

## Freezer Meal Inventory

### Grilling Freezer Meals

Meal	Cooking Method	Cooking Time	Serving Suggestions
Ginger Beef Tips with Spicy Slaw	Grill on skewers, foil lined grill or grill pan	10-14 minutes	NEED: <b>To make Spicy Slaw:</b> 1 bag coleslaw mix (found near bagged salads in store), ½ cup mayo, 3 tbsp Wildtree Asian Ginger Plum Dressing, 1 tbsp Sritacha brand hot sauce, 1 tsp red pepper flakes
Herb Chicken & Veggies	Grill, foil lined or grill pan	10-14 minutes	Parmesan cheese to top veggies (if desired) Side suggestion, rice or fruit salad.
BBQ Country Ribs	Crock pot, then foil lined grill	5 hrs in <b>crock pot</b> on low, then 6-10 minutes on grill	NEED: Additional 1/3 to 1/2 cup <b>BBQ sauce</b>
Cheesy Garlic Turkey Sliders	Grill	10-14 minutes	NEED: <b>Slider buns</b> or dinner rolls, your favorite toppings (lettuce, tomato, red onion, mayo) Side suggestion, fruit salad, potato salad or oven fries
Savory Grilled Tilapia	Grill, foil lined	8-10 minutes	Serve with Fresh Tomato & Cucumber Salsa
Rodeo Burgers with Grilled Onion Strings	Grill, foil lined or grill pan	10-12 minutes	NEED: <b>Hamburger buns</b> , your favorite toppings (lettuce, tomato, mayo) Side suggestion, macaroni salad or fruit salad.
Herb Shrimp Skewers with Angel Hair pasta	Grill on skewers & Stovetop	6 minutes for shrimp 4 minutes for pasta	NEED: <b>1 box of angel hair pasta 16 oz, 2 tbsp Wildtree European Dipping Oil-Garlic, 1 tsp Wildtree Herb Grilling Marinade, ½ tsp salt.</b> For richer sauce flavor, add 2 tbsp butter & ¼ cup lemon juice. Parmesan cheese for topping (if desired)
Hickory Rodeo Chicken	Grill	10-14 minutes	Side suggestion: potatoes or green beans
Rancher Grilled Steaks with optional Blue Cheese	Grill	12-18 minutes	Side suggestion: potatoes or fruit salad
Ginger Chicken Skewers	Grill on skewers or Stovetop skillet	10-14 minutes	Side suggestion: white or brown rice

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**to order Wildtree ingredients: 314-685-0145**