



PRINTABLE RECIPE INSTRUCTIONS

BLACK BEAN TACO SOUP

- Thaw in fridge 24 hours
- Slow cooker on high 1-2 hours or low 2-3.5 hours
- Serve with tortilla chips, cheese, and sour cream

HEARTY BEEF STEW

- Thaw in fridge 24 hours
- Slow cooker on high 5-6 hours or low 7-10 hours
- Serve with dumplings or cheese biscuits

CHICKEN CATTCIATORE

- Thaw in fridge 24 hours
- Slow cooker on low 6-8 hours
- Serve with cooked spaghetti noodles, garnish with olives and cheese

ORANGE CHICKEN

- Thaw in fridge 24 hours
- Slow cooker on low 4-6 hours
- Garnish with 2 cans of mandarin oranges and green onions
- Serve on rice with stir fried veggies as a side



MAPLE DIJON CHICKEN

- Thaw in fridge 24 hours
- Add contents of bag with 3/4C of Dijon, 1/2C maple syrup, 1Tbsp of rice wine vinegar to a foil lined glass pan
- Cook at 450 until thermometer reads 165
- Garnish with rosemary and serve over couscous or rice

COCONUT CURRY CHICKEN

- Thaw in fridge 24 hours
- Slow cooker - add a can of coconut milk and cook on low 4-6 hours
- 25 minutes before serving add another can of coconut milk and a bag of frozen peas
- Serve on rice and garnish with chopped cashews

HAWAIIAN MEATBALLS

- Thaw in fridge 24 hours
- Reheat in oven or in skillet
- Serve on rice.

SPLIT PEA SOUP WITH HAM

- Thaw in fridge 24 hours
- Reheat on stove top & add hot milk to thin



QUICHE

- Cook from frozen at 400 in oven for 1.5 hours or until filling is set and crust is golden
- Remove foil and plastic but tent foil over crust

MAPLE MUSTARD GLAZED PORK CHOPS

- Thaw in fridge for 24 hours
- Place oven rack in highest position and set oven to broil
- Place on slotted 2 piece broiler pan and broil flipping every 5 minutes for 15-20 mins
- Make additional glaze by combining 1/4C maple syrup and 2 Tbsp Dijon mustard

CHILI

- Thaw in fridge for 24 hours
- Reheat on stove top or microwave
- Serve with cheese, sour cream and cornbread