

Savory Pepper Steak

<http://crockingirls.com/recipes/savory-pepper-steak/> (this isn't the exact recipe, I made some changes)

Ingredients

- 1½ lbs round steak, cut into ½ in strips
- ¼ cup flour
- ½ tsp salt
- ½ tsp pepper
- 1 small onion
- 4-5 garlic cloves
- 1 green pepper, diced
- 1 red pepper, diced
- 1 (16 oz) can Italian style tomatoes
- 1 tbsp beef bouillon
- 2 tbsp Worcestershire sauce
- 1 tbsp steak seasoning
- 1 tbsp steak sauce

Instructions

1. Toss steak in salt, pepper, & flour and add to gallon-sized freezer bag. In a med bowl mix together the rest of the ingredients, add to bag. Zip close and place in freezer. When ready to use thaw in fridge overnight. Cook on low 8 hours.
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Honey Bourbon Crock Pot Chicken

<http://realmomkitchen.com/10700/honey-bourbon-crock-pot-chicken/>

Ingredients

- 1 lb boneless, skinless chicken thighs
- salt & pepper
- ½ cup diced onion
- 1 cup honey
- ½ cup soy sauce
- ¼ cup ketchup
- 1 tbsp canola oil
- 2 garlic cloves, minced
- ¼ tsp red pepper flakes
- 1-2 tbsp cornstarch
- sesame seeds, optional

Instructions

1. Salt & pepper chicken and place in gallon-sized freezer bag.
2. In a medium bowl, mix together honey, soy sauce, ketchup, oil, garlic, red pepper flakes, and onion, add to bag. Zip close and freeze.
3. When ready to use thaw in fridge overnight.
4. Cook on low 3-4 hours, remove chick then slice into strips
5. Combine 1 Tbsp cornstarch with 1 Tbsp water. Pour into crock pot & mix, If sauce doesn't thicken, add one more Tbsp of cornstarch and water
6. Place chicken back in crock pot and stir around to coat
7. Serve over rice, sprinkle with sesame seeds.

Pineapple Chicken Burritos

<http://realmomkitchen.com/5135/pineapple-chicken-burritos/> (I actually halved the original recipe, then multiplied by 3 to make three meals) – it was easier to do this than to multiple it by 1.5.

Ingredients

- 3 fresh or frozen chicken breasts
- ½ (20-ounce) can crushed pineapple, drained
- 1 (15-ounce) cans black beans, rinsed and drained
- 1 cups medium salsa
- 5-6 burrito sized flour tortillas
- 1 (10 oz) cans green enchilada sauce
- 1 cups shredded cheddar/monterrey jack blend
- 1 cup cooked rice

Instructions

1. Place the chicken, pineapple, beans, and salsa in a gallon size ziplog freezer bag. Zip close and place in freezer. When ready to use thaw in fridge for 24 hours.
2. Cook on low for 6 to 8 hours. Remove the chicken and shred. Mix the chicken back into the crock pot with the rest of the ingredients.
3. Mix in the cooked rice.
4. Fill 5-6 of the burrito tortillas. Place in in a 9×13 pan. Pour 1 can of the green enchilada sauce over the burritos.
5. Top with 1 cup of the shredded cheese and place under the broiler on the middle rack until the cheese is nice and melted. About 5 minutes.

Slow Cooker Cilantro Lime Chicken

<http://whoneedsacape.com/2013/08/slow-cooker-cilantro-lime-chicken/>

Ingredients

- 6 chicken breasts
 - 3 Tbs olive oil
 - 2 limes, juiced
 - 2 cups cilantro
 - 1 large bag of frozen corn
 - Salt and Pepper
 - * 4 minced garlic cloves
 - * 1 finely chopped red onion
 - * 2 cans black beans, rinsed
 - * 2 tsp cumin
 - * 2 tsp chipotle powder
- Split everything into two containers. shake it up, seal, label and put in the freezer. Instructions for Container: cook on low 8 hours or high 4 hours, serve with hot tortillas or tostitos. Dress with sour cream, guacamole, and/or cheese

Instructions

1. Split everything evenly into two large freezer bags.
2. Close bags, label and give a good shake to get everything mixed. Place in freezer until ready to prepare.
3. Cook on low for 8 hours or high for 4 hours, serve with hot tortillas or tostitos. Dress with sour cream, guacamole, and/or cheese

Easy Crockpot Mongolian Beef

<http://whoneedsacape.com/2012/11/easy-crockpot-mongolian-beef/>

Ingredients

- 1 lb. stew meat
- 2 tsp. olive oil
- 1 onion, thickly sliced
- 1 tbsp. minced garlic
- 1/2 cup soy sauce (I used wheat free tamari)
- 1/2 cup water
- 1/2 cup brown sugar
- 1/2 tsp. fresh minced ginger
- 1/2 cup hoisin sauce (I used The Wizard's brand gf)

