

# Freezer Meal Workshop Prep Week A

Fall-Winter 2020 Cutting Carbs 10-Meal Kit

**Get started:**

- When assembling all 5 meals use the grocery list provided.
- When assembling select meals, use the customizable grocery list found on [tastefullysimple.com/meals](http://tastefullysimple.com/meals)

**Attending a Freezer Meal Workshop?**

Complete Part 1 at home. Part 2 will be completed at the workshop.

**At-home prep:**

Two different ways to prep:

1. Assemble each recipe from start to finish following Parts 1 and 2.
2. Complete Part 1 to label and bag all meats. Then, complete Part 2 for each recipe.

Recipe	Part 1	Part 2
<b>Baked Chicken &amp; Broccoli</b>	<p>Label a quart freezer bag "Baked Chicken &amp; Broccoli – Step 1".</p> <p>Cube 1½ pounds boneless skinless chicken breasts. Place in bag.</p>	<p>Add to bag with chicken:</p> <ul style="list-style-type: none"> <li>• 1 tablespoon <b>Avocado Oil</b></li> <li>• 2 teaspoons <b>Ultimate Steak™ Seasoning</b></li> </ul> <p>Label a quart freezer bag "Baked Chicken &amp; Broccoli – Step 2". Add to bag:</p> <ul style="list-style-type: none"> <li>• 1 tablespoon <b>Spinach &amp; Herb Seasoning</b></li> <li>• 1 tablespoon <b>Onion Onion™ Seasoning</b></li> <li>• 2 teaspoons <b>Garlic Garlic™ Seasoning</b></li> <li>• 1 teaspoon <b>Ultimate Steak Seasoning</b></li> </ul> <p>Label a gallon freezer bag "Baked Chicken &amp; Broccoli". Place bags 1 and 2 inside. Seal well and freeze with broccoli package.</p>
<b>Fiesta Chicken</b>	<p>Label a gallon freezer bag "Fiesta Chicken – Step 1".</p> <p>Cube 1½ pounds boneless skinless chicken thighs and/or breasts. Place in bag.</p>	<p>Add to bag with chicken:</p> <ul style="list-style-type: none"> <li>• 2 teaspoons <b>Avocado Oil</b></li> <li>• 1 poblano chile pepper, chopped</li> <li>• Salt and pepper as desired</li> </ul> <p>Label a gallon freezer bag "Fiesta Chicken - Step 2". Add to bag:</p> <ul style="list-style-type: none"> <li>• 1 (8 ounce) package sliced fresh baby bella mushrooms</li> <li>• 1 medium zucchini, cubed</li> <li>• 1 tablespoon <b>Onion Onion™ Seasoning</b></li> <li>• 2 teaspoons <b>Garlic Garlic™ Seasoning</b></li> </ul> <p>Label a quart freezer bag "Fiesta Chicken – Step 3". Add to bag:</p> <p>Continued on next page</p>

		<p><b>Fiesta Chicken continued</b></p> <ul style="list-style-type: none"> <li>• 2-3 teaspoons <b>Fiesta Party Seasoning™</b></li> </ul> <p>Label a gallon freeze bag "Fiesta Chicken". Place bags 1, 2 and 3 inside. Seal well and freeze.</p>
<p><b>Pork Carnita Burrito Bowls</b></p>	<p>Label a gallon freezer bag "Pork Carnita Burrito Bowls – Step 1a".</p> <p>Cut 1 (2 pound) boneless pork loin roast into 4 pieces. Place in bag.</p>	<p>Add to bag with pork:</p> <ul style="list-style-type: none"> <li>• 1 (16 ounce) jar salsa verde</li> <li>• 1 cup unsalted chicken broth or stock</li> <li>• 1 tablespoon <b>Fiesta Party Seasoning™</b></li> </ul> <p>Label a quart freezer bag "Pork Carnita Burrito Bowls – Step 2". Add to bag:</p> <ul style="list-style-type: none"> <li>• 2 cups unsalted chicken broth or stock</li> <li>• ½ tablespoon <b>Fiesta Party Seasoning</b></li> </ul> <p>Label a quart freezer bag "Pork Carnita Burrito Bowls – Step b". Add to bag:</p> <ul style="list-style-type: none"> <li>• 1 cup quinoa</li> </ul> <p>Label a gallon freezer bag "Pork Carnita Burrito Bowls". Place bags 1a, 1b and 2 inside. Seal well and freeze.</p>
<p><b>Roasted Salmon with Tomatoes, Kale &amp; Fennel</b></p>	<p>Label a quart freezer bag "Roasted Salmon with Tomatoes, Kale &amp; Fennel – Step 1".</p> <p>Remove skin from 6 (4 ounce) salmon fillets (your butcher can do this for you). Place in bag.</p>	<p>Label a gallon freezer bag "Roasted Salmon with Tomatoes, Kale &amp; Fennel – Step 1". Add to bag and combined:</p> <ul style="list-style-type: none"> <li>• Juice of 1 lemon</li> <li>• 1 tablespoon <b>Avocado Oil</b></li> <li>• 1 tablespoon capers, rinsed and drained</li> <li>• 2 teaspoons <b>Spinach &amp; Herb Seasoning</b></li> <li>• 1 teaspoon Dijon mustard</li> </ul> <p>Add salmon fillets to bag. Seal well and freeze.</p> <p>Save for serving:</p> <ul style="list-style-type: none"> <li>• 1½ teaspoons <b>Ultimate Steak™ Seasoning</b></li> </ul>
<p><b>Salisbury Steak Meatballs with Onion Gravy</b></p>	<p>Label a gallon freezer bag "Salisbury Steak Meatballs with Onion Gravy".</p> <p>Place 1½ pounds lean ground beef in bag.</p>	<p>Add to bag with beef and mix to combine:</p> <ul style="list-style-type: none"> <li>• ½ cup chopped fresh button mushrooms</li> <li>• 1 large egg, beaten</li> <li>• 1 tablespoon Dijon mustard</li> <li>• 2 teaspoons <b>Garlic Garlic™ Seasoning</b></li> <li>• 2 teaspoons <b>Spinach &amp; Herb Seasoning</b></li> <li>• 1 teaspoon <b>Onion Onion™ Seasoning</b></li> <li>• ½ teaspoon <b>Ultimate Steak™ Seasoning</b></li> </ul> <p>Label a gallon freezer bag "Salisbury Steak Meatballs with Onion Gravy – Step 1". Form mixture into 30 meatballs and place in bag between sheets of wax paper. Seal well and freeze.</p> <p>Save for serving:</p> <ul style="list-style-type: none"> <li>• 2 teaspoons <b>Onion Onion Seasoning</b></li> <li>• ½ teaspoon <b>Ultimate Steak Seasoning</b></li> </ul>

