large soft taco shells  
Lettuce (optional)  
Avocado  
Cheese (optional)  
Sour cream (optional)  
Salsa (optional)  
\*Corn on the cob  
\*Baby carrots  
\*Celery  
\*Cherry tomatoes  
\*Whole black olives

**GLUTEN FREE:** Make sure taco shells, salsa (if using) and olives are gluten free.

## Recipe 9 – Buffalo Shrimp

Olive oil  
Butter, unsalted (1/2 stick)  
Hot sauce (1/4 cup)  
Blue cheese OR Ranch salad dressing  
\*Coleslaw mix  
\*Mayonnaise  
\*Rice vinegar  
\*Corn muffins

**GLUTEN FREE:** Make sure hot sauce, rice vinegar and corn muffins free are gluten free.

## Recipe 10 – Shallot Scallops

Olive oil  
\*Red potatoes  
\*Butter, unsalted  
\*Parsley  
\*Asparagus

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## SEAFOOD

Refrigerate all seafood until assembling recipe kit.  
Cube 2 pounds white fish.

## CONDIMENTS

Set out items as shown on Assembly Time Shopping List and measure when assembling each recipe kit.

## CANNED GOODS

Measure out 1/4 cup of low sodium chicken broth (if not using white wine)

## SPICES

Set out all spices as shown on Assembly Time Shopping List and measure when assembling each recipe kit.

## DRY GOODS

Measure brown sugar individually as needed for 2 recipes.

## PRODUCE

**Shallot:** Peel and chop 1 shallot.

**Garlic:** Peel and press 2 cloves of garlic.

**Red bell peppers:** Seed, derib and cut 1 red bell pepper into 1-inch pieces

**Jalapeno peppers:** Mince 2 jalapeno peppers.

**Parsley:** Chop 2 tablespoons parsley.

**Cilantro:** Chop 1/4 cup cilantro.

**Lemons:** Juice 2 lemons plus squeeze 1 tablespoon of juice)

**Limes:** Juice 3 limes.

**Oranges:** Grate 1 teaspoon orange peel.



## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Spicy Honey-Mustard Salmon
- ☐ 2. Cilantro Lime White Fish
- ☐ 3. Orange Salmon
- ☐ 4. Grilled Wasabi-Ginger Tuna
- ☐ 5. Pesto Fish Kabobs
- ☐ 6. Coriander-Rubbed Tuna
- ☐ 7. Grilled Jerk White Fish
- ☐ 8. Baja Shrimp Tacos
- ☐ 9. Buffalo Shrimp
- ☐ 10. Shallot Scallops

## Spicy Honey-Mustard Salmon

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 tablespoon whole-grain mustard  
2 teaspoons honey, local preferred  
1/2 teaspoon ground turmeric  
1/2 teaspoon crushed red pepper flakes  
1/4 teaspoon garlic powder  
1/2 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
6 (6-oz.) skinless salmon fillets

### To Assemble:

In a small bowl, combine mustard, honey, turmeric, crushed red pepper flakes, garlic powder, salt and pepper; rub mixture over salmon fillets.

Place rubbed salmon fillets in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure mustard is gluten free.

## Spicy Honey-Mustard Salmon

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 tablespoon whole-grain mustard  
2 teaspoons honey, preferably local  
1/2 teaspoon ground turmeric  
1/2 teaspoon crushed red pepper flakes  
1/4 teaspoon garlic powder  
1/2 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
6 (6-oz.) skinless salmon fillets

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat oven broiler.

Lightly grease broiler pan with olive oil. Place salmon fillets on prepared pan and broil for 8 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Steamed new potatoes tossed with a little unsalted butter and chopped parsley; add garlic-olive oil sautéed baby spinach.

**Nutrition per serving:** 209 Calories; 6g Fat; 34g Protein; 2g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 305mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Fat; 0 Other Carbohydrates. **Points:** 5

## Cilantro-Lime White Fish

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1/4 cup fresh lime juice  
1 tablespoon fish sauce OR low sodium soy sauce  
1 tablespoon sesame oil  
1/2 teaspoon crushed red pepper flakes  
6 (6-oz.) white fish fillets

### To Assemble:

In a small bowl, combine lime juice, fish sauce (or soy sauce), sesame oil and crushed red pepper flakes; pour mixture into a 1-gallon zipper-topped plastic freezer bag. Add white fish fillets and gently squeeze to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make fish sauce or soy sauce is gluten free.

## Cilantro-Lime White Fish

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup fresh lime juice  
1 tablespoon fish sauce OR low sodium soy sauce  
1 tablespoon sesame oil  
1/2 teaspoon crushed red pepper flakes  
6 (6-oz.) white fish fillets

### At Time of Cooking Ingredients:

1/2 cup chopped fresh cilantro  
Olive oil

### Cooking Instructions:

Preheat oven to 450 degrees.

Lightly grease a rimmed cookie sheet with olive oil. Place fish fillets on prepared cookie sheet, brush with marinade and sprinkle with chopped cilantro. Bake for 5 minutes then turn and bake for another 5 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 258 Calories; 13g Fat; 33g Protein; 2g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 88mg Sodium. **Exchanges:** 4 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

## Orange Salmon

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1/4 cup brown sugar  
1 1/2 teaspoons chili powder  
1 teaspoon grated orange peel  
1 teaspoon ground cumin  
1 teaspoon paprika  
1/4 teaspoon ground coriander  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
6 (6-oz.) skinless salmon fillets

### To Assemble:

In a small bowl, combine brown sugar, chili powder, orange peel, cumin, paprika, coriander, salt and pepper; sprinkle mixture over salmon fillets.

Place rubbed salmon fillets in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Orange Salmon

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup brown sugar  
1 1/2 teaspoons chili powder  
1 teaspoon grated orange peel  
1 teaspoon ground cumin  
1 teaspoon paprika  
1/4 teaspoon ground coriander  
1/4 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
6 (6-oz.) skinless salmon fillets

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat broiler.

Lightly grease broiler pan with olive oil. Place salmon fillets on prepared broiler pan. Broil 8 minutes or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Whole wheat couscous and steamed green beans tossed with a little unsalted butter and slivered almonds.

**Nutrition per serving:** 226 Calories; 6g Fat; 34g Protein; 7g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 202mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 5

## Grilled Wasabi-Ginger Tuna

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1/4 cup low sodium soy sauce  
1/4 cup ginger marmalade OR drained pickled ginger  
1 tablespoon wasabi paste  
6 (6-oz.) tuna fillets

### To Assemble:

In a small bowl, combine soy sauce, ginger marmalade (or pickled ginger) and wasabi paste; pour mixture into a 1-gallon zipper-topped plastic freezer bag. Add tuna fillets, gently squeezing to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce and wasabi paste are gluten free.

## Grilled Wasabi-Ginger Tuna

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

6 (6-oz.) tuna fillets  
1/4 cup low sodium soy sauce  
1/4 cup ginger marmalade OR drained pickled ginger  
1 tablespoon wasabi paste

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill to MEDIUM-HIGH. Lightly grease grill grates with olive oil. Grill tuna fillets for 2 minutes per side or until desired level of doneness is achieved.

**Serving Suggestions** Serve hot tuna fillets on a bed of chopped bok choy; add (frozen) stir-fried Asian vegetables on the side.

**Nutrition per serving:** 286 Calories; 8g Fat; 40g Protein; 10g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 474mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 7

## Pesto Fish Kebobs

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1/4 cup prepared pesto  
1/4 cup white wine vinegar  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
2 pounds white fish, cubed  
1 medium red bell pepper, seeded, deribbed and cut into 1-inch pieces  
Grill skewers

### To Assemble:

In a small bowl, combine pesto, white wine vinegar, salt and pepper; add fish cubes and gently toss to coat. Alternately thread fish and bell pepper pieces onto grill skewers then place them in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure pesto and vinegar are gluten free.

## Pesto Fish Kebobs

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup prepared pesto  
1/4 cup white wine vinegar  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
2 pounds white fish, cubed  
1 medium red bell pepper, seeded, deribbed and cut into 1-inch pieces  
Grill skewers

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil. Grill skewers for 4 minutes per side or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Angel Hair pasta tossed with a little unsalted butter and grated Parmesan cheese; add a big salad on the side.

**Nutrition per serving:** 263 Calories; 14g Fat; 31g Protein; 3g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 303mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

**Points:** 7

## Coriander-Rubbed Tuna

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 tablespoon ground coriander  
2 teaspoons ground cumin  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
6 (6-oz.) tuna fillets

### To Assemble:

In a small bowl, combine coriander, cumin, salt and pepper. Rub over tuna fillets.

Place rubbed tuna fillets in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Coriander-Rubbed Tuna

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 tablespoon ground coriander  
2 teaspoons ground cumin  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
6 (6-oz.) tuna fillets

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat; add tuna fillets and cook for 2 to 3 minutes per side or until desired doneness is achieved.

**Serving Suggestions:** Steamed red potatoes and steamed broccoli spears.

**Nutrition per serving:** 270 Calories; 11g Fat; 40g Protein; 1g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 381mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Fat. **Points:** 7



## Grilled Jerk White Fish

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

2 teaspoons ground allspice  
1/8 teaspoon ground cinnamon  
2 tablespoons brown sugar  
1/2 teaspoon crushed red pepper flakes  
1/8 teaspoon ground cloves  
1/8 teaspoon ground cumin  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
6 (6-oz.) white fish fillets

### To Assemble:

In a small bowl, combine allspice, cinnamon, brown sugar, red pepper flakes, cloves, cumin, salt and pepper; rub mixture over white fish fillets.

Place rubbed white fish fillets in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Grilled Jerk White Fish

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 6

### Preassembled Ingredients:

2 teaspoons ground allspice  
1/8 teaspoon ground cinnamon  
2 tablespoons brown sugar  
1/2 teaspoon crushed red pepper flakes  
1/8 teaspoon ground cloves  
1/8 teaspoon ground cumin  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
6 (6-oz.) white fish fillets

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil. Grill fish fillets for 3 to 4 minutes per side or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Baked sweet potatoes and braised Swiss chard.

**Nutrition per serving:** 243 Calories; 10g Fat; 33g Protein; 4g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 402mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates. **Points:** 6

## Baja Shrimp Tacos

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
Juice of 3 limes  
Juice of 2 lemons  
2 jalapeño peppers, minced  
1/4 cup fresh chopped cilantro

### To Assemble:

Place shrimp in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

In a 1-quart zipper-topped plastic freezer bag, combine, lime juice, lemon juice, jalapeño and cilantro.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Baja Shrimp Tacos

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 6

### Preassembled Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
Juice of 3 limes  
Juice of 2 lemons  
2 jalapeño peppers, minced  
1/4 cup fresh chopped cilantro

### At Time of Cooking Ingredients:

1 tablespoon olive oil  
6 large soft taco shells  
Optional toppings: Shredded lettuce, diced avocado, shredded cheese, sour cream, salsa.

### Cooking Instructions:

In a large bowl, combine contents of both freezer bags. Allow to marinate 10 minutes.

Heat olive oil in a large skillet over medium-high heat. Discard marinade and add shrimp to skillet, cooking 2 to 3 minutes per side or until firm and pink.

Divide shrimp among taco shells and top with your favorite taco toppings.

**Serving Suggestions:** Buttered corn on the cob and a relish tray of baby carrots, celery sticks, cherry tomatoes and whole black olives.

**Nutrition per serving:** 390 Calories; 9g Fat; 30g Protein; 47g Carbohydrate; 3g Dietary Fiber; 173mg Cholesterol; 514mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat. **Points:** 10

## Buffalo Shrimp

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
2 tablespoons olive oil  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

Place shrimp in a 1-gallon zipper-topped plastic freezer bag; add olive oil, salt and pepper; gently squeeze to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Buffalo Shrimp

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 1/2 pounds shrimp, peeled and deveined  
2 tablespoons olive oil  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil  
1/2 stick of unsalted butter, melted  
1/4 cup hot sauce  
Blue cheese OR Ranch salad dressing

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil.

Grill shrimp for 4 minutes per side or until firm and pink. Toss with melted butter and hot sauce. Serve with blue cheese OR Ranch salad dressing for dipping.

**Serving Suggestions:** A big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar); add some corn muffins.

**Nutrition per serving:** 231 Calories; 14g Fat; 23g Protein; 1g Carbohydrate; trace Dietary Fiber; 193mg Cholesterol; 575mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 2 1/2 Fat. **Points:** 6

## Shallot Scallops

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 6

### Assembly Ingredients:

1 1/2 pounds scallops, rinsed and patted dry  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
2 teaspoons unsalted butter, melted  
1 shallot, minced  
2 cloves garlic, pressed  
1/4 cup white wine OR low sodium chicken broth  
1 tablespoon fresh lemon juice  
2 tablespoons chopped fresh parsley

### To Assemble:

Toss scallops with salt and pepper then place in a 1-gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

In a small bowl, whisk together melted butter, shallot, garlic, white wine (or chicken broth), lemon juice and parsley; pour mixture into a 1-quart zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure wine (or broth) is gluten free.

