

# Grilling Freezer Meal Workshop

Everything goes in Freezer bag labeled “Freezer bag”.

All food should be thawed in the fridge before cooking or almost thawed.

Everything is grilled at medium-high heat.

## Ginger Beef Tips w/Spicy Slaw (Bag #1)

### In Freezer Bag #1:

2 lbs beef stew meat, or sirloin steaks cut into chunks, or tenderloin steaks cut into chunks  
1 medium red onion cut into large chunks  
8oz box mushrooms, rinsed  
1 tbsp Wildtree European Dipping Oil - Garlic  
½ cup Wildtree Asian Ginger Plum Dressing  
1 tbsp Wildtree Rancher Steak Rub

### At cooking time:

Spicy Slaw:

1 bag “Coleslaw Mix” (in the produce dept near the bag salads)  
½ cup mayonnaise  
3 tbsp Wildtree Asian Ginger Plum Dressing  
1 tbsp Sriracha brand hot sauce  
1 tsp red pepper flakes

Combine slaw ingredients and allow to sit in the fridge while food cooks.

Preheat grill.

Soak wooden skewers in water if using wood. Put the meat and vegetables on skewers. Cook 5-7 minutes. Turn. Cook another 5-7 minutes. Cook until meat is done.

## Herb Grilled Chicken & Fire Roasted Veggies (Bag #2a and #2b)

### Freezer Bag #2a:

4 – 6 Boneless skinless chicken breasts (or 6-9 boneless skinless chicken thighs)  
½ of a lemon, squeezed into the bag  
2 tbsp Wildtree European Dipping Oil-Garlic  
1 tbsp Wildtree Herb Grilling Marinade  
1 tsp black pepper  
1 tsp salt

### Freezer Bag #2b:

2 zucchini, sliced into ½ inch thick slices  
2 yellow squash, sliced into ½ inch thick slices  
1 medium red onion cut into chunks  
1 tbsp Wildtree European Dipping Oil-Garlic  
1 tbsp Wildtree Herb Grilling Marinade  
½ of a lemon, squeezed into the bag  
1 tsp black pepper  
½ tsp salt

Oil half the grill for the chicken. Heat grill.

Drain bag #2b of water. Prep a grill basket or foil packet with cooking spray. Place veggies on one side of grill. Place chicken on the oiled side of grill. Grill 5 minutes. Turn. Grill another 5-10 minutes or until chicken is cooked through and vegetables tender.

## **BBQ Country Ribs (Bag #3)**

### In Freezer Bag:

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

At cooking time: More BBQ sauce

Cook in SLOW COOKER on LOW for 5 hours. Then...

Using heavy duty aluminum foil or grill basket, spread the foil on top of the grill and spray with cooking spray.

Heat grill.

Cook ribs on the foil 3-5 minutes. Turn. Cook another 3-5 minutes. Feel free to brush on more BBQ sauce while cooking or wait until cooked.

## **Cheesy Garlic Turkey Sliders (Bag #4)**

### In Freezer Bag:

1 ½ lbs ground turkey  
1 tbsp Wildtree European Dipping Oil-Garlic  
1 ½ tsp Wildtree Rancher Steak Rub  
1 cup shredded cheddar cheese

At cooking time: Slider Buns or dinner rolls (or other small hamburger buns of choice)

Suggested toppings, lettuce, tomato, red onion, and mayo

Oil the grill. Preheat grill.

With your hands, form the ground turkey into patties that are 2-3" wide – a little wider than the slider buns or rolls.

Cook 5-7 minutes. Flip. Cook 5-7 minutes.

## **Grilled Tilapia (Bag #5)**

### In Freezer Bag:

4-6 tilapia filets (or other white fish)  
1 tbsp Wildtree European Dipping Oil-Garlic  
1 tsp Wildtree Rodeo Rub  
¼ cup Wildtree Asian Ginger Plum Dressing  
½ tsp red pepper flakes  
1 "squirt" honey (from a honey bear), approx. 1 tbsp

Using heavy duty aluminum foil or grill basket, spread the foil on top of the grill and spray with cooking spray.

Heat grill.

Cook fish 4-5 minutes. Flip. Cook another 4-5 minutes.

## **Rodeo Burgers with Onion Strings (Bag #6)**

### Freezer Bag #6a:

1 ½ lbs lean ground beef  
1 tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil  
1 tbsp Wildtree Rodeo Rub  
¼ cup crumbled blue cheese (optional)

### Bag #6b:

1 medium white onion, sliced in half, then sliced into thin slices to form semi-circle shaped pieces  
1 tsp Wildtree Rodeo Rub  
1 tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil

At cooking time: Hamburger buns of choice

Suggested toppings, lettuce, tomato, mayo and any other desired burger toppings

Using heavy duty aluminum foil or grill basket, spread the foil on top of half of the grill and spray with cooking spray. Heat grill.

With your hands, create hamburger patties from the #6a bag. Spread the onions on the foil. Cook 7-9 minutes. Place burgers on the other side of the grill. Cook 5-6 minutes. Flip. Cook until the burger is cooked through.

