

# angie's favorite freezer meal dinners

## **LIME-CHILI STEAK RUB**

1 t chili powder  
1 t granulated garlic  
1/2 t cumin  
1/2 t coriander  
1/2 t oregano  
1/8- 1/4 t cayenne pepper\*  
3/4 t salt  
1/4 t black pepper  
1 lime (about 2 T lime juice)  
1 T extra virgin olive oil  
1-2 lbs flank steak

*Combine all ingredients in large Ziploc and freeze. When ready to use, defrost. Grill to desired doneness.*

## **STEAK MARINADE**

1/2 cup soy sauce  
2 tablespoons brown sugar  
2 tablespoons lemon juice  
2 tablespoons olive oil  
2 cloves garlic, minced  
1 tablespoon minced onion  
1 teaspoon ground ginger  
1/2 teaspoon black pepper  
1 (1 1/2-pound) beef flank steak

*Combine all ingredients in large Ziploc and freeze. When ready to use, defrost. Grill to desired doneness.*

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## **SOUTHWEST CHIPOTLE BURGERS**

### BURGERS:

- 1 1/2 lb ground chuck or ground sirloin
- 1-1/2 chipotle peppers canned in adobo sauce
- 1 1/2 T adobo sauce (from the chipotle chili can)
- 1/4 c grated onion
- 1 t garlic powder
- 1/2 t cumin
- 1 1/2 t kosher salt
- 1/4 t pepper

*Mix burger ingredients and freeze in Ziploc. When ready to use, defrost, form into patties and grill.  
Serve with chipotle-lime mayo below.*

### CHIPOTLE-LIME MAYO:

- 1/2 c mayo
- 2 t lime juice
- 1 1/2 t adobo sauce (from the canned chipotle chilis)
- 2T chopped fresh cilantro

## **MUSTARD CHICKEN**

- 1/2 cup mustard
- 1/2 cup honey mustard
- 1 tbs. dill
- 1/2 of a lemon juiced
- 1 tsp. garlic salt
- 1/2 tsp. salt/pepper
- 1/2 tsp. tobasco sauce
- 2 tbs. oil
- 2 tbs. soy sauce

*Mix all together and marinade your chicken. Grill until chicken is done.*

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## GRILLED FISH TACOS WITH CHIPOTLE-LIME DRESSING (DO NOT FREEZE)

### MARINADE

1/4 cup extra virgin olive oil  
2 tablespoons distilled white vinegar  
2 tablespoons fresh lime juice  
2 teaspoons lime zest  
1-1/2 teaspoons honey  
2 cloves garlic, minced  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
1 teaspoon seafood seasoning, such as "Old Bay"  
1/2 teaspoon ground black pepper  
1 teaspoon hot pepper sauce, or to taste  
1 pound tilapia fillets, cut into chunks

*Whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.*

### DRESSING

1 (8 ounce) container light sour cream  
1/2 cup adobo sauce from chipotle peppers  
2 tablespoons fresh lime juice  
1/4 teaspoon cumin  
1/4 teaspoon chili powder  
salt and pepper to taste

*To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.*

### TOPPINGS

1 (10 ounce) package tortillas  
3 ripe tomatoes, seeded and diced  
1 bunch cilantro, chopped  
1 small head cabbage, cored and shredded  
2 limes, cut in wedges

*Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat. Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.*

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## **SAVORY GARLIC STEAK**

- 1/2 cup balsamic vinegar
- 1/4 cup soy sauce
- 3 tablespoons minced garlic
- 2 tablespoons honey
- 2 tablespoons olive oil
- 2 teaspoons ground black pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon liquid smoke flavoring
- 1 pinch cayenne pepper
- 2 (1/2 pound) rib-eye steaks

*In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper. Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days. Preheat grill for medium-high to high heat. Grill steaks 7 minutes per side, or to desired doneness.*

## **BURGUNDY PORK TENDERLOIN**

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

*Preheat oven to 350 degrees F (175 degrees C). Place pork in a 9x13 inch baking dish, and sprinkle meat with salt, pepper and garlic powder. Top with onion and celery, and pour wine over all. Bake in the preheated oven for 45 minutes. When done baking, remove meat from baking dish, and place on a serving platter. Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.*

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## **CASHEW CRUSTED CHICKEN**

- 1 (12 ounce) jar apricot preserves
- 1/4 cup prepared Dijon-style mustard
- 1 teaspoon curry powder
- 4 skinless, boneless chicken breast halves
- 1 cup coarsely chopped cashews

*Preheat oven to 375 degrees F (190 degrees C). Combine the preserves, mustard and curry powder in a large skillet and heat over low heat, stirring constantly, until preserves are completely melted and smooth. Place cashews in a shallow dish or bowl. Dip chicken breasts in skillet sauce, then roll in nuts to coat and place in a lightly greased 9x13 inch baking dish. Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes. Boil any remaining sauce and serve on the side with the baked chicken.*

## **WHITE BEAN CHILI**

- 3-4 chicken cubed
- 1 medium onion diced
- 1 tsp garlic powder
- 3 cans great northern white beans (rinse and drain)
- 1 can chicken broth
- 2 cans chopped green chilis
- 1 tsp. salt
- 1 tsp oregano
- 1/2 tsp cayenne
- 1 tsp cumin
- 1/2 tsp pepper
- 1 cup sour cream
- 1/2 cup whipping cream

*Saute chicken, garlic and onion in a pan until cooked through. Pour chicken mixture into a large pan and add the rest of the ingredients except for the sour cream and whipping cream. Boil and then let simmer for 30 minutes. Just before serving add 1 cup sour cream and 1/2 c. whipping cream. Top with crumbled corn bread or tortilla strips*

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## **KOREAN BEEF SHORT RIBS**

3 lbs boneless beef short ribs  
1/4 c chopped green onions  
1/4 c tamari or soy sauce  
1/4 c beef broth  
1 tbs brown sugar  
2 tsp minced fresh ginger  
2 tsp minced garlic  
1/2 tsp black pepper  
  
2 tsp dark sesame oil  
2 tsp sesame seeds, toasted

- *Combine all ingredients (except for sesame oil and seeds) in Ziploc bag and freeze.*
- *When ready to use, defrost. Place ribs in crockpot. Cover; cook on LOW 7-8 hours.*
- *Remove ribs. Cool slightly. Trim fat. Cut into bite-size pieces.*
- *Let cooking liquid stand 5 minutes to allow fat to rise. Skim off fat.*
- *Stir sesame oil into liquid. Return beef to crockpot. Cook; cook 15-30 minutes until hot.*
- *Serve with rice or linguini, garnish with sesame seeds.*

## **BASIL BURGERS**

1 -1/2 pounds ground beef  
3 tbs Worcestershire sauce  
1 -1/2 tbs dried basil  
2 tsp dried onion  
1/2 tsp garlic salt  
1/2 tsp pepper

*In a bowl mix the ground beef, Worcestershire sauce, basil, garlic salt, and pepper. Form the mixture into 4 patties. Freeze on cookie sheet then bag them. To serve; lightly oil the grill grate, and cook burgers about 6 min turning once to an internal temp of 160 or desired doneness. Serve with buns.*

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## **CROCKPOT PECAN PORK**

pork ribs (enough for 4 people)

1 c minced onion

1/4 c chopped pecans

1/4 c olive oil

1/4 c lemon juice

1/4 c soy sauce

1/2 brown sugar

1 T minced garlic

1/4 tsp cheyenne pepper

1/4 c molasses

*Combine all ingredients in large Ziploc and freeze. When ready to use, defrost. Cook in crockpot on low for 4-6 hours. Great with mashed potatoes*