## Shallot Scallops

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 6

### Preamsembled Ingredients:

1 1/2 pounds scallops, rinsed and patted dry  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
2 teaspoons unsalted butter, melted  
1 shallot, minced  
2 cloves garlic, pressed  
1/4 cup white wine OR low sodium chicken broth  
1 tablespoon fresh lemon juice  
2 tablespoons chopped fresh parsley

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat; add scallops and sear for 2 minutes per side. Add contents of the 1-quart freezer bag (melted butter through parsley); toss to coat then sauté for 2 minutes per side. Serve immediately.

**Serving Suggestions:** Steamed red potatoes tossed with a little unsalted butter and chopped parsley; add steamed asparagus.

**Nutrition per serving:** 142 Calories; 4g Fat; 19g Protein; 4g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 341mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 9 - Chicken

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.



## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered

recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of 10 for the Freezer is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

2 pounds chicken wings [R1]  
4 bone-in chicken breast halves, skin on [R6]  
8 skinless drumsticks [R7]  
24 (6-oz.) boneless skinless chicken breast halves [R2,R3,R4,R5,R8,R10]  
1 pound boneless skinless chicken breast meat [R9]

## CONDIMENTS

Olive oil (7 tablespoons) [R2,R3,R4,R6]  
Sesame oil (1 teaspoon) [R7]  
Low sodium soy sauce (3 tablespoons) [R1,R7]  
Fish sauce (find in ethnic section) (1 tablespoon) [R5]  
Hot chili sauce (find in ethnic section) (1 1/2 tablespoons) [R5]  
Apple cider vinegar (1 1/2 tablespoons) [R1]  
Balsamic vinegar (1 1/2 tablespoons) [R7]  
Red wine vinegar (2 tablespoons) [R10]  
Kalamata olives (1/4 cup) [R2]  
Capers (3 tablespoons) [R2,R9]  
Honey (2 1/2 tablespoons) [R1,R5]  
Dijon-style mustard (1/3 cup) [R8]  
Dry red wine (or use beef broth) [R9]  
Maple syrup (3 tablespoons) [R10]

## PRODUCE

Onion (2) [R5,R9]  
Garlic (14 cloves) [R1,R5,R6,R9]  
Ginger root (1/2-inch piece) [R5]  
Lemon (1) [R3]  
Limes (1 whole plus 5 1/2 tablespoons juice) [R1,R3,R4,R5]  
Habanero pepper (1) [R1]  
Cilantro (1 1/2 tablespoons chopped) [R4]

## CANNED GOODS

1 (16-oz.) jar tomato basil pasta sauce [R2]  
1 (14.5-oz.) can diced tomatoes [R9]  
1 (15-oz.) can black beans [R9]  
Low sodium chicken broth (1/4 cup) [R4]  
Low sodium beef broth (1/4 cup if not using wine) [R9]  
Coconut milk (1/2 cup) [R5]

## SPICES

Sea salt (3 1/4 teaspoons) [R2,R3,R4,R6,R10]  
Black peppercorns (3 3/4 teaspoons freshly ground) [R3,R6,R8,R9,R10]  
Crushed red pepper (1 1/2 teaspoons) [R2,R9]  
Cayenne pepper (1 3/4 teaspoons) [R1,R3]  
Ground allspice (1 3/4 teaspoons) [R1,R9]  
Thyme (2 1/2 teaspoons) [R1,R9]  
Ground ginger (3/4 teaspoon) [R1,R6]  
Paprika (3 tablespoons) [R3,R8]  
Chili powder (1 3/4 tablespoons) [R6,R8]  
Ground cumin (1 teaspoon) [R6]  
Ground cinnamon (1/4 teaspoon) [R6]  
Curry powder (1 teaspoon) [R9]

## DAIRY/DAIRY CASE

Orange juice (1 cup) [R7]

## DRY GOODS

Brown sugar (6 tablespoons) [R1,R3,R6,R8]  
Cornstarch (1 tablespoon) [R5]

## OTHER

Zipper-topped plastic freezer bags:  
1-quart 5  
1-gallon 22

## GLUTEN FREE

Soy sauce [R1,R7]  
Fish sauce [R5]  
Chili sauce [R5]  
Apple cider vinegar [R1]  
Balsamic vinegar [R7]  
Red wine vinegar [R10]  
Dijon-style mustard [R8]  
Kalamata olives [R2]  
Capers [R2]  
Red wine (or beef broth) [R9]  
Pasta sauce [R2]  
Canned tomatoes [R9]  
Canned black beans [R9]  
Chicken broth [R4]  
Beef broth (if not using wine) [R9]  
Curry powder [R9]  
Arrowroot starch [R5]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## 1. Island Chicken Wings

- \*Corn on the cob
- \*Broccoli slaw
- \*Low fat mayonnaise
- \*Rice vinegar

## 2. Chicken Puttanesca

- Angel Hair pasta (10 ounces)
- \*Crusty bread
- \*Butter
- \*Lettuce (not Iceberg, no nutrition)
- \*Salad veggies (your choice)
- \*Salad dressing (your choice)

**GLUTEN FREE:** Make sure pasta is gluten free.

## 3. Portuguese Chicken

- Olive oil
- \*Sweet potatoes
- \*Green beans

## 4. Cilantro-Lime Chicken

- Olive oil
- \*Broccoli
- \*Brown rice
- \*Petite green peas
- \*Cilantro
- \*Green onion

## 5. Thai Chicken

- Olive oil (1 tablespoon)
- \*Whole wheat couscous
- \*Zucchini
- \*Yellow squash
- \*Green bell pepper
- \*Red onion

## 6. Grilled Rubbed Chicken

- Olive oil
- \*New potatoes
- \*Green beans

## 7. Orange-Balsamic Chicken

- Olive oil
- \*Eggplant
- \*Lettuce (not Iceberg, no nutrition)
- \*Salad veggies (your choice)
- \*Salad dressing (your choice)

## 8. Mustard-Coated Chicken

- Olive oil (1 tablespoon)
- \*Baby red potatoes
- \*Baby carrots
- \*Cauliflower florets

## 9. Jamaican Stew

- Olive oil (1 tablespoon)
- \*Brown rice
- \*Broccoli

## 10. Maple Chicken

- Olive oil (1 tablespoon)
- \*Wild rice pilaf
- \*Asparagus



# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## MEAT

Refrigerate 2 pounds chicken wings.  
Refrigerate 4 bone-in chicken breast halves with skin.  
Refrigerate 8 skinless chicken drumsticks.  
Refrigerate 12 boneless skinless chicken breast halves.  
Cube 4 (6-oz.) boneless skinless chicken breast halves and 1 pound boneless skinless chicken breast meat (keep separate); refrigerate.  
Pound 8 (6-oz.) boneless skinless chicken breast halves thin. Cut 4 of the chicken breasts into bite-sized pieces (keep separate); refrigerate.

## CONDIMENTS

Set condiments out on countertop and measure as indicated on Assembly Time Shopping List.

## PRODUCE

**Onions:** Halve and slice 1 and chop 1 (keeping each portion separate).  
**Garlic:** Press 14 cloves individually as needed for each recipe.  
**Gingerroot:** Peel and grate a 1/2-inch piece  
**Lemon:** Zest 1 whole lemon  
**Limes:** Zest 1 whole lime and squeeze 5 1/2 tablespoons juice  
**Habanero pepper:** Seed and chop 1 habanero pepper.  
**Cilantro:** Chop 1 1/2 tablespoons

## CANNED GOODS

Open all cans and jars.  
Drain and rinse 1 (15-oz.) can black beans.  
Measure out 1/4 cup chicken broth.  
Measure out 1/4 cup beef broth (if not using wine)/  
Measure out 1/2 cup coconut milk.

## SPICES

Set spices out on countertop and measure as indicated on Assembly Time Shopping List.

## DAIRY

Measure out 1 cup orange juice.

## DRY GOODS

Measure out 6 tablespoons packed brown sugar.  
Measure out 1 tablespoon cornstarch.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Island Chicken Wings
- ☐ 2. Chicken Puttanesca
- ☐ 3. Portuguese Chicken
- ☐ 4. Cilantro-Lime Chicken
- ☐ 5. Thai Chicken
- ☐ 6. Grilled Rubbed Chicken
- ☐ 7. Orange-Balsamic Drumsticks
- ☐ 8. Mustard-Coated Chicken
- ☐ 9. Jamaican Stew
- ☐ 10. Maple Chicken



## Island Chicken Wings

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 pounds chicken wings  
1 habanero pepper, seeded and chopped  
1 1/2 tablespoons low sodium soy sauce  
1 1/2 tablespoons honey  
1 1/2 tablespoons brown sugar  
1 1/2 teaspoons cayenne pepper  
1 1/2 teaspoons ground allspice  
1 1/2 teaspoons dried thyme  
1/2 teaspoon ground ginger  
4 cloves garlic, pressed  
1 1/2 tablespoons apple cider vinegar  
1 1/2 tablespoons fresh lime juice

### To Assemble:

In a food processor, combine all ingredients except chicken. Process until smooth. Toss with chicken wings, then transfer to a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bag in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure soy sauce and vinegar are gluten free.

## Island Chicken Wings

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 pounds chicken wings  
1 habanero pepper, seeded and chopped  
1 1/2 tablespoons low sodium soy sauce  
1 1/2 tablespoons honey  
1 1/2 tablespoons brown sugar  
1 1/2 teaspoons cayenne pepper  
1 1/2 teaspoons ground allspice  
1 1/2 teaspoons dried thyme  
1/2 teaspoon ground ginger  
4 cloves garlic, pressed  
1 1/2 tablespoons apple cider vinegar  
1 1/2 tablespoons fresh lime juice

### Cooking Instructions:

Place contents of freezer bag in slow cooker and cook on low 6 to 8 hours until tender, stirring halfway through cooking.

**Serving Suggestions:** Corn on the cob and broccoli slaw (use a ready-made mix and toss with low fat mayo and a little rice vinegar).

**Nutrition per serving:** 327 Calories; 20g Fat; 23g Protein; 14g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 318mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 9

## Chicken Puttanesca

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 tablespoon olive oil  
4 (6-oz.) boneless skinless chicken breast halves, cubed  
1/2 teaspoon sea salt  
1 (16-oz.) jar tomato basil pasta sauce  
1/4 cup chopped kalamata olives  
1 1/2 tablespoons capers, drained  
1/2 teaspoon crushed red pepper

### To Assemble:

Combine olive oil, cubed chicken and salt in a 1-gallon zippered plastic freezer storage bag, gently squeezing to combine. Carefully squeeze out air and seal.

Combine pasta sauce, olives, capers and crushed red pepper in a second 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bags in a third 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze..

**GLUTEN FREE:** Make sure pasta sauce, olives and capers are gluten free.

## Chicken Puttanesca

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 tablespoon olive oil  
4 (6-oz.) boneless skinless chicken breast halves, cubed  
1/2 teaspoon sea salt  
1 (16-oz.) jar tomato basil pasta sauce  
1/4 cup chopped kalamata olives  
1 1/2 tablespoons capers, drained  
1/2 teaspoon crushed red pepper

### At Time of Cooking Ingredients:

10 ounces Angel Hair pasta, cooked according to package instructions

### Cooking Instructions:

In a large skillet over medium-high heat, cook chicken 5 minutes while stirring occasionally. Stir in contents of second freezer bag (pasta sauce through crushed red pepper). Simmer 5 minutes or until chicken is cooked through. Serve pasta topped with chicken puttanesca.

**Serving Suggestions:** A big salad and some crusty bread.

**Nutrition per serving:** 583 Calories; 13g Fat; 50g Protein; 63g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 1141mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

**Points:** 14

## Portuguese Chicken

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 1/2 tablespoons paprika  
Zest and juice of 1 lemon  
Zest and juice of 1 lime  
4 cloves garlic, pressed  
1/4 teaspoon cayenne pepper  
1 1/2 tablespoons brown sugar  
1 1/2 tablespoons olive oil  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

In a large bowl, whisk together paprika, lemon zest and juice, lime zest and juice, garlic, cayenne pepper, brown sugar, olive oil, salt and pepper. Toss in chicken, then transfer to a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bag in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** No changes necessary.

## Portuguese Chicken

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves  
1 1/2 tablespoons paprika  
Zest and juice of 1 lemon  
Zest and juice of 1 lime  
4 cloves garlic, pressed  
1/4 teaspoon cayenne pepper  
1 1/2 tablespoons brown sugar  
1 1/2 tablespoons olive oil  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Heat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Remove chicken from marinade (discard marinade) and grill chicken 6 to 7 minutes per side, or until cooked through.