## **Herb Shrimp Skewers with Angel Hair Pasta (#7)**

In Freezer Bag:

1 lb medium to large shrimp – raw, peeled, and deveined  
2 tbsp Wildtree European Dipping Oil-Garlic  
1 ½ tbsp Wildtree Herb Grilling Marinade  
1 tsp salt

At cooking time:

1 box angel hair pasta, 16oz  
2 tbsp Wildtree European Dipping Oil-Garlic  
1 tsp Wildtree Herb Grilling Marinade  
½ tsp salt

Shaved parmesan for topping (if desired)

(optional: add 2Tb butter and ¼ cup lemon juice)

Prep a pot of boiling salted water for the pasta.

Preheat grill.

If using wooden skewers, remember to soak them in water. Put the shrimp from the freezer bag on skewers (or alternatively use a grill basket). Cook 3 minutes. Flip. Cook 2-3 minutes.

Cook pasta per directions on package – usually about 5 minutes. Add remaining “cooking time” ingredients to pasta and toss.

## **Hickory Chicken (#8)**

In Freezer Bag:

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

Preheat grill. Cook chicken 5-7 minutes. Flip. Cook until done – about 5-7 minutes.

## **Rancher Steak (#9)**

(blue cheese crowns are optional, and are not a requirement)

Freezer Bag #9a:

4 steaks of choice (sirlion, ribeye, NY strip, etc.)  
2 tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil  
2 tbsp Wildtree Rancher Steak Rub

Totally Optional: Bag #9b: Blue Cheese “crowns”

¼ cup bread crumbs  
½ tsp Wildtree Rancher Steak Rub  
3 tbsp butter softened  
½ cup blue cheese crumbles

\*\*\*\* Mix #9b bag ingredients to form a “paste” consistency, prior to freezing.

Preheat grill. Make patties out of bag #9b if using the blue cheese. Store in fridge.

Grill steaks 6-8 minutes. Flip. Cook until desired doneness. During the last 1 minute of cooking, top with the blue cheese patty.

## **Ginger Chicken Skewers (#10)**

### In Freezer Bag:

4 boneless skinless chicken breasts, cut into chunks for skewers

1 red bell pepper, cut into large chunks

1 yellow or orange bell pepper, cut into large chunks

1 red onion, cut into large chunks

8oz box mushrooms, rinsed

1/3 cup Wildtree Asian Ginger Plum Dressing

1 tbsp Wildtree European Dipping Oil-Garlic

1/3 cup soy sauce

¼ cup honey

1 tsp crushed garlic

1 tbsp red pepper flakes

Oil the grill. Place the meat and veggies on skewers. Remember to soak skewers in water if made of wood.

Grill 5-7 minutes. Turn. Grill another 5-7 minutes or until chicken is cooked through.

If you don't want to use skewers, this meal could be cooked on a stove top in a skillet or grilled in a grilling basket.

## **More Recipes:**

### **Fresh Tomato & Cucumber Salsa**

3 Roma tomatoes seeded and finely diced  
1 cucumber peeled, seeded, and finely diced  
¼ of a red onion, finely diced  
2 tbsp chopped fresh basil  
¼ cup feta cheese crumbled or small mozzarella balls  
1 tbsp Wildtree European Dipping Oil-Garlic  
1 tsp balsamic vinegar

In a large bowl, toss to combine. Serve on side or on toasted bruschetta.

### **Herb Croutons**

4 cups cubed bread  
3 tbsp Wildtree Natural Grapeseed Oil  
1 tsp kosher salt  
1 tbsp Wildtree Herb Grilling Marinade  
3 tbsp parmesan cheese

Preheat oven to 400 degrees.

Line rimmed cookie sheet with parchment or silicone mat to avoid sticking. Toss everything together in a large bowl and spread out on prepared pan. Bake 4-5 minutes. Stir around. Bake another 4-5 minutes or until toasted.

### **Green Beans**

1 tbsp Wildtree European Dipping Oil-Garlic  
1 tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil or Smoky Bacon Grapeseed Oil  
¼ cup chopped or sliced onion  
1(16 ounce) package frozen green beans  
¼ tsp salt  
¼ tsp black pepper

Using large skillet, heat oils over medium heat. Add onion and cook 5-7 minutes. Toss in the green beans, salt and pepper. Continue to stir and cook until green beans are heated through.

### **BBQ Baked Beans**

2 slices bacon, chopped (I cut it up with scissors)  
1 cup chopped white onion  
1 (15 ounce) can Cannellini (or Great Northern) beans, rinsed and drained  
1 cup Wildtree Cactus Pete's Agave BBQ Sauce  
½ cup water

In a medium pot, cook bacon over medium heat – about 10 minutes. Once cooked and crispy, add onion and cook 7 minutes. Add beans, BBQ sauce and water. Bring to a boil and then bring heat down to medium-low. Simmer 15 minutes or until it reaches desired thickness.

### **Smoky Brown Sugar Beans**

½ tbsp Wildtree Hickory Smoked Grilling Grapeseed Oil  
1 tbsp butter  
¼ cup chopped sweet onion

2 tbsp plus 1 tsp brown sugar  
2 cans great northern beans, undrained  
¼ cup ketchup  
1 tbsp mustard

In a medium pot, heat oil and butter over medium heat. Add onion and cook 10 minutes – adding 1 tsp. Brown sugar during the last minute of cooking and onion is light brown. Add beans, ketchup, mustard and remaining brown sugar. Bring to a boil. Turn heat down to medium-low and simmer 5-10 minutes.