

“Kid Friendly” FREEZER MEAL WORKSHOP RECIPES

Agave BBQ Ribs

Bag #1:

3-4 lbs boneless “country style” pork ribs
1/3 cup Wildtree Cactus Pete’s Agave BBQ Sauce
1 tbsp Wildtree Rodeo Rub

Crockpot Santa Fe Chicken (#2)

Bag #2a:

15 oz. can diced tomatoes with mild green
chilies
15 oz. can black beans, drained and rinsed
8 oz. frozen corn
14 oz. (about 1.5 cups) chicken broth

1 Tb. Taco Seasoning
salt and pepper to taste

Bag #2b:

1.5 lbs. chicken breast (I used 2 big ones)

Mini Meatballs

Bag #3a:

1 lb. ground beef
1/4 cup panko or regular breadcrumbs
1/4 cup milk
1 clove garlic
1/4 tsp. salt
ground pepper

Bag #3b

1 – 28 oz. jar of crushed tomatoes
1 Tb. Hearty Spaghetti Sauce Blend

Bag #3c

1 Tb. Garlic grapeseed oil
1/2 onion, diced

Ravioli Lasagna

Pan #4:

1 – 28 oz. Can of Crushed Tomatoes
1 Tb. Of Hearty Spaghetti Sauce Blend

-Add spaghetti blend to canned tomatoes.

-In a greased/sprayed baking dish, layer 1/3 spaghetti sauce, half ravioli, ½ cup cheese; repeat and top with sauce and cheese.

Herb Crusted Tilapia

Pan #5:

4-6 tilapia filets (or other white fish of choice)
2 Tablespoons Wildtree Natural Garlic Grapeseed Oil
1 ½ Tablespoons Wildtree Lemon Rosemary Blend

Bag #5.2:

½ cup parmesan
½ cup breadcrumbs

Easy Tacos

Bag #6

1 lb. ground Beef or Turkey
1 and 1/2 Tablespoons Wildtree Taco Seasoning
1/4 Tablespoon lime juice

BBQ Pulled Pork

bag #7

3 lb. Boston butt (also called boneless pork roast)
1 Tb. Salt and pepper
1 small onion
2-3 cloves of garlic

Hickory Grilled Rodeo Chicken

Bag #8

4-6 boneless skinless chicken breasts
2 tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil
2 tbsp Wildtree Rodeo Rub

Rodeo Steaks

Bag #9

4 steaks of choice (budget friendly = sirloin, or more tender: NY Strip or Filets)

2 tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil

2 tbsp Wildtree Rodeo Rub

Lemon Rosemary Pork Tenderloin

Bag #10

2 lb. Pork tenderloin

3 Tb. Garlic grapeseed oil

3 Tb. Lemon rosemary blend