

“ONE STOP CROCK” FREEZER MEAL WORKSHOP RECIPES

Hawaiian Style County Ribs (#1)

In Freezer Bag

- 3 lbs boneless pork or beef ribs
- 8 oz can of pineapple chunks, undrained
- 2/3 cup Wildtree Hoisin Sauce
- 1½ Tablespoons Sesame Oil (provided at workshop)
- ½ teaspoon ground ginger (provided at workshop)

Apple Balsamic Pork Roast (#2)

In Freezer Bag

- 2½ lbs boneless pork shoulder roast
- 1½ cups unsweetened apple sauce
- 2 Tablespoons Wildtree Apple Balsamic Vinegar

Enchilada Pork Tacos with Marinated Onions (#3)

In freezer bag

- 2½ lbs boneless pork shoulder roast
- 8 oz can tomato sauce
- 4 oz can diced green chilies
- ½ cup Wildtree Tia Rosa’s Red Enchilada Sauce
- 2 teaspoons Wildtree Spicy Carne Asada Seasoning

Quick Crockpot Lasagna (#4)

In freezer bag 4a:

- 1 lb ground beef
- ½ medium onion, chopped/diced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon minced garlic (provided at workshop)

In freezer bag 4b:

- 29 oz can tomato sauce
- 6 oz can tomato paste
- 1 package Wildtree Lasagna Skillet Meal
- 1 cup water

Ranch Chicken Chili (#5)

In freezer bag

- 1 lb boneless, skinless chicken breast or thighs
- 1 medium onion, finely diced
- 1 cup frozen corn
- 15 oz can black beans, drained & rinsed
- 15 oz can white beans, drained & rinsed
- 10 oz can “Rotel” diced tomatoes with green chilies, not drained
- 8 oz package cream cheese, cut into cubes
- 1 package Wildtree Creamy Ranch Dressing & Dip Mix
- ½ Tablespoon Wildtree Spicy Carne Asada Seasoning
- 2 teaspoons Wildtree Vegetable Bouillon Soup Base (provided at workshop)
- 1 cup water

Beef Enchilada Stew (#6)

In freezer bag

1 to 2 lbs beef stew meat
1 medium onion, diced
2-3 celery stalks, diced
6 large white mushrooms, chopped/diced
2 cups butternut squash, cubed
29 oz can tomato sauce
15 oz can diced tomato

1 cup Wildtree Tia Rosa's Red Enchilada Sauce
1 teaspoon Wildtree Spicy Carne Asada Seasoning
1 teaspoon Wildtree Vegetable Bouillon Soup Base (provided at workshop)
½ teaspoon salt
½ teaspoon pepper

Buffalo Chicken Sliders (#7)

In freezer bag

2 lbs boneless, skinless chicken breast or thighs
6 oz can of tomato paste
1 Tablespoon Wildtree Blazin' Buffalo Dip
½ Tablespoon Wildtree Creamy Ranch Dressing & Dip Mix **(Rest of package is used in recipe #9)**
2 Tablespoons red wine vinegar (provided at workshop)
1 Tablespoon butter (provided at workshop)

Honey Hoisin Chicken Wraps (#8)

In freezer bag

2 lbs boneless, skinless chicken breasts
2 Tablespoons honey
¼ cup Wildtree Hoisin Sauce
¼ teaspoon ground ginger (provided at workshop)

Ranch Roasted Turkey Breast (#9)

In freezer bag

3 lbs turkey breast
1 package Wildtree Creamy Ranch Dressing & Dip Mix **(SAVE ½ Tablespoon for recipe #7)**
2 teaspoons Wildtree Blazin' Buffalo Dip

Pollo Asada Rice Bowls (#10)

In freezer bag

2 lbs boneless skinless chicken breasts or thighs
½ medium onion, diced
15 oz can of diced tomatoes
15 oz can of black beans, drained & rinsed
1 cup frozen corn
2 Tablespoons Wildtree Spicy Carne Asada Seasoning
½ Tablespoon lime juice (provided at workshop)
1 tsp salt
¼ cup water