Instructions

1. Freezer directions- dump all ingredients into a labeled freezer bag, seal, mix up, freeze flat. It's as easy as that!
 2. When you're ready to cook- take the bag out of the freezer the night before and let it defrost in the fridge. The next morning dump the bag into the crockpot and cook on low for 6-8 hours. If you're going to be longer just add a bit more water so it doesn't dry out. Serve with fresh slice green onions and rice. Yum!
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Crock-pot Honey Garlic Chicken

<http://whoneedsacape.com/2013/02/crockpot-honey-garlic-chicken/>

Ingredients

- Chicken (I used 3 leg quarters and 2 drumsticks so all the kids wouldn't fight over the drumsticks)
- 5 garlic cloves chopped
- 1 tsp. oregano
- 3/4 cup soy sauce
- 1/4 cup ketchup
- 1/2 cup spicy honey bbq sauce
- 1/3 cup honey
- pinch of salt
- dash of pepper

Instructions

1. Place Chicken in crock-pot.
2. Mix spices, soy sauce, ketchup, bbq sauce, and honey. Pour over chicken.
3. Cook on low 6 hours.
4. I split the leg quarters but you don't have to.

Chicken Spaghetti (from Pioneer Woman)

http://thepioneerwoman.com/cooking/2007/06/chicken_spaghet/ (we didn't boil our chicken, we baked it in the oven on 350 with seasoning and chicken broth for 45 minutes, then chopped it up)

Ingredients

- 2 cups Cooked Chicken
- 3 cups Dry Spaghetti, Broken Into Two Inch Pieces
- 2 cans Cream Of Mushroom Soup
- 2 cups Grated Sharp Cheddar Cheese
- 1/4 cup Finely Diced Green Pepper
- 1/4 cup Finely Diced Onion
- 1 jar (4 Ounce) Diced Pimentos, Drained
- 2 cups Reserved Chicken Broth From Pot
- 1 teaspoon Lawry's Seasoned Salt
- 1/8 teaspoon (to 1/4 Teaspoon) Cayenne Pepper
- Salt And Pepper, to taste
- 1 cup Additional Grated Sharp Cheddar Cheese

Preparation Instructions

Cook 1 cut up fryer and pick out the meat to make two cups. Cook spaghetti in same chicken broth until al dente. Do not overcook. When spaghetti is cooked, combine with remaining ingredients except additional 1 cup sharp cheddar.

Place mixture in casserole pan and top with remaining sharp cheddar. Cover and freeze up to six months, cover and refrigerate up to two days, or bake immediately: 350 degrees for 45 minutes until bubbly. (If the cheese on top starts to get too cooked, cover with foil).

Baked Ziti {Freezer Meal}

<http://www.sixsistersstuff.com/2011/08/baked-ziti-freezer-meal.html>

Ingredients

- 1 pound dry ziti pasta (or really any kind of pasta would work- I actually used Penne pasta)
- 1 onion, chopped
- 1 pound lean ground beef (season with pepper, garlic powder, onion powder, and minced garlic)
- 2 (26 ounce) jars spaghetti sauce (I added a zucchini to my sauce just for more veggies!)
- 8 slices provolone cheese
- 1 1/2 cups sour cream
- 6 ounces mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese

Directions

1. Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 7-8 minutes; drain.
2. In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.
3. Spray 2 8x8 inch pans with non-stick cooking spray. Layer as follows in each pan: 1/4 of the ziti, 1/4 of the sauce, 4 slices of Provolone cheese, 1/2 of sour cream, 1/4 of ziti, 1/4 mozzarella cheese and 1/4 of sauce mixture. Top with grated Parmesan cheese and remaining mozzarella cheese.
4. Wrap tightly and freeze.

INSTRUCTIONS: Cook in 350 degree oven, uncovered for 30 minutes or until cheese is melted.

Chicken Enchiladas - (from Southern Living-don't have website)

Ingredients

- 2 tablespoons butter
- 2 large onions, thinly sliced
- 2 cups chopped cooked chicken
- 1/2 cup diced roasted red bell pepper
- 2 (3-ounce) packages cream cheese, cubed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 (4.5-ounce) cans diced green chiles
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon sugar
- 1 (14 1/2-ounce) can chicken broth
- 1/2 cup salsa
- 10 (7-inch) flour tortillas
- 2 cups (8 ounces) shredded Cheddar cheese

Preparation

1. Melt butter in a large skillet over medium-high heat, stirring often; add sliced onions, and cook 20 minutes or until caramelized. Reduce heat to low, and add chopped chicken and next 4 ingredients, stirring until combined. Set aside.
2. Pulse chiles and next 5 ingredients in blender or food processor several times until combined.
3. Bring chile mixture and chicken broth to a boil in a saucepan over high heat; cook 5 minutes or until slightly thickened. (Mixture should be the consistency of a thin gravy.) Remove from heat, and stir in salsa.
4. Spread one third chile mixture evenly on bottom of a lightly greased 13- x 9-inch baking dish.
5. Spoon chicken mixture evenly down center of each tortilla; roll up, and place, seam side down, in prepared baking dish. Top with remaining chile mixture; sprinkle with cheese.
6. Bake at 375° for 20 to 25 minutes or until bubbly.
7. Note: Freeze chile mixture and filled tortillas separately up to 1 month, if desired. Thaw in refrigerator overnight. Prepare and bake as directed.
8. To lighten: Substitute 1/3-less-fat cream cheese, 2% reduced-fat Cheddar cheese, and fat-free tortillas.

