

Dear Ladies,

We are excited you have decided to join us for this year's freezer meal workshop. We are doing things a bit differently this year as we are providing the recipes early, and asking you to provide the groceries needed, then we will meet on March 4th and put them together. Then Women's Team will be providing the gallon zip lock bags for you. We are looking forward to having you!

Grocery List

10 pork chops, 1/2 inch thick (preferably boneless)
4 Breasts of chicken
1 pound beef stew cubes
1 packet dry Ranch Dressing Seasoning
10 oz. can Cream of Chicken Soup
1 package of Hidden Valley Ranch dressing packets
1 c. milk
1 c. mayonnaise
2 Tbsp dried minced garlic
1 1/2 pounds chicken breasts
1 (16 oz) bag frozen broccoli florets
2 (16 oz) jars Alfredo sauce (I use light)
1 large green pepper, chopped (optional)
1 (4 oz) can sliced mushrooms, drained (optional)
4 carrots, sliced
4 red potatoes, cut into large cubes
1 package dry onion soup mix
2 cans cream of mushroom soup
1 (8 oz) can tomato sauce
1 (10 oz) package frozen green peas
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup honey
2 tablespoons Dijon mustard
1/2 teaspoon ground ginger
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves

Chicken Broccoli Alfredo

INGREDIENTS:

- 1 ½ pounds chicken breasts
- 1 (16 oz) bag frozen broccoli florets
- 2 (16 oz) jars Alfredo sauce (I use light)
- 1 large green pepper, chopped (optional)
- 1 (4 oz) can sliced mushrooms, drained (optional)

Directions To Freeze:

Place all ingredients in a resealable gallon-sized freezer bag and mix together.

When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW for 4-6 hours.

Serve with cooked fettuccine noodles, green salad, and Bread

Hearty Beef Stew

INGREDIENTS:

1 pound beef stew cubes
4 carrots, sliced
4 red potatoes, cut into large cubes
1 package dry onion soup mix
2 cans 98% fat-free cream of mushroom soup
1 (8 oz) can tomato sauce
1 (10 oz) package frozen green peas

Directions To Freeze:

Place all ingredients in a resealable gallon-sized freezer bag. Mix together and zip bag closed. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW for 7-10 hours (or HIGH for 5-6 hours).

(I double-bagged this stew because it stuffed the freezer bag to the brim! Better safe than sorry!)

Honey & Spice Glazed Pork Chops

INGREDIENTS:

4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup honey

2 tablespoons Dijon mustard

1/2 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves

Directions To Freeze:

Place pork chops into a freezer storage bag. Add the remaining ingredients to the bag, mix well, seal and freeze. When ready to prepare, remove from the freezer and defrost, Transfer the contents into a crockpot, cover and cook on low for 4-6 hours or on high for 3-5 hours.

Garlic Ranch Chicken

INGREDIENTS

4 Breasts of chicken
1 package of Hidden Valley Ranch dressing packets
1 c. milk
1 c. mayonnaise
2 Tbsp dried minced garlic

Directions To Freeze:

In gallon-sized baggie combine ingredients, except chicken. In separate, small bag, place approx. ½ c. of mixture, for basting if you are going to grill. Place chicken in remaining mixture in gallon-size bag.

TO PREPARE AFTER FREEZING

Thaw large bag enough to get small bag out and place small bag in fridge, while allowing chicken to continue to thaw. Grill or broil chicken. In last few minutes of grilling chicken, baste chicken breasts with mixture from small bag.

Crock Pot Pork Chops

INGREDIENTS

6 pork chops, 1/2 inch thick
1 packet dry Ranch Dressing Seasoning
10 oz. can Cream of Chicken Soup

Directions To Freeze:

Dump all ingredients into a Ziploc freezer bag. Carefully mush everything together to combine. Then freeze flat. The day before you want to eat this pull it out of the freezer. In the morning dump slightly thawed food into crock-pot and cook on high for 4 hours or low for 6 hours.

* Serve gravy over mashed potatoes with porkchops on the side