**Serving Suggestions:** Baked sweet potatoes and steamed green beans.

**Nutrition per serving:** 260 Calories; 8g Fat; 40g Protein; 6g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 349mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 6

## Cilantro-Lime Chicken

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 tablespoons chopped fresh cilantro  
2 tablespoons fresh lime juice  
1 1/2 tablespoons olive oil  
1/4 cup low-sodium chicken broth  
1/4 teaspoon sea salt  
4 (6-oz.) boneless skinless chicken breast halves

### To Assemble:

In a large bowl, whisk together cilantro, lime juice, olive oil, chicken broth and salt. Toss in chicken, then transfer to a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bag in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure chicken broth is gluten free.

## Cilantro-Lime Chicken

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/2 tablespoons chopped fresh cilantro  
2 tablespoons fresh lime juice  
1 1/2 tablespoons olive oil  
1/4 cup low-sodium chicken broth  
1/4 teaspoon sea salt  
4 (6-oz.) boneless skinless chicken breast halves

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Heat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Remove chicken from marinade (discard marinade) and grill chicken 6 to 7 minutes per side, or until cooked through.

**Serving Suggestions:** Steamed broccoli and brown rice tossed with petite green peas, chopped cilantro and chopped green onion.

**Nutrition per serving:** 236 Calories; 7g Fat; 40g Protein; 1g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 231mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 0 Fruit; 1 Fat. **Points:** 6

## Thai Chicken

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves, pounded thin and cut into bite-sized pieces  
1 tablespoon cornstarch  
1 tablespoon fish sauce  
1 onion, halved then sliced  
3 cloves garlic, pressed  
1 (1/2-inch) piece fresh ginger, peeled and grated  
1/2 cup coconut milk  
1 1/2 tablespoons hot chili sauce, such as Sriracha  
1 tablespoon honey  
2 tablespoons fresh lime juice

### To Assemble:

In a large bowl, whisk together cornstarch and fish sauce. Coat chicken in mixture, then place in a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

Place onion, garlic and ginger in a 1-quart zippered plastic freezer storage bag. Carefully squeeze out air and seal.

Place remaining ingredients (coconut milk through lime juice) in a second 1-quart zippered plastic freezer storage bag, gently squeezing to combine. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bags in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure fish sauce and chili sauce are gluten free. Use arrowroot starch instead of cornstarch.

## Thai Chicken

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves, pounded thin and cut into bite-sized pieces  
1 tablespoon cornstarch  
1 tablespoon fish sauce  
1 onion, halved then sliced  
3 cloves garlic, pressed  
1 (1/2-inch) piece fresh ginger, peeled and grated  
1/2 cup coconut milk  
1 1/2 tablespoons hot chili sauce, such as Sriracha  
1 tablespoon honey  
2 tablespoons fresh lime juice

### At time of cooking ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in a large skillet over medium-high heat. Add chicken and cook through. Add contents of second freezer bag (onion through ginger) and sauté 1 minute. Stir in contents of third freezer bag (coconut milk through lime juice) and cook 2 minutes or until heated through.

**Serving Suggestions:** Whole wheat couscous and grilled OR stir-fried zucchini, yellow squash, green bell pepper and red onion.

**Nutrition per serving:** 341 Calories; 13g Fat; 41g Protein; 14g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 119mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 8

## Grilled Rubbed Chicken

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 bone-in chicken breast halves with skin  
1 tablespoon packed brown sugar  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cinnamon  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
4 cloves garlic, pressed  
1 tablespoon olive oil

### To Assemble:

In a small bowl, combine brown sugar, chili powder, cumin, ginger, cinnamon, salt, pepper, garlic and olive oil, stirring to mix well. Gently separate skin from chicken breasts and rub mixture evenly between skin and meat. Place chicken in a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bag in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** No changes necessary.

## Grilled Rubbed Chicken

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 bone-in chicken breast halves with skin  
1 tablespoon packed brown sugar  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cinnamon  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
4 cloves garlic, pressed  
1 tablespoon olive oil

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Preheat indoor or outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Grill chicken 15 minutes per side, or until cooked through. Let stand 5 minutes before removing and discarding skin.

**Serving Suggestions:** Steamed new potatoes and steamed green beans.

**Nutrition per serving:** 189 Calories; 5g Fat; 28g Protein; 6g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 570mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 4

## Orange-Balsamic Drumsticks

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

8 skinless chicken drumsticks  
1 cup orange juice  
1 1/2 tablespoons low sodium soy sauce  
1 1/2 tablespoons balsamic vinegar  
1 teaspoon sesame oil

### To Assemble:

Combine all ingredients in a 1-gallon zippered plastic freezer storage bag, gently squeezing to combine. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bags in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure soy sauce and vinegar are gluten free.

## Orange-Balsamic Drumsticks

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

8 skinless chicken drumsticks  
1 cup orange juice  
1 1/2 tablespoons low sodium soy sauce  
1 1/2 tablespoons balsamic vinegar  
1 teaspoon sesame oil

### At time of cooking ingredients:

Olive oil

### Cooking Instructions:

Heat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil.

Pour marinade into a small saucepan and bring to a boil. Reduce heat and simmer 3 to 5 minutes, until slightly thickened. Place drumsticks on grill and baste with marinade. Grill 30 minutes, turning and basting occasionally, until cooked through.

**Serving Suggestions:** Grilled eggplant and a big salad.

**Nutrition per serving:** 216 Calories; 6g Fat; 31g Protein; 7g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 354mg Sodium. **Exchanges:** 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 5



## Mustard-Coated Chicken

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz) boneless skinless chicken breast halves  
2 tablespoons packed brown sugar  
3/4 tablespoon chili powder  
1 1/2 teaspoons paprika  
1/4 teaspoon freshly ground black pepper  
1/3 cup Dijon-style mustard

### To Assemble:

In a small bowl, combine brown sugar, chili powder, paprika and pepper. Rub mixture over chicken breasts. Coat chicken breasts with mustard, then place in a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bag in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure mustard is gluten free.

## Mustard-Coated Chicken

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

4 (6-oz) boneless skinless chicken breast halves  
2 tablespoons packed brown sugar  
3/4 tablespoon chili powder  
1 1/2 teaspoons paprika  
1/4 teaspoon freshly ground black pepper  
1/3 cup Dijon-style mustard

### At time of cooking ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in a large grill pan over medium-high heat. Add chicken and cook 7 to 8 minutes per side, or until cooked through.

**Serving Suggestions:** Roasted baby red potatoes and a medley of steamed baby carrots and cauliflower florets.

**Nutrition per serving:** 265 Calories; 7g Fat; 41g Protein; 9g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 378mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates. **Points:** 6

## Jamaican Stew

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound boneless skinless chicken breast meat, cubed  
1 teaspoon curry powder  
1 teaspoon dried thyme  
1/4 teaspoon ground allspice  
1 teaspoon crushed red pepper  
1 teaspoon freshly ground black pepper  
1 onion, chopped  
3 cloves garlic, pressed  
1/4 cup dry red wine OR low sodium beef broth  
3 tablespoons water  
1 1/2 tablespoons capers, drained  
1 (15-oz.) can black beans, rinsed and drained  
1 (14.5-oz.) can diced tomatoes

### To Assemble:

In a large bowl, combine curry powder, thyme, allspice, crushed red pepper and ground black pepper. Toss with chicken, then transfer to a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

Place remaining ingredients (onion through tomatoes) in a second 1-gallon zippered plastic freezer storage bag, gently squeezing to combine. Carefully squeeze out air and seal.

To prevent freezer burn, placed filled bags in a third 1-gallon zippered plastic freezer storage bag, gently squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure curry powder, wine (or broth), capers, beans and tomatoes are gluten free.

## Jamaican Stew

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound boneless skinless chicken breast meat, cubed  
1 teaspoon curry powder  
1 teaspoon dried thyme  
1/4 teaspoon ground allspice  
1 teaspoon crushed red pepper  
1 teaspoon freshly ground black pepper  
1 onion, chopped  
3 cloves garlic, pressed  
1/4 cup dry red wine OR low sodium beef broth  
3 tablespoons water  
1 1/2 tablespoons capers, drained  
1 (15-oz.) can black beans, rinsed and drained  
1 (14.5-oz.) can diced tomatoes

### At time of cooking ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in a large skillet over medium-high heat. Add chicken and brown on all sides. Add contents of second freezer bag (onion through tomatoes), stirring to combine. Cover and simmer 15 minutes or until chicken is tender and cooked through.

**Serving Suggestions:** Serve over brown rice and add some steamed broccoli on the side.

**Nutrition per serving:** 304 Calories; 6g Fat; 34g Protein; 24g Carbohydrate; 9g Dietary Fiber; 66mg Cholesterol; 793mg Sodium. **Exchanges:** 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

## Maple Chicken

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves, pounded thin  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
2 tablespoons olive oil  
2 tablespoons red wine vinegar  
3 tablespoons maple syrup

### To Assemble:

Rub chicken with salt and pepper, then place in a 1-gallon zippered plastic freezer storage bag. Carefully squeeze out air and seal.

Place olive oil, red wine vinegar and maple syrup in a 1-quart zippered plastic freezer storage bag, gently squeezing to combine. Carefully squeeze out air and seal.

To prevent freezer burn, place sealed bags in a second 1-gallon zippered plastic freezer storage bag, squeezing out excess air before sealing. Label the bag, then freeze.

**GLUTEN FREE:** Make sure vinegar is gluten free.

## Maple Chicken

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves, pounded thin  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
2 tablespoons olive oil  
2 tablespoons red wine vinegar  
3 tablespoons maple syrup

### At time of cooking ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in a large skillet over medium-high heat. Add chicken and cook 5 minutes per side or until cooked through. Remove from pan and keep warm.

Add contents of second freezer bag (olive oil through maple syrup) and bring to a boil. Cook 1 minute, then add chicken back to pan, spooning glaze over chicken and turning to coat. Serve immediately.

**Serving Suggestions:** Wild rice pilaf and steamed asparagus.

**Nutrition per serving:** 318 Calories; 12g Fat; 39g Protein; 11g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 582mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 2 Fat; 1/2 Other Carbohydrates. **Points:** 8

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 10 - Beef

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.



## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.



## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like beef and prefer to enjoy other meats, maybe chicken was on sale this week instead of beef... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered

recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of 10 for the Freezer is for individual use. Please have participants each purchase their own menu.)

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

1 (2-lb.) beef tenderloin, trimmed and tied [R1]  
1 1/2 pounds 95% lean ground beef [R2,R10]  
12 bone-in beef short ribs [R3]  
1 1/2 pounds beef flank steak [R4]  
2 pounds beef stew meat [R5]  
2 1/2 pounds beef sirloin steak [R6,R7]  
2 1/2 pounds boneless chuck beef roast [R8]  
4 (4- to 6-oz.) beef sirloin steaks [R9]

## DELI

Pepperoni (1 cup sliced) [R2]

## CONDIMENTS

Olive oil [R6,R7,R8]  
Sesame oil (in Asian section of grocery store) [R4]  
White wine vinegar [R1]  
Dijon mustard [R1]  
Prepared horseradish [R1]  
Pesto [R10]  
Low sodium soy sauce (1 3/4 cups) [R4,R6,R9]  
Hoisin sauce (in Asian section of grocery store) [R4]

## PRODUCE

Onions (1 medium plus 2 cups diced plus 1 cup chopped) [R2,R5,R8,R10]  
Yellow onions (1 cup chopped) [R3]  
Garlic (11 cloves) [R4,R6,R9,R10]  
Green onions (2) [R6]  
Celery (1 medium stalk) [R3]  
Carrots (1 medium) [R3]  
Green bell peppers (1 cup diced) [R2]  
Russet potatoes (2 medium) [R5]  
Gingerroot (one 3-inch piece) [R9]  
Rosemary (2 tablespoons chopped) (or use 2 teaspoons dried) [R1]  
Thyme (2 tablespoons chopped) (or use 2 teaspoons dried) [R1]  
Apples (4) [R8]  
Lemons (2 tablespoons juice) [R6]

## CANNED GOODS

Low sodium beef (2 cups plus 12 ounces if not using dark beer) [R5]  
1 (16-oz.) jar pizza sauce [R2]  
Apple juice (3/4 cup) [R8,R9]

## DRY GOODS

Flour [R5]  
Granulated sugar [R4]  
Brown sugar [R9]  
Egg noodles (2 cups uncooked) [R2]

## SPICES

Sea salt [R1,R2,R3,R6,R7,R8]  
Black peppercorns [R1,R2,R3,R5,R6,R7,R8]  
Rosemary (if not using fresh) [R1]  
Thyme (if not using fresh) [R1]  
Basil [R2]  
Oregano [R2,R7]  
Garlic powder [R2,R5]  
Crushed red pepper flakes [R4]  
Sesame seeds [R6]  
Ground ginger [R6,R8]  
Whole cloves [R8]

## DAIRY/DAIRY CASE

Eggs (2) [R10]  
Milk (1/4 cup) [R2]  
Low fat sour cream (1 1/2 cups) [R1]  
Part-skim Mozzarella cheese (1 cup shredded) [R2]  
Parmesan cheese (1/4 cup grated) [R10]

## BAKERY

Bread (2 slices) [R10]

