



# Quick & Easy STOVETOP

---

FREEZER MEALS

---

New Leaf Wellness



Quick and Easy Stovetop Freezer Meals.

Copyright © 2017 by Kelly McNelis.

This book was written to help readers prepare stovetop freezer meals. The author is not liable for the use or misuse of information provided.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission from Kelly McNelis.

[www.newleafwellness.biz](http://www.newleafwellness.biz)

# ABOUT

## THE AUTHOR



Dr. Kelly McNelis is a psychologist, blogger, and the author of several other freezer meal eCookbooks. Kelly lives in Pittsburgh, PA with her husband, Andy, and their four young children. Kelly shares her favorite crockpot recipes and freezer meal prep sessions on her blog, [New Leaf Wellness](http://NewLeafWellness.com).

# TABLE OF CONTENTS

<b>Introduction</b>	<b>5</b>
<b>Frequently Asked Questions</b>	<b>6</b>
<b>Stovetop Freezer Recipes</b>	
1. Chicken and Sweet Potato Hash	10
2. Chicken and Sausage Orzo	11
3. Hawaiian Chicken and Peppers	12
4. Honey Garlic Chicken and Peas	13
5. Steak Stir-Fry and Bok Choy	14
6. Tex Mex Beef and Cabbage	15
7. Tuscan Chicken Tortellini	16
<b>Grocery List for All Seven Recipes</b>	<b>17</b>
<b>Nutritional Information</b>	<b>19</b>
<b>Printable Labels for Freezer Meals</b>	<b>21</b>

# INTRODUCTION

Back in 2012, I became obsessed with the concept of freezer meals that didn't require any cooking ahead of time. All I had to do with combine the meat, vegetables, and freeze for later. The method was quick and easy and the meals tasted delicious because they cooked the first time out of the freezer (and not like leftovers at all!).

Most of the time, I made crockpot freezer meals because I loved coming home to a meal that was finished cooking and ready to eat. What about those nights when I forgot to put something in the crockpot though? I found that some of my crockpot freezer meals could be cooked on the stovetop in 15 minutes. Then, I took that one step further and started freezing meals purposefully to cook in a pan. I could use ingredients that didn't work well in the crockpot (like pasta and crunchy textures) and add more variety to our meal plans. Yay!

I released two [cookbook eBooks](#) in 2016 with “no cook” freezer recipes that don't require the crockpot: Oven Freezer Meals and Skillet Freezer Meals. This Quick and Easy Stovetop Freezer Meals cookbook eBook is the second volume of skillet freezer meals. I hope you love the meals as much as we do.

XOXO,  
Kelly

# FREQUENTLY ASKED QUESTIONS

## **How many servings are in each recipe?**

Six. You can find more information about serving size in the nutritional information labels.

## **How can I increase or decrease the number of servings?**

To increase: Most recipes fill one gallon-sized freezer bag and one pan or pot, so if you want to prepare more servings I would double the recipe, freeze it in two bags, and cook the bags separately.

To decrease: The easiest way to decrease the number of servings is to split each recipe into two freezer bags (with three servings in each bag). Follow the same cooking instructions and reheat the leftovers in a microwave or pan within 3-4 days.

## **What size/type of pan do I need to cook my meals?**

I recommend cooking these recipes on your stovetop in a large non-stick skillet, pot, or saute pan. A lid is also helpful (but not absolutely necessary). Here are some examples that would work well:

- [5-Quart Saute Pan](#)
- [5.25-Quart Non-Stick Cast Iron Dutch Oven](#)
- [6-Quart Dutch Oven](#)

## **Do I have to freeze the meals before cooking?**

No. You can cook them fresh instead.

## **How long do the meals last in the freezer?**

Most meals will last at least three months in a standard refrigerator/freezer combo.

## **Do I need to thaw my frozen meals before cooking? If so, how do I do it?**

Yes, they needed to be completely thawed to cook evenly. I thaw my freezer meals overnight in the refrigerator or by placing the freezer bag in water. I shared my best tips for thawing freezer meals (and how to remember to move them to the refrigerator the night before!) on my [New Leaf Wellness blog here](#).

## **Can I substitute frozen meat for fresh meat?**

The meat needs to be fresh so you can break it apart or cut it into bite-sized pieces before freezing it with the rest of ingredients. If you want to use meat that is already frozen, you will need to keep it separate from the other ingredients (Combine the other ingredients in a gallon-sized plastic freezer bag). When you're ready to cook, thaw everything, cut the meat according to the recipe instructions, and add it to the pan with the rest of ingredients.

## **Do you have any tips for freezing all seven recipes at once?**

Yes. I made all of them and shared my experience on my [New Leaf Wellness blog](#).

