

## **FREEZER BAG MEAL WORKSHOP – Scrumptious Crock Pot Meals**

Are you ready to tame dinnertime? In about 60 minutes you are going to have prepped 10 meals to stock your freezer! What a time-saver! These meals are going to make your dinnertime less chaotic and much more enjoyable.

The Wildtree product bundle you purchased will be waiting for you at your workshop. You will have Wildtree product left over so you will be able to go home and make more freezer meals if desired. You will also be receiving recipes with ideas of other meals and side dishes that you can make with the Wildtree product bundle. Be sure to check out Wildtree.com for ideas and recipes for each item you have in your bundle.

There are ways to keep costs to a minimum. By purchasing your meats at Sam's Club, Costco or Woodman's or buying in larger packages, you will save money. There are some meals that will need extra ingredients to complete the recipe. For example, red potatoes because they turn brown when cut. These will be noted on the label you will put on your freezer bag at the workshop.

**Below is a list of suggested PROTEIN for the recipes** – the name of the meal is listed next to the corresponding protein. All protein can be substituted for the protein YOU want in your meal. For instance, if you don't like chicken thighs or drumsticks, you can substitute chicken breasts, etc. However, the weight of the protein should be consistent with the recipe.

On the next page is a grocery list you can take with you to the grocery store. Be sure to check your freezer for any current protein/items you may already have, and or use the abridged list below to determine if you'll be substituting anything on the meals.

### **PROTEIN**

8-10 ounces chorizo sausage **cooked** – **Black Bean Chorizo Soup** (or substitute Spicy Italian Sausage or mild)

7 ½ -9 lbs Skinless/boneless chicken thighs – **Chicken & Vegetables in Wine Gravy, Zesty Ginger-Tomato Chicken, Mediterranean Chicken** (2 ½ lb – 3 lb per recipe)

2 - 3 lbs meaty chicken pieces (breasts, Thighs, & drumsticks) – **Savory Cajun Chicken & Sausage**

One package Smoked Turkey Sausage or Kielbasa, 13 oz – **Savory Cajun Chicken & Sausage**

3 – 3 ½ lb Pork **loin** roast/Boneless Pork Shoulder roast – **Pork Roast with Apricot Glaze**

1 ½ -2 lb flank steak – **Open Faced Steak Sandwiches with Ratatouille**

4-6 chicken breasts (approx. 2 lbs) – **Hearty Chicken Parmesan**

3-3 ½ -pounds boneless beef pot roast (like Chuck, or Bottom or Top Round) – **Absolutely Onion Pot Roast**

2 cups dry lentils, rinsed – **Scrumptious Ham & Lentil Soup**

**NOTE: BRING ALL BAGS IN A HARD OR SOFT-SIDED COOLER WITH ICE/ICE PACKS.** You never want to thaw meat more than once. You have the choice to buy fresh (unfrozen) meat, which you will then freeze at home after the workshop. Or you can use frozen meats which you will keep frozen and place right back in your freezer. They may soften a bit during the workshop, but that is fine. If you buy your meat frozen, **DO NOT THAW IT** for the workshop or you will be unable to re-freeze it.

## Get ready for a fun and very productive hour! See you soon!

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# Step 1: Grocery List

Be sure to check your freezer for meat/items you may already have.

\*\*\*SHOPPING TIP\*\*\* Most grocery store butchers will dice/cube/slice meet for you at no charge – simply ask the butcher counter and save some time! See Step 2 below for what needs to be cut/cubed.

## Meat/Protein:

- \_\_\_\_\_ 8-10 ounces chorizo sausage, raw or cooked (or Spicy Italian Sausage or mild for less heat/spice)
- \_\_\_\_\_ 7 ½ lb – 9 lbs chicken thighs or drumsticks or combination of both
- \_\_\_\_\_ 2 ½ lb – 3 lbs meaty chicken pieces, thighs/breasts/drumsticks
- \_\_\_\_\_ Package of Smoked Turkey Sausage or Kielbasa, approx. 13 oz
- \_\_\_\_\_ 3 – 3 ½ lb Pork loin roast/pork shoulder roast
- \_\_\_\_\_ 1 ½ - 2 lb flank steak (or Skirt Steak, London Broil or Sirloin steak if cheaper)
- \_\_\_\_\_ 4-6 chicken breasts
- \_\_\_\_\_ 3 – 3 ½ lb boneless beef pot roast (Chuck preferably, Top or Bottom Round)
- \_\_\_\_\_ 2 cups dry lentils

## Veggies/Fruit:

- \_\_\_\_\_ 6 medium onions
- \_\_\_\_\_ 14 carrots
- \_\_\_\_\_ 6 celery stalks
- \_\_\_\_\_ 1 package sliced mushrooms (1 ½ cup)
- \_\_\_\_\_ 1 lemon

## Misc:

- \_\_\_\_\_ 1 can crushed tomatoes, 28 oz
- \_\_\_\_\_ 4 cans diced tomatoes (14 oz each)
- \_\_\_\_\_ 2 cans black beans (15 oz each)
- \_\_\_\_\_ 1 can artichoke hearts, marinated, 6 oz. (optional)
- \_\_\_\_\_ 1 can of olives, 2 ½ oz, sliced, pitted
- \_\_\_\_\_ 1 jar apricot preserves (18 oz) No high fructose corn syrup 😊
- \_\_\_\_\_ 20 gallon size Ziploc freezer bags (1 box)

## Step 2: Prep (Cutting & Chopping)

Chicken:

- Remove skin of all chicken thighs & drumsticks

Sausage:

- 8-10 oz chorizo sausage \*\* If you purchased raw, you will need to either cook it before the workshop or before you make the meal. It should be ground.

Flank Steak:

- Trim fat off of steak if necessary

Pork shoulder roast/boneless beef pot roast

- Trim fat off of roast if necessary

Veggies:

- 2 onion, sliced (will use 2 separate portions)
- 3 onions, chopped (will use 3 separate portions)
- 1 onion, finely chopped
- 2 carrots, chopped
- 4 carrots, cut into ½ inch pieces
- 8 carrots, sliced (will use 2 portions)
- 4 celery stalks, chopped (will use 2 portions)
- 2 celery stalks, cut into 1 inch pieces

## Step 3: Assembly of Bags

Before you begin: Take 10 Freezer bags, Label each one with a Sharpie, 1 to 10

Bag #1: 8-10 oz chorizo sausage cooked, chopped

1 medium onion, diced

2 carrots, chopped

2 celery stalks, chopped

Bag #2: 2 ½ lbs chicken thighs or drumsticks, skin removed

4 carrots, cut into ½ inch pieces

2 celery stalks, 1 inch pieces

1 onion, sliced

Bag #3: 2 ½ lb – 3 lbs meaty chicken pieces, thighs/breasts/drumsticks, skin removed

Package of Smoked Turkey Sausage or Kielbasa, cut in half lengthwise & then into 1 inch slices

1 onion, sliced

Bag #4: 3 – 3 ½ lb Pork loin roast/pork shoulder roast

1 onion, chopped

Bag #5: 2 ½ - 3 lb chicken drumsticks and/or thighs (approx. 12)

Bag #6: 1 – 1 ½ lb flank steak (fat trimmed off)

1 onion, finely chopped

Bag #7: 4 - 6 chicken breasts

Bag #8: 3 to 3 ½ lb boneless beef pot roast

4 carrots, sliced

Bag #9: 1 onion, chopped

2 celery stalks, chopped

4 carrots, sliced

Bag #10: 2 ½ lbs chicken thighs and/or drumsticks

**BRING ALL REMAINING MISC ITEMS WITH YOU TO THE WORKSHOP**