

Freezer Meal Workshop Prep Week B

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
Apple Berry Pulled Pork Sandwiches	<p>Label a gallon freezer bag "Apple Berry Pulled Pork Sandwiches – Step 1".</p> <p>Cut 1 (3 pound) boneless pork shoulder roast into 4 sections. Place in bag.</p>	<p>Season pork in bag with:</p> <ul style="list-style-type: none"> • 2 teaspoons Seasoned Pepper <p>Add to bag:</p> <ul style="list-style-type: none"> • 1 tablespoon Onion Onion™ Seasoning <p>Seal well and freeze.</p> <p>Save for serving:</p> <ul style="list-style-type: none"> • 1 teaspoon Seasoned Pepper • 1 bottle Spiced Apple Berry Sauce
Beef Ragù	<p>Label a gallon freezer bag "Beef Ragù – Step 1".</p> <p>Cut 1 (2½ pound) boneless beef chuck roast into 4 sections. Place in bag.</p>	<p>Season beef in bag with:</p> <ul style="list-style-type: none"> • 2 teaspoons Seasoned Pepper <p>Label a quart freezer bag "Beef Ragù – Step 2a". Add to bag:</p> <ul style="list-style-type: none"> • ½ cup diced baby carrots • ½ cup diced celery • 1 tablespoon Onion Onion Seasoning <p>Label a quart freezer bag "Beef Ragù – Step 2b". Add to bag:</p> <ul style="list-style-type: none"> • ¼ cup Mama Mia™ Marinara Sauce Mix <p>Label a gallon freezer bag "Beef Ragù". Place bags 1, 2a and 2b inside. Seal well and freeze.</p>

<p>Mama Mia Penne with Turkey Meatballs</p>	<p>Label a gallon freezer bag "Mama Mia Penne with Turkey Meatballs – Step 1".</p> <p>Place 1½ pounds lean ground turkey in bag.</p>	<p>Add to bag with turkey. Mix to combine and form into 18 large meatballs:</p> <ul style="list-style-type: none"> • ½ cup plain panko bread crumbs • ½ cup grated Parmesan cheese • 1 large egg • 1 tablespoon Mama Mia Marinara Sauce Mix <p>Label a gallon freezer bag "Mama Mia Penne with Turkey Meatballs – Step 1". Place meatballs in bag between sheets of wax paper.</p> <p>Label a quart freezer bag "Mama Mia Penne with Turkey Meatballs – Step 3". Add to bag:</p> <ul style="list-style-type: none"> • 4 tablespoons Mama Mia Marinara Sauce Mix <p>Place in bag with meatballs. Seal well and freeze.</p>
<p>Mama's Beef & Barley Stew</p>	<p>Label a quart freezer bag "Mama's Beef & Barley Stew – Step 1b".</p> <p>Place 1½ pounds beef for stew meat in bag.</p>	<p>Label a gallon freezer bag "Mama's Beef & Barley Stew – Step 1a". Add to bag:</p> <ul style="list-style-type: none"> • ¼ cup all-purpose flour • 1 teaspoon Seasoned Pepper <p>Label a quart freezer bag "Mama's Beef & Barley Stew – Step 2". Add to bag:</p> <ul style="list-style-type: none"> • 2 cups sliced baby carrots • 1 cup sliced celery • 1 (8 ounce) package sliced fresh button mushrooms • 2 teaspoons Onion Onion™ Seasoning <p>Label a quart freezer bag "Mama's Beef & Barley Stew – Step 3". Add to bag:</p> <ul style="list-style-type: none"> • ¼ cup Mama Mia™ Marinara Sauce Mix <p>Label a gallon freezer bag "Mama's Beef & Barley Stew". Place bags 1a, 1b, 2 and 3 inside. Seal well and freeze.</p>
<p>Warm the Oven Sausage Risotto</p>	<p>Label a gallon freezer bag "Warm the Oven Sausage Risotto – Step 1".</p> <p>Add 1 pound mild or hot ground Italian sausage to bag.</p>	<p>Add to bag with sausage:</p> <ul style="list-style-type: none"> • 1 (8 ounce) package sliced fresh button mushrooms • 2 teaspoons Onion Onion Seasoning <p>Label a quart freezer bag "Warm the Oven Sausage Risotto – Step 2". Place in bag:</p> <ul style="list-style-type: none"> • 1½ cups Arborio rice • 1 unopened packet Warm the Oven! Dip Mix <p>Label a gallon freezer bag "Warm the Oven Sausage Risotto". Add bags 1 and 2 inside. Seal well and freeze.</p>