## **How do I use the printable labels for my freezer meals?**

The labels in this book are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75"](#). You can also print the labels on regular computer paper and attach to your freezer bags with clear shipping tape.

## **Additional questions?**

If you have additional questions, please email me at [kelly@newleafwellness.biz](mailto:kelly@newleafwellness.biz). I would also love to hear what you think of the meals after you freeze and cook them yourself. Please email me or tag me on Instagram [@kellymcnelis](#).

Disclosure: The items recommended above include my Amazon Associate link so I earn a very small percentage of the sales price if you purchase something after clicking on them. Thank you for your support.









# CHICKEN AND SWEET POTATO HASH



This recipe is so simple and delicious. The sweet potatoes add a touch of natural sweetness and the apple cider vinegar flavors the entire dish. Yum! No side dish needed.

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and cubed
- 2 large sweet potatoes (2 pounds), peeled and diced
- 3oz baby spinach (3 large handfuls)
- 6 cloves garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon rosemary
- 1 teaspoon salt
- 1 teaspoon pepper

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan.
3. Bring to a boil and simmer covered for 15-20 minutes, stirring occasionally, until chicken is cooked through.

# CHICKEN AND SAUSAGE ORZO



I love this recipe because it's super flavorful and includes meat, a vegetable, and a starch in the same pan. Serve with grated Parmesan cheese.

Yields: 6 servings

## Ingredients

- 1 pound ground sweet Italian sausage
- 1 pound boneless, skinless chicken breasts, fat trimmed and cubed
- 2oz baby spinach
- 2 cups chicken broth
- 8oz can tomato sauce
- 1/2 teaspoon salt
- 1 tablespoon parsley
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- 1 cup uncooked orzo pasta (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except orzo.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan with orzo.
3. Bring to a boil and simmer uncovered, stirring occasionally and breaking apart sausage. Cook for 15 minutes or until meat is cooked through and orzo is al dente.

# HAWAIIAN CHICKEN AND PEPPERS

# 3

This is a slightly sweet, family-friendly dish. Wait to add the pineapple until the day of cooking because it changes the consistency of raw chicken in the freezer. Serve over rice and top with sesame seeds and sliced green onions.

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and cubed
- 1 green bell pepper, chopped
- 1 red pepper, chopped
- 2 tablespoons cornstarch
- 2 tablespoons light brown sugar
- 2 tablespoons apple cider vinegar
- 2 tablespoons soy sauce
- 4 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pepper
- 8oz can pineapple chunks in 100% juice, undrained (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except pineapple.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan with pineapple.
3. Bring to a boil and simmer covered for 15 minutes, stirring occasionally, until chicken is cooked through.

# HONEY GARLIC CHICKEN AND PEAS



The sweet and savory sauce in this recipe infuses the chicken and veggies. Increase red pepper flakes to 1/2 teaspoon if you like medium-heat. Top with sesame seeds and serve with rice.

Yields: 6 servings

## Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed and cubed  
8oz fresh sugar snap peas  
2 carrots, peeled and shredded  
6 cloves garlic, minced  
1/4 cup honey  
1/4 cup soy sauce  
2 tablespoons sesame oil  
2 tablespoons ketchup  
1 teaspoon onion powder  
3/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan.
3. Bring to a boil and simmer uncovered for 15 minutes, stirring occasionally, until chicken is cooked through.



# STEAK STIR-FRY AND BOK CHOY

# 5

If you've never cooked with bok choy before, this is the perfect opportunity to give it a try! It's packed with Vitamin A and Vitamin C and adds a nice crunch to the dish. Serve over rice and top with sliced green onions.

Yields: 6 servings

## Ingredients

- 2 pounds boneless sirloin tip steak, fat trimmed and thinly sliced
- 2 red peppers, sliced
- 1 small red onion, thinly sliced (one cup)
- 1 small bok choy (1 1/2 pounds), root removed and stalks/leaves thinly sliced
- 1-inch fresh ginger root, peeled and diced
- 4 garlic cloves, minced
- 1/4 cup soy sauce
- 2 tablespoons olive oil
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon basil

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan.
3. Bring to a boil and simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through.

# TEX MEX

## BEEF AND CABBAGE



This is my favorite recipe in the eBook. It calls for bagged coleslaw mix to add extra vegetables and crunch. I think half a bag is the perfect amount, but if you love vegetables, you can add the whole bag. (This will change the nutritional info.) Serve with rice and top with shredded cheddar cheese and sour cream.

