

# FREEZER MEAL RECIPES

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## SPICY PULLED PORK

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

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

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

## SLOPPY JOE'S

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

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

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

## FLANK STEAK

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

ASSEMBLY: Marinate. Freeze.

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

## BURGUNDY PORK TENDERLOIN

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

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

TO SERVE:

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

## CHICKEN TIKKA MASALA

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

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

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

TO SERVE:

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

## SPICY CHIPOTLE TURKEY BURGERS

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

### ASSEMBLY:

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

### TO SERVE:

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

## TUSCAN LEMON CHICKEN

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

### ASSEMBLY:

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

TO SERVE: Grill chicken.