

Freezer Meal Workshop Prep Week A

Fall-Winter 2020 Multi-Cooker 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

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
Bacon Pepper Meatloaf with 'Baked' Potatoes	<p>Label a gallon freezer bag "Bacon Pepper Meatloaf with 'Baked' Potatoes – Step 1".</p> <p>Add 1 pound lean ground beef and 1 pound ground pork to bag.</p>	<p>Add to bag with meat and mix to combine:</p> <ul style="list-style-type: none"> • 1 cup grated Parmesan cheese • ½ cup plain panko bread crumbs • ½ cup Bacon Pepper Jam • 2 large eggs • 2 teaspoons Onion Onion™ Seasoning • 1½ teaspoons Seasoned Pepper <p>Label a quart freezer bag "Bacon Pepper Meatloaf with 'Baked' Potatoes – Step 4". Add to bag:</p> <ul style="list-style-type: none"> • Remaining Bacon Pepper Jam <p>Label a gallon freezer bag "Bacon Pepper Meatloaf with 'Baked' Potatoes". Place bags 1 and 4 inside. Seal well and freeze.</p> <p>Save for serving:</p> <ul style="list-style-type: none"> • ½ teaspoon Seasoned Pepper
Bayou Short Ribs	<p>Label a gallon freezer bag "Bayou Short Ribs – Step 1".</p> <p>Place 3 pounds bone-in beef short ribs (2-3 inches thick – English style) or 2 pounds boneless country-style beef ribs in bag.</p>	<p>Season ribs in bag with:</p> <ul style="list-style-type: none"> • 2 teaspoons Seasoned Pepper <p>Label a quart freezer bag "Bayou Short Ribs – Step 2a". Add to bag:</p> <ul style="list-style-type: none"> • 1 cup chopped baby carrots • 1 cup sliced celery • 1 tablespoon Onion Onion Seasoning <p>Label a quart freezer bag "Bayou Short Ribs – Step 2b & 3". Add to bag:</p> <ul style="list-style-type: none"> • ¾ cup Bayou Bourbon™ Glaze <p>Label a gallon freezer bag "Bayou Short Ribs". Place bags 1, 2a and 2b & 3 inside. Seal well and freeze.</p>

<p>Peppery Beef & Noodles</p>	<p>Label a gallon freezer bag "Peppery Beef & Noodles – Step 1".</p> <p>Place 1½ pounds beef for stew meat in bag.</p>	<p>Season beef in bag with:</p> <ul style="list-style-type: none"> • 2 tablespoons Seasoned Pepper <p>Label a gallon freezer bag "Peppery Beef & Noodles – Step 3". Add to bag:</p> <ul style="list-style-type: none"> • 1 (8 ounce) package sliced fresh button mushrooms • 1 tablespoon Onion Onion Seasoning <p>Label a gallon freezer bag "Peppery Beef & Noodles". Place bags 1 and 3 inside. Seal well and freeze.</p>
<p>Tuscan Chicken & Bean Soup</p>	<p>Label a quart freezer bag "Tuscan Chicken & Bean Soup – Step 2b".</p> <p>Place 1½ pounds boneless skinless chicken breasts in bag.</p>	<p>Label a quart freezer bag "Tuscan Chicken & Bean Soup – Step 1". Add to bag:</p> <ul style="list-style-type: none"> • 1 tablespoon vegetable oil • 2 cups sliced baby carrots • 1 cup sliced celery • 1 red bell pepper, chopped • 1 tablespoon Onion Onion Seasoning • 1-2 teaspoons Seasoned Pepper <p>Label a quart freezer bag "Tuscan Chicken & Bean Soup – Step 2a". Add to bag:</p> <ul style="list-style-type: none"> • 1 (14.5 ounce) can no salt added diced tomatoes, undrained • 3 tablespoons Mama Mia™ Marinara Sauce Mix <p>Label a gallon freezer bag "Tuscan Chicken & Beans Soup". Place bags 1, 2a and 2b inside. Seal well and freeze.</p>
<p>Warm the Oven Chicken</p>	<p>Label a quart freezer bag "Warm the Oven Chicken – Step 2".</p> <p>Cut 1½ pounds boneless skinless chicken breasts into 6 pieces. Place in bag.</p>	<p>Season chicken in bag with:</p> <ul style="list-style-type: none"> • 2 teaspoons Seasoned Pepper <p>Label a quart freezer bag "Warm the Oven Chicken – Step 1". In small bowl mix together and place in bag:</p> <ul style="list-style-type: none"> • 1 (8 ounce) package cream cheese, softened • 1 packet Warm the Oven! Dip Mix <p>Label a gallon freezer bag "Warm the Oven Chicken". Place bags 1 and 2 inside. Seal well and freeze.</p>