## OTHER

1 (12-oz.) bottle dark beer (or use low sodium beef broth) [R5]  
Plastic wrap [R2]  
Aluminum foil wrap [R2]  
Grill skewers [R6]  
Zipper-topped plastic freezer bags:  
1-gallon 20  
1-quart 2

## GLUTEN FREE

Pepperoni [R2]  
White wine vinegar [R1]  
Dijon mustard [R1]  
Prepared horseradish [R1]  
Pesto [R10]  
Soy sauce [R4,R6,R9]  
Hoisin sauce [R4]  
Beef broth [R5]  
Pizza sauce [R2]  
Apple juice [R8,R9]  
Bread [R10]  
Beer [R5]  
Noodles [R2]  
Flour [R5]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## 1. Tangy Herbed Beef Roast

Olive oil (1 tablespoon)  
\*\*Russet potatoes  
\*\*Broccoli

## 2. Pizza Casserole

\*\*Lettuce (not Iceberg, no nutrition)  
\*\*Salad veggies (your choice)  
\*\*Bread for garlic toast  
\*\*Butter, unsalted  
\*\*Garlic powder

## 3. Wine-Braised Short Ribs

Olive oil (1/4 cup)  
Low sodium beef broth (6 cups)  
1 (750 mL) bottle red wine OR 3 1/4 cups low sodium beef broth  
\*\*Garlic  
\*\*Russet potatoes  
\*\*Baby Brussels sprouts  
\*\*Butter, unsalted  
\*\*Ground nutmeg

**GLUTEN FREE:** Make sure wine and/or broth are gluten free.

## 4. Mongolian Beef

Olive oil (1 tablespoon)  
\*\*Brown rice  
\*\*Zucchini, yellow squash and snow peas

## 5. Belgian Beef Stew

Olive oil (2 tablespoons)  
\*\*Butternut squash  
\*\*Green beans

## 6. Beef Yakitori

Olive oil (for grill)  
\*\*Brown rice  
\*\*Baby bok choy

## 7. Oregano & Peppercorn Steak

Olive oil (for grill)  
\*\*Sweet potatoes  
\*\*Broccoli and cauliflower florets

## 8. Bavarian Roast Beef

\*\*Wide noodles  
\*\*Butter, unsalted  
\*\*Sour cream  
\*\*Green and red cabbages

## 9. Hula Steak

Olive oil (for grill)  
\*\*Brown rice  
\*\*Fresh pineapple

## 10. Pesto Burgers

Olive oil (for grill)  
4 whole wheat burger buns  
\*\*Mixed baby greens  
\*\*Red onion  
\*\*Cherry tomatoes  
\*\*Red wine vinaigrette

**GLUTEN FREE:** Make sure hamburger buns are gluten free.

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

### **MEAT:**

95% lean ground beef - Separate 2 pounds into portions of 1 1/2 pounds and 1/2 pound.  
Sirloin steak – Separate 2 1/2 pounds into portions of 1 1/2 pounds and 1 pound.  
Refrigerate all beef until needed for each recipe.

**CONDIMENTS:** Set out all condiments listed on Assembly Time Shopping List and measure for each recipe.

**CANNED GOODS:** Open all cans and measure as needed for each recipe.

**SPICES:** Set out all spices listed on Assembly Time Shopping List and measure as needed for each recipe.

**DAIRY:** Refrigerate all dairy products listed on Assembly Time Shopping list until needed for each recipe.

**DRY GOODS:** Set out all dry goods listed on Assembly Time Shopping list and measure as needed for each recipe.

### **PRODUCE:**

**Onions** - Prepare as shown on Assembly Time Shopping List.

**Garlic** - Press garlic cloves at time of preparing recipe.

**Green onions** - Chop 2 green onions.

**Celery** - Dice 1 medium stalk of celery.

**Carrots** - Peel and dice 1 medium carrot.

**Russet potatoes** - Peel then cube 2 medium russet potatoes.

**Gingerroot** - Peel then grate one 3-inch piece of gingerroot.

**Lemons** - Squeeze 2 tablespoons of lemon juice.

**Apples** - Core and quarter 4 apples when needed for recipe.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Tangy Herbed Beef Roast
- ☐ 2. Pizza Casserole
- ☐ 3. Wine-Braised Short Ribs
- ☐ 4. Mongolian Beef
- ☐ 5. Belgian Beef Stew
- ☐ 6. Beef Yakitori
- ☐ 7. Oregano & Peppercorn Steak
- ☐ 8. Bavarian Roast Beef
- ☐ 9. Hula Steak
- ☐ 10. Pesto Burgers

## Tangy Herbed Beef Roast

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

3 tablespoons cracked black peppercorns  
2 tablespoons chopped fresh or 2 teaspoons dried rosemary  
2 tablespoons chopped fresh or 2 teaspoons dried thyme  
4 tablespoons Dijon mustard, divided  
1/2 teaspoon sea salt  
1 (2-lb.) beef tenderloin, trimmed and tied  
1 1/2 cups low fat sour cream  
3 tablespoons prepared horseradish  
1/2 teaspoon white wine vinegar

### To Assemble:

Rub tenderloin with peppercorns, rosemary, thyme, 2 tablespoons of mustard and salt. Place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag. Marinate in refrigerator overnight before freezing.

In a small bowl, whisk together remaining mustard, the sour cream, horseradish and vinegar; place mixture in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure mustard is gluten free.

## Tangy Herbed Beef Roast

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

3 tablespoons cracked black peppercorns  
2 tablespoons chopped fresh or 2 teaspoons dried rosemary  
2 tablespoons chopped fresh or 2 teaspoons dried thyme  
4 tablespoons Dijon mustard, divided  
1/2 teaspoon sea salt  
1 (2-lb.) beef tenderloin, trimmed and tied  
1 1/2 cups low fat sour cream  
3 tablespoons prepared horseradish  
1/2 teaspoon white wine vinegar

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Preheat oven to 425°F.

Place roast on the rack of a roasting pan and bake for 30 minutes. Preheat broiler while roast is still in the oven; broil for 5 minutes or until a crust is formed and meat is cooked through. Allow roast to rest for 10 minutes before slicing.

In a small bowl, whisk sauce until smooth. Serve with sliced beef for dipping.

**Serving Suggestions:** Baked russet potatoes and steamed broccoli.

**Nutrition per serving:** 513 Calories; 21g Fat; 56g Protein; 22g Carbohydrate; 5g Dietary Fiber; 152mg Cholesterol; 701mg Sodium.  
**Exchanges:** 1/2 Grain(Starch); 7 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates. **Points:** 13



## Pizza Casserole

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 cups egg noodles  
1/2 pound 95% lean ground beef  
1 cup diced onion  
1 cup diced green bell pepper  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
1 teaspoon garlic powder  
Sea salt and freshly ground black pepper, to taste  
1 cup sliced pepperoni  
1 (16-oz.) jar pizza sauce  
1/4 cup milk  
1 cup shredded part-skim Mozzarella cheese  
Plastic wrap  
Aluminum foil wrap

### To Assemble:

Cook noodles according to package directions, drain. In a large skillet over medium-high heat, brown beef with onion, bell pepper and seasonings; drain. Stir in cooked egg noodles, pepperoni, pizza sauce and milk. Pour mixture into a casserole dish and top with Mozzarella cheese. Allow mixture to cool then cover with plastic wrap, making a seal against ingredients. Wrap tightly with aluminum foil, label contents, and freeze.

**GLUTEN FREE:** Use gluten free noodles and make sure pepperoni and pizza sauce are gluten free.

## Pizza Casserole

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 cups egg noodles  
1/2 pound 95% lean ground beef  
1 cup diced onion  
1 cup diced green bell pepper  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
1 teaspoon garlic powder  
Sea salt and freshly ground black pepper, to taste  
1 cup sliced pepperoni  
1 (16-oz.) jar pizza sauce  
1/4 cup milk  
1 cup shredded part-skim Mozzarella cheese  
Plastic wrap  
Aluminum foil wrap

### Cooking Instructions:

Preheat oven to 350°F.

Bake casserole for 30 minutes or until heated through.

**Serving Suggestions:** A big salad and some garlic toast.

**Nutrition per serving:** 638 Calories; 39g Fat; 38g Protein; 35g Carbohydrate; 2g Dietary Fiber; 117mg Cholesterol; 2165mg Sodium.  
**Exchanges:** 1 Grain(Starch); 3 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 5 Fat. **Points:** 17

## Wine-Braised Short Ribs

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

12 bone-in beef short ribs  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 cup chopped yellow onion  
1 medium stalk celery, diced  
1 medium carrot, peeled and diced

### To Assemble:

Sprinkle ribs with salt and pepper then place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Place onion, celery and carrot in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

## Wine-Braised Short Ribs

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

12 bone-in beef short ribs  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 cup chopped yellow onion  
1 medium stalk celery, diced  
1 medium carrot, peeled and diced

### At Time of Cooking Ingredients:

1/4 cup olive oil  
1 (750 mL) bottle red wine OR 3 1/4 cups low sodium beef broth  
6 cups low sodium beef broth  
1 cup water

### Cooking Instructions:

Preheat oven to 350°F.

Heat the olive oil in a Dutch oven over medium-high heat. Add short ribs and sear on all sides; drain. Stir in onion, celery and carrot. Add wine (or beef broth) and whisk up all of the brown bits from the bottom of the pan. Bring to a boil and cook for 15 minutes or until wine is reduced. Stir in beef broth and water to cover ribs; transfer contents to a crock cooker. Cover and cook on LOW for 5 to 6 hours or until ribs are fork-tender.

**Serving Suggestions:** Garlic-mashed russet potatoes and steamed baby Brussels sprouts tossed with a little butter and a dash of ground nutmeg.

**Nutrition per serving:** 685 Calories; 44g Fat; 30g Protein; 12g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 476mg Sodium.  
**Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 8 Fat.  
**Points:** 15

## Mongolian Beef

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/4 cup low sodium soy sauce  
1 tablespoon hoisin sauce  
1 tablespoon sesame oil  
1 tablespoon granulated sugar  
4 cloves garlic, pressed  
1 tablespoon crushed red pepper flakes  
1 1/2 pounds beef flank steak, trimmed and thinly sliced

### To Assemble:

In a large bowl, whisk together soy sauce, hoisin sauce, sesame oil, sugar, garlic and crushed red pepper flakes. Add steak slices, toss to coat and place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer

**GLUTEN FREE:** Make sure soy sauce and hoisin sauce are gluten free.

## Mongolian Beef

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 cup low sodium soy sauce  
1 tablespoon hoisin sauce  
1 tablespoon sesame oil  
1 tablespoon granulated sugar  
4 cloves garlic, pressed  
1 tablespoon crushed red pepper flakes  
1 1/2 pounds beef flank steak, trimmed and thinly sliced

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

Heat olive oil in wok over high heat. Add beef and stir-fry 5 minutes or until desired doneness is achieved.

**Serving Suggestions:** Brown rice and stir-fried zucchini, yellow squash and snow peas.

**Nutrition per serving:** 308 Calories; 15g Fat; 38g Protein; 7g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 794mg Sodium.

**Exchanges:** 4 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 8

## Belgian Beef Stew

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4 to 6

### Assembly Ingredients:

2 pounds beef stew meat  
1/4 cup flour  
2 teaspoons garlic powder  
1 teaspoon freshly ground black pepper  
1 (12-oz.) bottle dark beer OR 1 1/2 cups low sodium beef broth  
2 cups low sodium beef broth  
2 medium russet potatoes, peeled and cubed  
1 cup chopped onion

### To Assemble:

Toss beef with flour, garlic powder and pepper then place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Place beer (or broth), beef broth, potatoes and onion in a second 1-gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure beer and broth are gluten free. Use gluten free flour.

## Belgian Beef Stew

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4 to 6

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 pounds beef stew meat  
1/4 cup flour  
2 teaspoons garlic powder  
1 teaspoon freshly ground black pepper  
1 (12-oz.) bottle dark beer OR 1 1/2 cups low sodium beef broth  
2 cups low sodium beef broth  
2 medium russet potatoes, peeled and cubed  
1 cup chopped onion

### At Time of Cooking Ingredients:

2 tablespoons olive oil

### Cooking Instructions:

Heat olive oil in a large saucepan over medium-high heat. Add beef and brown on all sides. Stir in contents of beer/broth bag and bring to a boil. Transfer contents to a crock cooker; cover and cook on Low 5 to 6 hours or until beef is tender and cooked through.

**Serving Suggestions:** Baked butternut squash and steamed green beans.

**Nutrition per serving (based on 6 servings):** 393 Calories; 15g Fat; 44g Protein; 14g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 73mg Sodium. **Exchanges:** 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 9

## Beef Yakitori

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 cup low sodium soy sauce  
2 tablespoons olive oil  
1 tablespoon sesame seeds  
2 tablespoons fresh lemon juice  
2 green onions, chopped  
2 cloves garlic, pressed  
1/2 teaspoon ground ginger  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 pound beef sirloin steak, trimmed and sliced thinly  
Grill skewers

### To Assemble:

In a large bowl, whisk together soy sauce, olive oil, sesame seeds, lemon juice, green onions, garlic, ginger, salt and pepper. Add beef and toss to coat. Thread beef slices onto grill skewers and place them in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce is gluten free.