Yields: 6 servings

### Ingredients

- 1 pound 93% lean ground beef
- 8oz shredded cabbage and carrots (bagged coleslaw mix)
- 15oz can black beans, drained and rinsed
- 14.5oz can diced tomatoes, undrained
- 1 cup frozen corn
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon salt

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan.
3. Bring to a boil and simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through and cabbage is tender.

# TUSCAN

## CHICKEN TORTELLINI



Our cookbook reviewers overwhelmingly agreed that this was their kids' favorite recipe in the eBook. It's a one-pot meal your whole family will love! Top with Parmesan cheese.

Yields: 6 servings

### Ingredients

- 1 pound boneless skinless chicken breasts, fat trimmed and cubed
- 3oz baby spinach
- 28oz can diced tomatoes, undrained
- 15oz can tomato sauce
- 2 tablespoons olive oil
- 1 tablespoon basil
- 1 tablespoon oregano
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 19oz bag frozen cheese tortellini (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except tortellini.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or saute pan.
3. Bring to a boil and simmer uncovered for 10 minutes, stirring occasionally.
4. Add tortellini and cook for additional 3 minutes or until pasta is tender and chicken is cooked through.

# GROCERY LIST

## FOR ALL SEVEN RECIPES

The number(s) next to each ingredient corresponds to its recipe number.

### **Produce**

- 2 large sweet potatoes (2 pounds) (1)
- 8oz baby spinach (1, 2, 7)
- 20 cloves garlic (2 bulbs) (1, 3, 4, 5)
- 1 green bell pepper (3)
- 3 red bell peppers (3, 5)
- 8oz fresh sugar snap peas (4)
- 2 carrots (4)
- 1 small red onion (5)
- 1 small bok choy (1 1/2 pounds) (5)
- 1-inch fresh ginger root (5)
- 8oz shredded cabbage and carrots (bagged coleslaw mix) (6)

### **Meat**

- 8 pounds boneless skinless chicken breasts (1, 2, 3, 4, 7)
- 1 pound ground sweet Italian sausage (2)
- 2 pounds boneless sirloin tip steak (5)
- 1 pound 93% lean ground beef (6)

### **Frozen**

- 1 cup frozen corn (6)

### **Canned**

- 8oz can tomato sauce (2)
- 15oz can tomato sauce (7)
- 15oz can black beans (6)
- 14.5oz can diced tomatoes (6)
- 28oz can diced tomatoes (7)

### **Oil/Vinegar**

- 7 tablespoons olive oil (1, 5, 7)
- 4 tablespoons apple cider vinegar (1, 3)
- 2 tablespoons sesame oil (4)

## **Spices/Seasonings**

- 1 tablespoon plus 1/2 teaspoon basil (5, 7)
- 2 tablespoons chili powder (6)
- 1 tablespoon cumin (6)
- 2 teaspoons garlic powder (2, 6)
- 1/2 teaspoon ground ginger (3)
- 1 tablespoon plus 1 teaspoon onion powder (2, 4, 6, 7)
- 1 tablespoon oregano (7)
- 1 tablespoon paprika (6)
- 1 tablespoon parsley (2)
- 1 tablespoon plus 3/4 teaspoon pepper (1, 2, 3, 4, 5, 7)
- 1 1/4 teaspoons crushed red pepper flakes (4, 6)
- 1 teaspoon rosemary (1)
- 1 tablespoon plus 1 1/4 teaspoons salt (1, 2, 4, 5, 6, 7)
- 1/2 teaspoon ground turmeric (5)

## **Miscellaneous**

- 2 cups chicken broth (2)
- 2 tablespoons cornstarch (3)
- 2 tablespoons light brown sugar (3)
- 1/2 cup plus 2 tablespoons soy sauce (3, 4, 5)
- 1/4 cup honey (4)
- 2 tablespoons ketchup (4)
- 7 gallon-sized plastic freezer bags (1-7)

## **Not Needed Until Day of Cooking**

- 1 cup uncooked orzo pasta (2)
- 8oz can pineapple chunks in 100% juice (3)
- 19oz bag frozen cheese tortellini (7)
- Suggested Side Dishes
  1. Chicken and Sweet Potato Hash – no side dish needed!
  2. Chicken and Sausage Orzo – Parmesan cheese
  3. Hawaiian Chicken and Peppers – rice, sesame seeds, green onions
  4. Honey Garlic Chicken and Peas – rice, sesame seeds
  5. Steak Stir Fry and Bok Choy – rice, green onions
  6. Tex Mex Beef and Cabbage – rice, shredded cheddar cheese, sour cream
  7. Tuscan Chicken Tortellini – Parmesan cheese



