

Freezer Meal Inventory “Kid Friendly MEALS”

Meal	Cooking Method	Cooking Time	Serving Suggestions
Agave BBQ Ribs	Crockpot then grill pan OR stovetop and oven	5 hrs. in crockpot, then 6-10 min. grill; OR 2 hours total	NEED: dinner rolls; side suggestions: macaroni salad, fruit salad, or fries
Crock Pot Santa Fe Chicken	Crock pot	10 hours on LOW or 6 hours on HIGH	NEED: ½ cup cilantro and 3-4 chopped scallions; rice or tortillas; Topping suggestions: cheese, sour cream, etc.
Mini Meatball Sandwiches	Stovetop	25 minutes	NEED: dollar rolls; side suggestions: cole slaw, mac and cheese, salad
Ravioli Lasagna	Oven 400 degrees	30-40 min.	Side Suggestion: garlic bread, broccoli, salad
Herb Crusted Tilapia	Oven 400 degrees; or grill in foil	11-15 minutes	NEED: bread crumbs and parmesan mixture; side suggestion: rice, vegetable
Easy Tacos	Stovetop	15 min.	NEED: Taco shells or tortillas; toppings: lettuce, tomato, cheese, etc.
BBQ Pulled Pork	Crockpot – from frozen or thawed	8-10 hours on HIGH (frozen) or thawed & 6-8 hours on LOW	NEED: hamburger buns ½ hour before done, shred and add BBQ sauce. Heat through
Hickory Grilled Rodeo Chicken	Bake - Oven	40 min @ 350 – turn half way through	Serve with oven roasted potatoes & bag salad.
Rodeo Steaks	Grill	10-20 min.	Side Suggestion: mashed potatoes, fruit salad, green beans/asparagus, corn.
Lemon Rosemary Pork Tenderloin	Oven	25-30 minutes or until internal temp reaches 145.	Serve with oven roasted potatoes and “steam in the bag” green beans w/ butter.

Mary Ellen Riley, Wildtree Representative marywhisk@gmail.com wildtree.com