## Beef Yakitori

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/2 cup low sodium soy sauce  
2 tablespoons olive oil  
1 tablespoon sesame seeds  
2 tablespoons fresh lemon juice  
2 green onions, chopped  
2 cloves garlic, pressed  
1/2 teaspoon ground ginger  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 pound beef sirloin steak, trimmed and sliced thinly  
Grill skewers

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil. Grill skewers for 10 to 15 minutes, turning occasionally, until cooked through.

**Serving Suggestions:** Brown rice and stir-fried baby bok choy.

**Nutrition per serving:** 329 Calories; 24g Fat; 23g Protein; 6g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 1495mg Sodium.  
**Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat.  
**Points:** 9

## Oregano & Peppercorn Steak

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 tablespoons olive oil  
1 tablespoon dried oregano  
2 teaspoons black peppercorns  
1/2 teaspoon sea salt  
1 1/2 pounds beef sirloin steak, trimmed

### To Assemble:

In a small bowl, whisk together olive oil, oregano, peppercorns and salt. Rub over steak then place it in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag. Marinate in the refrigerator overnight before freezing.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Oregano & Peppercorn Steak

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 tablespoons olive oil  
1 tablespoon dried oregano  
2 teaspoons black peppercorns  
1/2 teaspoon sea salt  
1 1/2 pounds beef sirloin steak, trimmed

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil. Cover and grill for 10 minutes per side or until desired level of doneness is achieved. Allow steak to rest for 5 minutes before slicing.

**Serving Suggestions:** Baked sweet potatoes and steamed broccoli and cauliflower florets.

**Nutrition per serving:** 415 Calories; 30g Fat; 32g Protein; 3g Carbohydrate; 1g Dietary Fiber; 107mg Cholesterol; 324mg Sodium.  
**Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 3 1/2 Fat. **Points:** 11

## Bavarian Roast Beef

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 1/2 pounds boneless beef chuck roast, trimmed  
1 tablespoon olive oil  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1/4 teaspoon ground ginger  
2 whole cloves  
4 apples, cored and quartered  
1 medium onion, sliced  
1/2 cup apple juice

### To Assemble:

Rub roast with olive oil, salt, pepper and ginger. Make 2 small slits in the roast and insert the whole cloves. Place roast in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

Place apples, onion and apple juice in a second 1-gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a third 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure apple juice is gluten free.

## Bavarian Roast Beef

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 1/2 pounds boneless beef chuck roast, trimmed  
1 tablespoon olive oil  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1/4 teaspoon ground ginger  
2 whole cloves  
4 apples, cored and quartered  
1 medium onion, sliced  
1/2 cup apple juice

### Cooking Instructions:

Place apples and onion in a slow cooker; top with roast and pour apple juice over all. Cover and cook on LOW for 8 to 10 hours or until roast is fork-tender.

**Serving Suggestions:** Buttered wide noodles topped with a dollop of sour cream; add braised green and red cabbage on the side.

**Nutrition per serving:** 574 Calories; 25g Fat; 65g Protein; 30g Carbohydrate; 5g Dietary Fiber; 241mg Cholesterol; 657mg Sodium.  
**Exchanges:** 0 Grain(Starch); 9 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 1 Fat. **Points:** 15



**DO-AHEAD TIP:** Marinate steak in refrigerator overnight before freezing.

## Hula Steak

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 (3-inch) piece fresh gingerroot, peeled and grated  
3 cloves garlic, pressed  
1 cup low sodium soy sauce  
2 tablespoons brown sugar  
1/4 cup apple juice  
4 (4- to 6-oz.) beef sirloin steaks, trimmed

### To Assemble:

In a large bowl, whisk together gingerroot, garlic, soy sauce, brown sugar and apple juice; add steaks and turn to coat well. Place in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag. Marinate in the refrigerator overnight before freezing.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce and apple juice are gluten free.

## Hula Steak

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 (3-inch) piece fresh gingerroot, peeled and grated  
3 cloves garlic, pressed  
1 cup low sodium soy sauce  
2 tablespoons brown sugar  
1/4 cup apple juice  
4 (4- to 6-oz.) beef sirloin steaks, trimmed

### At Time of Cooking Ingredients:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil. Grill steaks for 6 to 8 minutes per side or until desired level of doneness is achieved.

**Serving Suggestions:** Brown rice and grilled fresh pineapple rings.

**Nutrition per serving:** 414 Calories; 23g Fat; 35g Protein; 14g Carbohydrate; 1g Dietary Fiber; 107mg Cholesterol; 2490mg Sodium.  
**Exchanges:** 4 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 11

## Pesto Burgers

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound 95% lean ground beef  
2 slices bread, crumbled  
1 cup diced onion  
2 eggs  
1/4 cup grated Parmesan cheese  
3 tablespoons prepared pesto  
2 cloves garlic, pressed

### To Assemble:

In a large bowl, combine all ingredients (beef through garlic). Form mixture into 6 patties, pressing your thumb into the center of each patty to form a small indentation. Place patties in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Use gluten free bread and make sure pesto is gluten free.

## Pesto Burgers

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound 95% lean ground beef  
2 slices bread, crumbled  
1 cup diced onion  
2 eggs  
1/4 cup grated Parmesan cheese  
3 tablespoons prepared pesto  
2 cloves garlic, pressed

### At Time of Cooking Ingredients:

Olive oil  
4 whole wheat burger buns, lightly toasted

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly grease grill grate with olive oil. Grill burgers for 5 to 6 minutes per side or until desired level of doneness is achieved. Serve on burger buns.

**Serving Suggestions:** A big salad of mixed baby greens, thinly sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

**Nutrition per serving:** 628 Calories; 15g Fat; 26g Protein; 41g Carbohydrate; 4g Dietary Fiber; 144mg Cholesterol; 616mg Sodium.

**Exchanges:** 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 11

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 11 - Pork

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.



## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### **FlyLady says . . . Baby Steps!**

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## **Dinner, it's in the bag**

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### **Substitutions anyone?**

You may not like pork and prefer to enjoy other meats, maybe chicken was on sale this week instead of pork... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## **What's for Dinner?**

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## MEAT

2 pounds lean pork tenderloin [R1,R2]  
16 (6-oz.) boneless top loin pork chops [R3,R4,R6,R10]  
1 pound ground pork [R5,R9]  
1 1/4 pounds country-style pork ribs [R7]  
3/4 pound pork loin [R8]

## CONDIMENTS

Apple cider vinegar (3 tablespoons) [R4,R8]  
Dijon mustard (3 tablespoons) [R1,R10]  
Ketchup (1/2 cup) [R4]  
Hot sauce (1/2 teaspoon) [R8]  
Low sodium soy sauce (3 tablespoons plus 2 teaspoons) [R4,R6,R7,R9]  
Hoisin sauce (2 tablespoons) (in Asian section of grocery store) [R9]  
Honey (4 tablespoons) [R4,R10]  
Maple syrup, pure (1 tablespoon) [R7]  
Apricot preserves (1/4 cup) [R1]

## CANNED GOODS

Low sodium chicken broth (3/4 cup) [R5]  
1 (14.5-oz.) can diced tomatoes [R2]  
Roasted red peppers (2 tablespoons) [R5]  
2 (15-oz.) cans black beans [R2]  
1 (8-oz.) can crushed pineapple [R4]

## SPICES

Sea salt [R2,R4,R5,R6,R7,R8,R10]  
Black peppercorns [R2,R4,R5,R6,R7,R9,R10]  
Curry powder [R1]  
Chili powder [R3]  
Oregano [R3,R8]  
Ground cumin [R3,R8]  
Garlic powder [R3]  
Thyme [R5]  
Paprika [R5,R6]  
Ground allspice [R7]  
Ground cinnamon [R7]  
Ground ginger [R7,R10]  
Crushed red pepper flakes [R9]

## PRODUCE

Onions (1 medium, 1 small, 1 cup chopped plus 6 tablespoons diced) [R2,R5,R7,R8]  
Garlic (20 cloves) [R1,R2,R5,R6,R7,R8,R9]  
Green bell peppers (1 medium) [R8]  
Red bell peppers (1 medium) [R8]  
Jalapenos (1) [R2]  
Green beans (2 1/2 cups) [R9]

## DAIRY/DAIRY CASE

Eggs (1) [R5]

## DRY GOODS

Cornstarch (2 tablespoons plus 1 teaspoon) [R4,R9]  
Sugar (1 teaspoon) [R9]  
Dry breadcrumbs (1/4 cup) [R5]

## OTHER

Plastic wrap [R5]  
Zipper-topped plastic freezer bags:  
1-gallon 13  
1-quart 12

## GLUTEN FREE

Apple cider vinegar [R4,R8]  
Dijon mustard [R1,R10]  
Ketchup [R4]  
Hot sauce [R8]  
Soy sauce [R4,R6,R7,R9]  
Hoisin sauce [R9]  
Apricot preserves [R1]  
Chicken broth [R5]  
Canned tomatoes [R2]  
Canned black beans [R2]  
Canned pineapple [R4]  
Jarred roasted red peppers [R5]  
Curry powder [R1]  
Arrowroot starch [R4,R9]  
Bread crumbs or bread [R5]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.

(\* refers to ingredients needed for the serving suggestions if you are following them.)

## Recipe 1 – Curried Pork Tenderloin

- Olive oil (to coat pan)
- \*Whole wheat couscous
- \*Golden raisins
- \*Slivered almonds
- \*Broccoli

**GLUTEN FREE:** Make couscous is gluten free or use brown rice.

## Recipe 2 – Pork and Black Beans

- Olive oil (1 tablespoon)
- \*Corn on the cob
- \*Lettuce (not Iceberg, no nutrition)
- \*Salad veggies (your choice)
- \*Salad dressing (your choice)

**GLUTEN FREE:** Make sure salad dressing is gluten free.

## Recipe 3 – Southwestern Pork Chops

- Olive oil (to coat grill)
- \*Sweet potatoes
- \*Kale

## Recipe 4 – Hawaiian Pork Chops

- Olive oil (to coat pan)
- \*Brown rice
- \*Green beans

## Recipe 5 – Albondigas

- Olive oil (to fill large 1/4 inch deep of large skillet)
- \*Lettuce (not Iceberg, no nutrition)
- \*Salad veggies (your choice)
- \*Salad dressing (your choice)
- \*Corn muffins
- \*Butter, unsalted

**GLUTEN FREE:** Make sure salad dressing and corn muffins are gluten free.

## Recipe 6 – Garlic-Soy Pork Chops

- Olive oil (to coat grill)
- \*Brown rice
- \*Zucchini, yellow squash and red onion

## Recipe 7 – Maple Spice Ribs

- \*Sweet potatoes
- \*Garlic
- \*Baby spinach

## Recipe 8 – Pork Fajitas

- 4 whole wheat flour tortillas
- Your favorite toppings: shredded cheese, sour cream, avocado
- \*Lettuce (not Iceberg, no nutrition)
- \*Salad veggies (your choice)
- \*Salad dressing (your choice)

**GLUTEN FREE:** Make sure salad dressing is gluten free. Use gluten free tortillas

## Recipe 9 – Szechuan Pork and Green Beans

- Peanut oil (1 tablespoon)
- \*Baby bok choy
- \*Baby carrots

## Recipe 10 – Honey-Dijon Pork Chops

- \*Red potatoes
- \*Asparagus

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## **MEAT**

1 pound ground pork: separate in half.  
Cut 3/4 pound pork loin into strips.  
Refrigerate all meat until ready to use.

## **CONDIMENTS**

Set condiments out on counter and measure as needed for each recipe.

## **PRODUCE**

### **Onions:**

Cut 1 medium onion into wedges.  
Dice 1 small onion plus 6 tablespoons.  
Chop 1 cup onion.

### **Garlic:**

Press 30 cloves of garlic as needed for each recipe.

### **Peppers:**

De-seed, de-rib and cut 1 medium green bell pepper into strips.

De-seed, de-rib and cut 1 medium red bell pepper into strips.

De-seed, de-rib and chop 1 jalapeno.

### **Green beans:**

Measure 2 1/2 cups of green beans.

## **CANNED GOODS**

Open all cans.  
Measure 3/4 cup low sodium chicken broth.  
Drain and rinse 2 cans black beans.  
Drain and chop 2 tablespoons jarred roasted red bell peppers.

## **SPICES**

Set out all spices on countertop and measure as needed for each recipe.

## **DAIRY**

Lightly beat 1 egg.