Michele's Chili

Ingredients

- 1 bag dry kidney beans
- 1 bag dry great northern beans
- 2 cans diced tomatoes
- 2 packages chili seasoning
- 1 pound ground beef
- 1 onion
- Buillon cubes

Instructions: Cook meat and onions, add seasonings, onions and tomatoes. Freeze. When ready to cook, soak beans overnight in big pot of water. Drain. Add everything to crock pot. Cook on low for 8 hours.

Honey Lime Chicken Recipe

<http://nataliehodson.com/healthyrecipes/honey-lime-chicken/>

Ingredients

- 4 Chicken Breasts, cut into strips
- 1½ tsp garlic salt
- 1 Tbsp Oil
- 1 20 oz can pineapple tidbits, keep the juice!
- ¼ cup honey
- 3 Tbsp Lime juice
- 2 Tbsp Soy Sauce
- 2 tbs Corn starch

Instructions

1. Add everything to a freezer bag, except corn starch.
 2. Cook for 6-8 hours. Take chicken out and shred. Add back to pot.
 3. Mix corn starch with 2 tbs cold water. Pour into crock pot and stir. It should thicken it up in a few minutes.
 4. Serve over hot rice and it's cool to garnish with lime wedges or Chow Mein noodles.
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Taco Soup

Don't know where this recipe came from originally, I've been making it for years

Ingredients

- 1 pound ground beef (or chicken)
- 1 onion, chopped
- 1 can kidney beans
- 1 can pinto beans
- 1 can black beans
- 2 cans corn, or same amount of frozen
- 2 cups water
- 2 pkgs taco seasoning
- 2 packages hidden valley ranch
- Tortilla chips

Instructions

Cook meat and onions together. Put everything in (except tortilla chips) in a big pot. Simmer for 1-2 hours. Or cook at a higher temp for less time. Put into freezer bags and freeze. Thaw out, warm up and serve with tortilla chips, cheese, sour cream, green onions, etc.

We didn't get to this recipe. Will try it next time.

Baked Penne with Chicken and Sun-Dried Tomatoes

INGREDIENTS

- 6 tablespoons butter, plus more for baking dishes
- Coarse salt and ground pepper
- 1 pound penne rigate
- 1 teaspoon olive oil
- 2 boneless, skinless [chicken breast](#) halves (8 ounces each), halved horizontally
- 1/2 cup plus 2 tablespoons all-purpose flour (spooned and leveled)
- 4 [garlic](#) cloves, minced
- 6 cups whole milk
- 10 ounces white mushrooms, trimmed and thinly sliced
- 1/2 cup oil-packed sun-dried tomatoes, drained and thinly sliced
- 1 1/2 cups shredded provolone (6 ounces)
- 1 cup finely grated Parmesan (4 ounces)

To Freeze: Prepare through step 4; let cool. Cover tightly with foil, and freeze, up to 3 months.

To Bake From Frozen: Preheat oven to 400, and bake (still covered in foil) on a rimmed baking sheet until center is hot, about 1 1/2 hours. Remove foil; bake until golden, about 15 minutes more.

DIRECTIONS

1. STEP 1

Preheat oven to 400. Butter two shallow 2-quart baking dishes. In a large pot of boiling salted water, cook pasta 3 minutes short of al dente; drain pasta, and return to pot.

2. STEP 2

In a large nonstick skillet, heat oil over medium-high. Season chicken with salt and pepper; cook until opaque throughout, 3 to 5 minutes per side. Halve each piece lengthwise, then thinly slice crosswise.

3. STEP 3

In a 5-quart Dutch oven or heavy pot, melt butter over medium. Add flour and garlic; cook, whisking, 1 minute. While whisking, gradually add milk; bring to a simmer, whisking frequently. Add mushrooms and tomatoes; cook 1 minute. Off heat, gradually stir in provolone and 1/2 cup Parmesan.

4. STEP 4

Add chicken and pasta to pot; season with salt and pepper. Divide pasta mixture between baking dishes; sprinkle each with 1/4 cup Parmesan.

5. STEP 5

Bake, uncovered, until top is golden and bubbling, about 25 minutes. Let stand 5 minutes before serving.