## **DRY GOODS**

Set out all dry goods on countertop and measure as needed for each recipe.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Curried Pork Tenderloin
- ☐ 2. Pork and Black Beans
- ☐ 3. Southwestern Pork Chops
- ☐ 4. Hawaiian Pork Chops
- ☐ 5. Albondigas
- ☐ 6. Garlic-Soy Pork Chops
- ☐ 7. Maple Spice Ribs
- ☐ 8. Pork Fajitas
- ☐ 9. Szechuan Pork and Green Beans
- ☐ 10. Honey-Dijon Pork Chops

## Curried Pork Tenderloin

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

1/4 cup apricot preserves  
1 tablespoon Dijon mustard  
1 tablespoon curry powder  
4 cloves garlic, pressed  
1 pound lean pork tenderloin

### To Assemble:

In a small bowl, whisk together preserves, mustard, curry powder and garlic. Coat pork with curry mixture and place in a 1-gallon zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure apricot preserves, Dijon mustard and curry powder are gluten free.

## Curried Pork Tenderloin

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1/4 cup apricot preserves  
1 tablespoon Dijon mustard  
1 tablespoon curry powder  
4 cloves garlic, pressed  
1 pound lean pork tenderloin

### At Time of Cooking Ingredients:

Olive oil (to coat pan)

### Cooking Instructions:

Preheat oven to 450°F.

Lightly coat a roasting pan with olive oil. Place pork on pan and roast 35 to 40 minutes or until cooked through.

**Serving Suggestions:** Whole wheat couscous tossed with golden raisins and slivered almonds; add steamed broccoli.

**Nutrition per serving:** 198 Calories; 4g Fat; 25g Protein; 15g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 113mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 Other Carbohydrates. **Points:** 5

## Pork and Black Beans

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 pound lean pork tenderloin  
1 teaspoon freshly ground black pepper  
1/2 teaspoon sea salt  
2 (15-oz.) cans black beans, drained and rinsed  
1 jalapeno, de-seeded, de-ribbed and chopped  
1 (14.5-oz) can diced tomatoes  
1 cup chopped onion  
3 cloves garlic, pressed

### To Assemble:

Sprinkle pork with salt and pepper, then place in a 1-gallon zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (beans through garlic) in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure canned beans and tomatoes are gluten free.

## Pork and Black Beans

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 pound lean pork tenderloin  
1 teaspoon freshly ground black pepper  
1/2 teaspoon sea salt  
2 (15-oz.) cans black beans, drained and rinsed  
1 jalapeno, de-seeded, de-ribbed and chopped  
1 (14.5-oz) can diced tomatoes  
1 cup chopped onion  
3 cloves garlic, pressed

### At Time of Cooking Ingredients:

1 tablespoon olive oil

### Cooking Instructions:

In a large skillet, heat olive oil over medium-high heat. Add pork and brown on all sides. Transfer pork to a crock cooker and stir in remaining ingredients (beans through garlic). Cover and cook on low 6 to 8 hours or until pork is cooked through.

**Serving Suggestions:** Corn on the cob and a big salad.

**Nutrition per serving:** 388 Calories; 9g Fat; 37g Protein; 37g Carbohydrate; 14g Dietary Fiber; 74mg Cholesterol; 957mg Sodium. **Exchanges:** 2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 9



## Southwestern Pork Chops

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless top loin pork chops  
1 tablespoon chili powder  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1/8 teaspoon garlic powder

### To Assemble:

Rub pork chops with chili powder, oregano, cumin and garlic powder, then place in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** No changes necessary.

## Southwestern Pork Chops

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

4 (6-oz.) boneless top loin pork chops  
1 tablespoon chili powder  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1/8 teaspoon garlic powder

### At Time of Cooking Ingredients:

Olive oil (to coat grill)

### Cooking Instructions:

Preheat outdoor grill to medium heat. Lightly coat grill grate with olive oil.

Grill pork chops 7 to 8 minutes per side or until cooked through.

**Serving Suggestions:** Baked sweet potatoes and braised kale.

**Nutrition per serving:** 207 Calories; 8g Fat; 31g Protein; 2g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 83mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Fat. **Points:** 5

## Hawaiian Pork Chops

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless top loin pork chops  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons cornstarch  
1/2 cup ketchup  
1 tablespoon honey  
1 tablespoon apple cider vinegar  
1 (8-oz.) can crushed pineapple  
1 tablespoon low sodium soy sauce

### To Assemble:

Sprinkle pork chops with salt and pepper, then place in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Combine remaining ingredients (cornstarch through soy sauce) in a second 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch and make sure ketchup, vinegar, soy sauce and canned pineapple are gluten free.

## Hawaiian Pork Chops

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

4 (6-oz.) boneless top loin pork chops  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons cornstarch  
1/2 cup ketchup  
1 tablespoon honey  
1 tablespoon apple cider vinegar  
1 (8-oz.) can crushed pineapple  
1 tablespoon low sodium soy sauce

### At Time of Cooking Ingredients:

Olive oil (to coat pan)  
Aluminum foil wrap

### Cooking Instructions:

Preheat oven to 350°F.

In a medium saucepan, bring contents of second freezer bag (cornstarch through soy sauce) to a boil.

Lightly coat a roasting pan with olive oil. Place pork chops on pan and pour sauce over chops. Cover with aluminum foil and bake 1 hour or until cooked through.

**Serving Suggestions** Brown rice and steamed green beans.

**Nutrition per serving:** 298 Calories; 8g Fat; 31g Protein; 26g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 805mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 8

## Albondigas

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 pound ground pork  
1 egg, lightly beaten  
6 tablespoons diced onion, divided  
3 cloves garlic, pressed and divided  
1/4 cup dry bread crumbs  
1/4 teaspoon dried thyme  
1 teaspoon paprika  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons jarred roasted red peppers, drained and chopped  
3/4 cup low sodium chicken broth

### To Assemble:

Combine pork, egg, 4 tablespoons onion, 2 cloves garlic, breadcrumbs, thyme, paprika, salt and pepper in a large bowl. Form into 1-inch balls. Place on a baking sheet lined with plastic wrap and freeze until solid. Transfer to a 1-gallon zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining 2 tablespoons onion, remaining 1 clove garlic, roasted red pepper and chicken broth in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Use gluten free bread crumbs or make your own from gluten free bread. Make sure roasted red peppers and chicken broth are gluten free.

## Albondigas

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/2 pound ground pork  
1 egg, lightly beaten  
6 tablespoons diced onion, divided  
3 cloves garlic, pressed and divided  
1/4 cup dry bread crumbs  
1/4 teaspoon dried thyme  
1 teaspoon paprika  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons jarred roasted red peppers, drained and chopped  
3/4 cup low sodium chicken broth

### At Time of Cooking Ingredients:

Olive oil (to fill 1/4 inch deep in large skillet)

### Cooking Instructions:

Fill a large skillet 1/4-inch full with olive oil and heat over medium-high heat. Add meatballs and brown on all sides, working in batches if necessary. Remove, drain and set aside.

Place contents of second freezer bag (onion through chicken broth) in a large saucepan and simmer 10 minutes. Add meatballs and simmer 10 to 15 minutes longer or until sauce is thickened.

**Serving Suggestions:** A big salad and some warm corn muffins with butter.

**Nutrition per serving:** 276 Calories; 21g Fat; 15g Protein; 8g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 323mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat. **Points:** 8

## Garlic-Soy Pork Chops

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (6-oz.) boneless top loin pork chops  
1 tablespoon low sodium soy sauce  
3 cloves garlic, pressed  
1/2 teaspoon paprika  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Combine all ingredients (pork through pepper) in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce is gluten free.

## Garlic-Soy Pork Chops

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

4 (6-oz.) boneless top loin pork chops  
1 tablespoon low sodium soy sauce  
3 cloves garlic, pressed  
1/2 teaspoon paprika  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

Olive oil (to coat grill)

### Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil.

Grill pork chops 7 to 8 minutes per side or until cooked through.

**Serving Suggestions:** Brown rice and stir-fried OR grilled zucchini, yellow squash and red onion.

**Nutrition per serving:** 205 Calories; 8g Fat; 31g Protein; 1g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 331mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fat. **Points:** 5

## Maple Spice Ribs

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/4 pounds country-style pork ribs  
1/4 teaspoon ground allspice  
1/8 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 small onion, diced  
4 cloves garlic, pressed  
1 tablespoon pure maple syrup  
1 tablespoon low sodium soy sauce

### To Assemble:

Combine all ingredients (ribs through soy sauce) in a 1-gallon zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure soy sauce is gluten free.

## Maple Spice Ribs

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 1/4 pounds country-style pork ribs  
1/4 teaspoon ground allspice  
1/8 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 small onion, diced  
4 cloves garlic, pressed  
1 tablespoon pure maple syrup  
1 tablespoon low sodium soy sauce

### Cooking Instructions:

Pour freezer bag contents into a crock cooker. Cover and cook on low 6 to 8 hours or until tender and cooked through.

**Serving Suggestions:** Baked sweet potatoes and garlic-sauteed baby spinach.

**Nutrition per serving:** 261 Calories; 18g Fat; 17g Protein; 7g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 443mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

## Pork Fajitas

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

3/4 pound pork loin, trimmed and cut into strips  
2 tablespoons apple cider vinegar  
2 cloves garlic, pressed  
1 teaspoon dried oregano  
1 tablespoon ground cumin  
1/2 teaspoon sea salt  
1/2 teaspoon hot sauce  
1 medium onion, cut into wedges  
1 medium red bell pepper, de-seeded, de-ribbed and sliced  
1 medium green bell pepper, de-seeded, de-ribbed and sliced

### To Assemble:

Combine pork, vinegar, garlic, oregano, cumin, salt and hot sauce in a 1-gallon zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place onion and bell peppers in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure vinegar and hot sauce are gluten free.

## Pork Fajitas

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

3/4 pound pork loin, trimmed and cut into strips  
2 tablespoons apple cider vinegar  
2 cloves garlic, pressed  
1 teaspoon dried oregano  
1 tablespoon ground cumin  
1/2 teaspoon sea salt  
1/2 teaspoon hot sauce  
1 medium onion, cut into wedges  
1 medium red bell pepper, de-seeded, de-ribbed and sliced  
1 medium green bell pepper, de-seeded, de-ribbed and sliced

### At Time of Cooking Ingredients:

4 whole wheat flour tortillas  
Your favorite toppings such as shredded cheese, sour cream or avocado

### Cooking Instructions:

Combine all ingredients (pork through green bell pepper) in a large skillet over medium-high heat. Cook 10 minutes or until pork is cooked through and vegetables are tender; drain. Serve on tortillas with your favorite toppings.

**Serving Suggestions:** A big salad.

**Nutrition per serving:** 249 Calories; 6g Fat; 16g Protein; 34g Carbohydrate; 4g Dietary Fiber; 27mg Cholesterol; 657mg Sodium. **Exchanges:** 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat. **Points:** 6

## Szechuan Pork and Green Beans

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 pound ground pork, crumbled  
1 teaspoon cornstarch  
1/4 teaspoon freshly ground black pepper  
2 1/2 cups green beans  
1 clove garlic, pressed  
1 teaspoon sugar  
1 teaspoon crushed red pepper flakes  
2 teaspoons low sodium soy sauce  
2 tablespoons hoisin sauce

### To Assemble:

Place pork, cornstarch and pepper in a 1-gallon zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Place remaining ingredients (green beans through hoisin sauce) in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Use arrowroot starch and make sure soy sauce and hoisin sauce are gluten free.

## Szechuan Pork and Green Beans

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/2 pound ground pork, crumbled  
1 teaspoon cornstarch  
1/4 teaspoon freshly ground black pepper  
2 1/2 cups green beans  
1 clove garlic, pressed  
1 teaspoon sugar  
1 teaspoon crushed red pepper flakes  
2 teaspoons low sodium soy sauce  
2 tablespoons hoisin sauce

### At Time of Cooking Ingredients:

1 tablespoon peanut oil

### Cooking Instructions:

Heat oil in a large skillet over medium-high heat. Add pork mixture and brown. Stir in remaining ingredients (green beans through hoisin sauce) and cook 5 minutes while stirring, or until meat is cooked through.

**Serving Suggestions:** Serve hot meat/green beans mixture over chopped baby bok choy; add steamed baby carrots on the side.

**Nutrition per serving:** 228 Calories; 16g Fat; 11g Protein; 11g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 265mg Sodium. **Exchanges:** 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6



## Honey-Dijon Pork Chops

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
3 tablespoons honey  
2 tablespoons Dijon mustard  
1/2 teaspoon ground ginger  
4 (6-oz.) boneless top loin pork chops

### To Assemble:

In a small bowl, whisk together salt, pepper, honey, mustard and ginger. Coat pork chops with honey-Dijon mixture and place in a 1-quart zipper topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

**GLUTEN FREE:** Make sure mustard is gluten free.

## Honey-Dijon Pork Chops

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
3 tablespoons honey  
2 tablespoons Dijon mustard  
1/2 teaspoon ground ginger  
4 (6-oz.) boneless top loin pork chops

### Cooking Instructions:

Heat a large skillet over medium heat. Add pork chops and cook 6 to 7 minutes per side until cooked through.

**Serving Suggestions:** Steamed red potatoes and steamed asparagus.

**Nutrition per serving:** 252 Calories; 8g Fat; 31g Protein; 14g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 275mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Fat; 1 Other Carbohydrates. **Points:** 6

# Saving Dinner with



## The Frozen Chosen Freezer Meal Club Volume 12 – Fish/Seafood

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**10 Delicious Freezer meals**  
to  
Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to The Frozen Chosen Freezer Meal Club

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy pre assembly prep list to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

## Let's Talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

## Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look it over to get started. This one has the ingredients that you'll be assembling and freezing. We've included a section for gluten free items, so be sure to pay attention to this section of BOTH shopping lists if you are leading a gluten free lifestyle.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now it's time to put on those lace up shoes and head to the market for your remaining ingredients.

### Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

### Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 10 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 10 kits in a day, try doing the preassembly the day before. Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See [www.FlyLady.net](http://www.FlyLady.net) for more on Baby Steps.)

You'll want to get out the Preassembly Prep List as that will have many time-saving do-ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

### Substitutions anyone?

You may not like fish and prefer to enjoy other meats, maybe chicken was on sale this week instead of fish... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

## What's for Dinner?

With your freezer full of nutritious meals comes the question "How do I use and get the full benefit of my meals?" Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 10 recipes noted, and below each numbered



recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a " \* ". These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

### **Going forward**

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### **10 For the Freezer is Saving Dinner**

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 10 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

**(Note: Each purchase of Frozen Chosen is for individual use. Please have participants each purchase their own menu.)**

**Congratulations on Saving Dinner in your home!**



# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

## FISH/SEAFOOD (fresh or frozen)

4 (6-oz.) cod fillets OR other white fish [R2]  
1 pound white fish fillets [R5]  
8 (4- to 6-oz.) white fish fillets [R7,R9]  
1 pound boneless skinless salmon [R10]  
8 (4- to 6-oz.) salmon fillets [R4,R8]  
1 pound shrimp, peeled and deveined [R6]  
1 1/2 pounds shrimp, peeled and deveined (tails left on) [R1]  
1/2 pound cooked lump crabmeat [R3]

## CONDIMENTS

Olive oil (2 tablespoons plus 3 teaspoons) [R4,R7,R10]  
Balsamic vinegar (1/4 cup) [R4]  
Rice wine vinegar (2 tablespoons plus 2 teaspoons) [R1,R3]  
Low sodium soy sauce (3 tablespoons) [R1,R3]  
Green olives (1/3 cup) [R9]  
Dry white wine (1 cup) (or use low sodium chicken broth) [R5,R9]

## CANNED GOODS

Low sodium chicken broth (4 1/4 cups plus 1 cup if not using dry white wine) [R5,R8,R9]  
Fish OR vegetable stock (1/2 cup) [R2]  
1 (14.5-oz.) can diced tomatoes [R7]  
1 (15-oz.) can chickpeas [R5]

## SPICES

Sea salt [R2,R3,R4,R5,R6,R7,R8,R9,R10]  
Black peppercorns [R3,R4,R5,R6,R7,R8,R9,R10]  
Fennel seeds [R5]  
Rosemary [R5]  
Paprika [R6]  
Ground coriander [R10]  
Ground cumin [R10]

## DAIRY/DAIRY CASE

Butter, unsalted (2 tablespoons) [R2]  
Milk, 2% or higher fat content (1/2 cup) [R2]  
Whole milk (1 cup) [R8]

## PRODUCE

Onions (1 medium plus 1 small) [R5,R7]  
Red onions (1 medium) [R4]  
Garlic (7 cloves) [R7,R10]  
Tomatoes (3/4 pound) [R5]  
Jalapeno peppers (2) [R3,R7]  
Asparagus (1 pound) [R3]  
Gingerroot (1 tablespoon minced) [R6]  
Parsley (3/4 cup chopped) [R2]  
Cilantro (2 tablespoons chopped) [R7]  
Oregano (2 tablespoons chopped) [R9]  
Lemons (1 whole plus 3 tablespoons plus 3 teaspoons juice) [R3,R7,R8,R9,R10]  
Oranges (1/2 cup juice) [R4]

## DRY GOODS

Flour (2 tablespoons) [R2]  
Cornstarch (1 1/2 teaspoons) [R7]

## OTHER

Grill skewers [R1,R10]  
Zipper-topped plastic freezer bags:  
1-quart 14  
1-gallon 14

## GLUTEN FREE

Balsamic vinegar [R4]  
Rice wine vinegar [R1,R3]  
Soy sauce [R1,R3]  
Olives [R9]  
Wine [R5,R9]  
Chicken broth [R5,R8,R9]  
Fish or vegetable stock [R2]  
Canned tomatoes [R7]  
Canned chickpeas [R5]  
Flour [R2]  
Arrowroot starch [R7]



# Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.  
(\* refers to ingredients needed for the serving suggestions if you are following them.)

## Recipe 1 – Sesame Shrimp Kabobs

Sesame seeds (1/4 cup)  
Olive oil (1 tablespoon)  
\*Wild rice pilaf  
\*Asparagus

## Recipe 2 – Poached Cod

Lemons (1/4 cup plus 2 teaspoons juice plus 1/4 teaspoon grated peel)  
Sea salt  
\*Red potatoes  
\*Baby carrots  
\*Green beans

## Recipe 3 – Crab and Asparagus Salad

\*English cucumber  
\*Beefsteak tomatoes  
\*Whole grain rolls  
\*Butter, unsalted

## Recipe 4 – Balsamic Onion Salmon

Olive oil (1 teaspoon)  
\*Brown rice  
\*Sour cream  
\*Green onions  
\*Kale

## Recipe 5 – White Fish and Chickpea Soup

Parsley (1/4 cup chopped)  
\*Spinach  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)  
\*Whole grain rolls  
\*Butter, unsalted

## Recipe 6 – Ginger-Paprika Shrimp

Olive oil (2 tablespoons)  
Apple cider vinegar (1 tablespoon)  
Parsley (1/4 cup chopped)  
\*Whole wheat couscous  
\*Golden raisins  
\*Slivered almonds  
\*Garlic  
\*Baby spinach

**GLUTEN FREE:** Make sure vinegar is gluten free.

## Recipe 7 – Baked White Fish with Spicy Tomato Sauce

\*Red potatoes  
\*Lettuce (not Iceberg, no nutrition)  
\*Salad veggies (your choice)  
\*Salad dressing (your choice)

## Recipe 8 – Creamy Lemon Salmon

Cornstarch (1 tablespoon)  
Whole milk (2 tablespoons)  
Olive oil (1 tablespoon)  
\*New potatoes  
\*Medley of baby carrots with broccoli and cauliflower florets

**GLUTEN FREE:** Use arrowroot starch instead of cornstarch.

## Recipe 9 – Olive Oregano Fish

Olive oil (2 teaspoons)  
Lemon (4 thin slices)  
\*Eggplant  
\*Mixed baby greens  
\*Red onion  
\*Cherry tomatoes  
\*Red wine vinaigrette

## Recipe 10 – Salmon Kabobs

Olive oil (to coat grill)  
\*Wild rice pilaf  
\*Zucchini  
\*Yellow squash  
\*Red bell pepper

# Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

## FISH/SEAFOOD

Refrigerate all fish/seafood until ready to assemble.  
Cube 1 pound white fish fillets.  
Cube 1 pound boneless skinless salmon.  
Pick through 1/2 pound cooked lump crabmeat to discard any shell pieces.

## CONDIMENTS

Set out condiments as listed in Assembly Time Shopping List.

## CANNED GOODS

Open all cans.  
Measure low sodium chicken broth as needed at time of assembly.  
Measure 1/2 cup of fish OR vegetable stock.  
Diced tomatoes: Drain 1 (14.5-oz.) can of diced tomatoes and reserve juice.  
Chickpeas: Drain and rinse 1 (15-oz.) can of chickpeas.

## SPICES

Set out all spices listed on Assembly Time Shopping List.

## PRODUCE

Onions: Dice 1 medium onion and chop 1 small onion.  
Red onion: Peel 1 medium red onion and cut into wedges.  
Garlic: Press 7 cloves as needed at time of assembly.  
Tomatoes: Chop 3/4 pound of tomatoes.  
Jalapeno peppers: De-seed and mince 2 jalapeno peppers.  
Asparagus: Trim asparagus spears and cut them into 1-inch pieces.  
Gingerroot: Mince 1 tablespoon of gingerroot.  
Parsley: Chop 3/4 cup of parsley.  
Cilantro: Chop 2 tablespoons of cilantro.  
Oregano: Chop 2 tablespoons of oregano.  
Lemons: Squeeze juice from 1 whole lemon and squeeze 3 tablespoons plus 3 teaspoons juice.  
Oranges: Squeeze 1/2 cup of orange juice.

## DAIRY/DAIRY CASE

Unsalted butter: Measure 2 tablespoons.  
Milk, 2% or higher fat content: Measure 1/2 cup.  
Whole milk: Measure 1 cup.

## DRY GOODS

Set out dry goods as shown on Assembly Time Shopping List.

## Saving Dinner with 10 For the Freezer Dinner Planner

- ☐ 1. Sesame Shrimp Kabobs
- ☐ 2. Poached Cod
- ☐ 3. Crab and Asparagus Salad
- ☐ 4. Balsamic Onion Salmon
- ☐ 5. White Fish and Chickpea Soup
- ☐ 6. Ginger-Paprika Shrimp
- ☐ 7. Baked White Fish with Spicy Tomato Sauce
- ☐ 8. Creamy Lemon Salmon
- ☐ 9. Olive Oregano Fish
- ☐ 10. Salmon Kabobs

## Sesame Shrimp Kabobs

10 For the Freezer Recipe 1 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 1/2 pounds shrimp, peeled and deveined (tails left on)  
2 tablespoons low sodium soy sauce  
2 tablespoons rice wine vinegar  
Grill skewers

### To Assemble:

In a small bowl, combine soy sauce and vinegar.

Thread shrimp onto grill skewers then brush with soy sauce/vinegar mixture. Place skewers in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bag in a second 1-gallon freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure soy sauce and vinegar are gluten free.

## Sesame Shrimp Kabobs

10 For the Freezer Recipe 1 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 1/2 pounds shrimp, peeled and deveined (tails left on)  
2 tablespoons low sodium soy sauce  
2 tablespoons rice wine vinegar  
Grill skewers

### At Time of Cooking Ingredients:

1/4 cup sesame seeds  
1 tablespoon olive oil

### Cooking Instructions:

Sprinkle skewered shrimp with sesame seeds. Heat the olive oil in a large skillet over medium-high heat; add shrimp and cook for 3 minutes per side or until cooked through.

**Serving Suggestions:** Wild rice pilaf and steamed asparagus.

**Nutrition per serving:** 268 Calories; 11g Fat; 36g Protein; 5g Carbohydrate; 1g Dietary Fiber; 259mg Cholesterol; 553mg Sodium.  
**Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

## Poached Cod

10 For the Freezer Recipe 2 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 tablespoons unsalted butter  
2 tablespoons flour  
1/2 cup milk (2% or higher fat content)  
1/2 cup fish OR vegetable stock  
1/2 teaspoon sea salt  
3/4 cup chopped fresh parsley  
4 (6-oz.) cod fillets OR other white fish

### To Assemble:

Melt the butter in a small saucepan over medium heat; add flour and whisk to a smooth paste. Reduce heat to low and continue to whisk for 2 minutes. Slowly whisk in milk until well blended then whisk in stock. Add salt and cook for 10 minutes, stirring occasionally. Remove saucepan from heat and allow sauce to cool. Stir in parsley then place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

Place cod in a second 1-quart freezer bag and carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bags in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure stock is gluten free. Use gluten free flour.

## Poached Cod

10 For the Freezer Recipe 2 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 tablespoons unsalted butter  
2 tablespoons flour  
1/2 cup milk (2% or higher fat content)  
1/2 cup fish OR vegetable stock  
1/2 teaspoon sea salt  
3/4 cup chopped fresh parsley  
4 (6-oz.) cod fillets OR other white fish

### At Time of Cooking Ingredients:

6 cups water  
1/4 cup plus 2 teaspoons fresh lemon juice, divided  
1/4 teaspoon grated lemon peel  
1/2 teaspoon sea salt

### Cooking Instructions:

In a large skillet with a tight-fitting lid, bring water, 1/4 cup of lemon juice, lemon peel and salt to a boil; add cod, return to a boil then turn off the heat. Cover and let stand for 10 minutes or until fillets are cooked through.

Meanwhile, reheat sauce in a small saucepan over medium-low heat, whisking constantly. Whisk in remaining 2 teaspoons of lemon juice. Remove cod from poaching liquid and serve topped with sauce.

**Serving Suggestions:** Steamed red potatoes, baby carrots and green beans.

**Nutrition per serving:** 243 Calories; 8g Fat; 32g Protein; 10g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 704mg Sodium.  
**Exchanges:** 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat. **Points:** 6

## Crab and Asparagus Salad

10 For the Freezer Recipe 3 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1/2 pound cooked lump crabmeat, sorted through for shell pieces  
2 teaspoons rice wine vinegar  
1 tablespoon low sodium soy sauce  
1 teaspoon fresh lemon juice  
1 jalapeno pepper, de-seeded and minced  
1 pound asparagus, trimmed and cut into 1-inch pieces  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Combine crab meat, rice wine vinegar, soy sauce, lemon juice and jalapeno in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

Place asparagus, salt and pepper in a second 1-quart freezer bag. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bags in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure vinegar and soy sauce are gluten free.

## Crab and Asparagus Salad

10 For the Freezer Recipe 3 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1/2 pound cooked lump crabmeat, sorted through for shell pieces  
2 teaspoons rice wine vinegar  
1 tablespoon low sodium soy sauce  
1 teaspoon fresh lemon juice  
1 jalapeno pepper, de-seeded and minced  
1 pound asparagus, trimmed and cut into 1-inch pieces  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

4 cups water

### Cooking Instructions:

Place crabmeat mixture in a large bowl. In a large saucepan, bring water to a boil; add asparagus and cook for 1 minute or until bright green; drain then add to crabmeat mixture; toss well and serve.

**Serving Suggestions:** Serve sliced English cucumber and beefsteak tomatoes on the side; add some whole grain rolls and butter.

**Nutrition per serving:** 102 Calories; 1g Fat; 17g Protein; 6g Carbohydrate; 1g Dietary Fiber; 96mg Cholesterol; 555mg Sodium.

**Exchanges:** 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 2



## Balsamic Onion Salmon

10 For the Freezer Recipe 4 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (4- to 6-oz.) salmon fillets  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 teaspoon olive oil  
1 medium red onion, cut into wedges  
1/2 cup orange juice  
1/4 cup balsamic vinegar

### To Assemble:

Sprinkle salmon with salt and pepper then place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

Heat the olive oil in a large skillet over medium heat. Add onion and cook until softened; remove from heat and allow it to cool then place it in a second 1-quart freezer bag. Add orange juice and balsamic vinegar, gently squeezing to combine. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bags in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure vinegar is gluten free.

## Balsamic Onion Salmon

10 For the Freezer Recipe 4 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (4- to 6-oz.) salmon fillets  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 teaspoon olive oil  
1 medium red onion, cut into wedges  
1/2 cup orange juice  
1/4 cup balsamic vinegar

### At Time of Cooking Ingredients:

1 teaspoon olive oil

### Cooking Instructions:

Place onion mixture in a large skillet with a tight-fitting lid over medium-high heat; bring to a boil then reduce heat, cover and simmer for 45 minutes.

Meanwhile, heat the olive oil in a large skillet over medium heat; add salmon and cook for 3 to 4 minutes per side or until cooked through. Serve salmon topped with onion mixture.

**Serving Suggestions** Brown rice topped with a dollop of sour cream and chopped green onion; add steamed kale.

**Nutrition per serving:** 184 Calories; 6g Fat; 23g Protein; 8g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 313mg Sodium.

**Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat. **Points:** 4

## White Fish and Chickpea Soup

10 For the Freezer Recipe 5 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 small onion, chopped  
1/2 teaspoon fennel seeds, crushed  
1/4 teaspoon dried rosemary, crushed  
3/4 pound tomatoes, chopped  
1 (15-oz.) can chickpeas, drained and rinsed  
1/2 cup dry white wine OR low sodium chicken broth  
4 cups low sodium chicken broth  
1 pound white fish fillets, cubed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### To Assemble:

In a 1-gallon zipper-topped plastic freezer bag, combine first 7 ingredients (onion through chicken broth). Carefully squeeze out excess air before sealing.

Sprinkle fish fillets with salt and pepper then place them in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bags in a second 1-gallon freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure chickpeas, wine and broth are gluten free.

## White Fish and Chickpea Soup

10 For the Freezer Recipe 5 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

1 small onion, chopped  
1/2 teaspoon fennel seeds, crushed  
1/4 teaspoon dried rosemary, crushed  
3/4 pound tomatoes, chopped  
1 (15-oz.) can chickpeas, drained and rinsed  
1/2 cup dry white wine OR low sodium chicken broth  
4 cups low sodium chicken broth  
1 pound white fish fillets, cubed  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

1/4 cup chopped fresh parsley

### Cooking Instructions:

In a large saucepan, place the contents of the 1-gallon freezer bag (onion mixture) over medium-high heat; bring to a boil. Stir in cubed fish then reduce heat and simmer for 3 to 5 minutes or until fish is cooked through. Stir in parsley then serve.

**Serving Suggestions:** A big spinach salad; add whole grain rolls and butter.

**Nutrition per serving:** 317 Calories; 2g Fat; 38g Protein; 32g Carbohydrate; 6g Dietary Fiber; 49mg Cholesterol; 1144mg Sodium.  
**Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fat.  
**Points:** 7

## Ginger-Paprika Shrimp

10 For the Freezer Recipe 6 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

1 tablespoon minced fresh gingerroot  
2 teaspoons paprika  
1 pound shrimp, peeled and deveined  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Combine ginger, paprika, shrimp, salt and pepper in a 1-gallon zipper-topped plastic freezer bag. Gently shake bag to combine. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bag in a second 1-gallon zipper-topped freezer bag. Squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** No changes necessary.

## Ginger-Paprika Shrimp

10 For the Freezer Recipe 6 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preamsembled Ingredients:

1 tablespoon minced fresh gingerroot  
2 teaspoons paprika  
1 pound shrimp, peeled and deveined  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

2 tablespoons olive oil  
1 tablespoon apple cider vinegar  
1/4 cup chopped fresh parsley

### Cooking Instructions:

Heat the olive oil in a large skillet over medium-high heat; add shrimp mixture and cook for 2 minutes per side. Stir in vinegar and cook for 2 minutes more. Add chopped parsley; toss and serve.

**Serving Suggestions:** Whole wheat couscous tossed with golden raisins and slivered almonds; add garlicky sautéed baby spinach on the side.

**Nutrition per serving:** 187 Calories; 9g Fat; 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 406mg Sodium.  
**Exchanges:** 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 5

## Baked White Fish with Spicy Tomato Sauce

10 For the Freezer Recipe 7 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (4- to 6-oz.) white fish fillets  
2 teaspoons olive oil, divided  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 medium onion, diced  
3 cloves garlic, pressed  
1 jalapeno pepper, de-seeded and minced  
1 (14.5-oz.) can diced tomatoes, drained (reserving liquid)  
Juice of 1 lemon  
1 1/2 teaspoons cornstarch  
2 tablespoons chopped fresh cilantro

### To Assemble:

Rub fish with 1 teaspoon of olive oil then sprinkle with salt and pepper. Place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

In a second 1-quart zipper-topped freezer bag, combine remaining olive oil, onion, garlic and jalapeno. Carefully squeeze out excess air before sealing.

In a small bowl, whisk together reserved tomato liquid, lemon juice, cornstarch and chopped cilantro; add tomatoes. Transfer mixture to a third 1-quart zipper-topped freezer bag.

To prevent freezer burn, place sealed bags in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure canned tomatoes are gluten free. Use arrowroot starch instead of cornstarch.

## Baked White Fish with Spicy Tomato Sauce

10 For the Freezer Recipe 7 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (4- to 6-oz.) white fish fillets  
2 teaspoons olive oil, divided  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 medium onion, diced  
3 cloves garlic, pressed  
1 jalapeno pepper, de-seeded and minced  
1 (14.5-oz.) can diced tomatoes, drained (reserving liquid)  
Juice of 1 lemon  
1 1/2 teaspoons cornstarch  
2 tablespoons chopped fresh cilantro

### Cooking Instructions:

Preheat oven to 425°F. Place fish on a rimmed baking sheet and bake for 10 to 15 minutes or until opaque.

Meanwhile, place onion mixture in a medium saucepan over medium-high heat; cook until onion has softened, about 5 minutes. Stir in tomato mixture and heat through. Serve fish topped with sauce.

**Serving Suggestions:** Steamed red potatoes and a big salad.

**Nutrition per serving:** 169 Calories; 3g Fat; 22g Protein; 14g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 190mg Sodium.

**Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Fat. **Points:** 4

## Creamy Lemon Salmon

10 For the Freezer Recipe 8 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

3 tablespoons fresh lemon juice  
1/4 cup low sodium chicken broth  
1 cup whole milk  
4 (4- to 6-oz.) salmon fillets  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To Assemble:

Place lemon juice, chicken broth and milk in a 1-quart zipper-topped plastic freezer bag. Gently squeeze to blend ingredients. Carefully squeeze out excess air before sealing.

Sprinkle salmon with salt and pepper then place in a second 1-quart zipper-topped freezer bag. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bags in a 1-gallon zipper-topped plastic freezer bag. Squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure broth is gluten free.

## Creamy Lemon Salmon

10 For the Freezer Recipe 8 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

3 tablespoons fresh lemon juice  
1/4 cup low sodium chicken broth  
1 cup whole milk  
4 (4- to 6-oz.) salmon fillets  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### At Time of Cooking Ingredients:

1 tablespoon cornstarch  
2 tablespoons whole milk  
1 tablespoon olive oil

### Cooking Instructions:

In a small bowl or cup, combine cornstarch and milk to a smooth paste. Place contents of first freezer bag (milk mixture) in a medium saucepan over medium-high heat; bring to a boil then add cornstarch/milk mixture; reduce heat and simmer, stirring constantly, until thickened.

Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add salmon and cook for 3 to 5 minutes per side or until cooked through. Serve salmon topped with creamy lemon sauce.

**Serving Suggestions:** Steamed new potatoes and steamed medley of baby carrots with broccoli and cauliflower florets.

**Nutrition per serving:** 218 Calories; 10g Fat; 26g Protein; 6g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 260mg Sodium.  
**Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 1 Fat. **Points:** 6

## Olive Oregano Fish

10 For the Freezer Recipe 9 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

4 (4- to 6-oz.) white fish fillets  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup dry white wine OR low sodium chicken broth  
1/3 cup green olives, halved  
1 teaspoon fresh lemon juice  
2 tablespoons chopped fresh oregano

### To Assemble:

Sprinkle fish with salt and pepper then place in a 1-quart zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

In a second 1-quart zipper-topped freezer bag, place remaining ingredients (wine or broth through oregano). Carefully squeeze out excess air before sealing.

To prevent freezer burn, place sealed bags in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** Make sure wine or broth and olives are gluten free.

## Olive Oregano Fish

10 For the Freezer Recipe 9 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

4 (4- to 6-oz.) white fish fillets  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup dry white wine OR low sodium chicken broth  
1/3 cup green olives, halved  
1 teaspoon fresh lemon juice  
2 tablespoons chopped fresh oregano

### At Time of Cooking Instructions:

2 teaspoons olive oil  
4 thin slices fresh lemon

### Cooking Instructions:

Preheat oven to 450°F. Heat the olive oil in a large skillet over high heat; add fish fillets and sear for 2 minutes per side; transfer to a rimmed baking sheet and top each fillet with a lemon slice.

Add wine (or broth) mixture to the skillet and whisk up all of the browned bits from the bottom of the pan; pour liquid around the fish in the baking dish; bake for 8 to 9 minutes or until cooked through.

**Serving Suggestions:** Grilled eggplant and a big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

**Nutrition per serving:** 149 Calories; 4g Fat; 20g Protein; 2g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 396mg Sodium.  
**Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

## Salmon Kabobs

10 For the Freezer Recipe 10 — Assembly Guidelines  
Serves 4

### Assembly Ingredients:

2 tablespoons olive oil  
4 cloves garlic, pressed  
1/4 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon fresh lemon juice  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 pound boneless skinless salmon, cubed  
Grill skewers

### To Assemble:

In a large bowl, whisk together olive oil, garlic, coriander, cumin, lemon juice, salt and pepper. Add salmon and toss to coat. Thread salmon cubes onto grill skewers then place kebobs in a 1-gallon zipper-topped plastic freezer bag. Carefully squeeze out excess air before sealing.

To prevent freezer burn, place the sealed bag in a second 1-gallon zipper-topped freezer bag. Carefully squeeze out excess air before sealing. Label the bag then freeze.

**GLUTEN FREE:** No changes necessary.

## Salmon Kabobs

10 For the Freezer Recipe 10 — Cooking Instructions  
Serves 4

### Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

### Preassembled Ingredients:

2 tablespoons olive oil  
4 cloves garlic, pressed  
1/4 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon fresh lemon juice  
1/2 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 pound boneless skinless salmon, cubed  
Grill skewers

### At Time of Cooking Instructions:

Olive oil

### Cooking Instructions:

Preheat outdoor grill to MEDIUM-HIGH. Lightly coat grill grate with olive oil.

Add salmon kabobs and cook for 3 to 4 minutes per side or until cooked through.

**Serving Suggestions:** Wild rice pilaf and grilled zucchini, yellow squash and red bell pepper.

**Nutrition per serving:** 201 Calories; 11g Fat; 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 313mg Sodium.  
**Exchanges:** 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 5