# NUTRITIONAL

## INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings and side dishes were not included.

### Chicken and Sweet Potato Hash

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	12g 18%	<b>Total Carb</b>	34g 11%
1 1/3 cup	Saturated Fat	3g 15%	Dietary Fiber	6g 24%
Servings 6	Trans Fat	0g	Sugars	5g
<b>Calories 380</b>	<b>Cholesterol</b>	85mg 28%	<b>Protein</b>	34g 68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	530mg 22%		
	Vitamin A	450%	Vitamin C	20%
	Calcium	8%	Iron	15%

### Chicken and Sausage Orzo

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	9g 14%	<b>Total Carb</b>	34g 11%
1 1/3 cup	Saturated Fat	4g 20%	Dietary Fiber	2g 8%
Servings 6	Trans Fat	0g	Sugars	3g
<b>Calories 360</b>	<b>Cholesterol</b>	65mg 22%	<b>Protein</b>	35g 70%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	1140mg 48%		
	Vitamin A	20%	Vitamin C	10%
	Calcium	4%	Iron	20%

### Hawaiian Chicken and Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	5g 8%	<b>Total Carb</b>	15g 5%
1 cup	Saturated Fat	2g 10%	Dietary Fiber	1g 4%
Servings 6	Trans Fat	0g	Sugars	11g
<b>Calories 260</b>	<b>Cholesterol</b>	85mg 28%	<b>Protein</b>	34g 68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	390mg 16%		
	Vitamin A	15%	Vitamin C	80%
	Calcium	2%	Iron	8%

## Honey Garlic Chicken and Peas

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	10g 15%	<b>Total Carb</b>	20g 7%
1 cup	Saturated Fat	3g 15%	Dietary Fiber	2g 8%
Servings 6	Trans Fat	0g	Sugars	15g
<b>Calories 310</b>	<b>Cholesterol</b>	85mg 28%	<b>Protein</b>	36g 72%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	1080mg 45%		
	Vitamin A	70%	Vitamin C	50%
	Calcium	4%	Iron	10%

## Steak Stir-Fry and Bok Choy

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	16g 25%	<b>Total Carb</b>	9g 3%
1 2/3 cup	Saturated Fat	6g 30%	Dietary Fiber	2g 8%
Servings 6	Trans Fat	0g	Sugars	5g
<b>Calories 320</b>	<b>Cholesterol</b>	80mg 27%	<b>Protein</b>	36g 72%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	1040mg 43%		
	Vitamin A	150%	Vitamin C	190%
	Calcium	20%	Iron	20%

## Tex Mex Beef and Cabbage

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	4g 6%	<b>Total Carb</b>	26g 9%
1 cup	Saturated Fat	2g 10%	Dietary Fiber	7g 28%
Servings 6	Trans Fat	0g	Sugars	6g
<b>Calories 220</b>	<b>Cholesterol</b>	30mg 10%	<b>Protein</b>	18g 20%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	1080mg 45%		
	Vitamin A	20%	Vitamin C	35%
	Calcium	8%	Iron	50%

## Tuscan Chicken Tortellini

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b>	14g 22%	<b>Total Carb</b>	54g 18%
1 1/2 cup	Saturated Fat	5g 25%	Dietary Fiber	7g 28%
Servings 6	Trans Fat	0g	Sugars	7g
<b>Calories 460</b>	<b>Cholesterol</b>	80mg 27%	<b>Protein</b>	31g 62%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b>	1040mg 43%		
	Vitamin A	50%	Vitamin C	35%
	Calcium	20%	Iron	20%

# PRINTABLE LABELS

## FOR FREEZER MEALS

Use the labels below on your freezer bags. Each label contains the name of the recipe, ingredients, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

There is also a page of blank labels in case you want to edit the ingredient list or cooking instructions. You can also use these blank labels for other freezer recipes that are not included in this book.

The freezer labels are formatted to print on [Avery rectangular sticker labels that measure 3.5 x 4.75”](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

You can also print these labels on regular computer paper and attach to your freezer bags with clear shipping tape.



## STOVETOP CHICKEN AND SWEET POTATO HASH

Chicken breasts  
Sweet potatoes  
Baby spinach  
Garlic  
Olive oil  
Apple cider vinegar  
Rosemary  
Pepper  
Salt

1. Thaw.
2. Add to large skillet, pot, or saute pan and bring to boil.
3. Simmer covered for 15-20 minutes, stirring occasionally, until chicken is cooked through.

Use by:



## STOVETOP CHICKEN AND SAUSAGE ORZO

Chicken breasts  
Italian sausage  
Baby spinach  
Chicken broth  
Tomato sauce  
Parsley  
Garlic powder  
Onion powder  
Salt and pepper

1. Thaw.
2. Add to large skillet, pot, or saute pan with 1 cup uncooked orzo and bring to boil.
3. Simmer uncovered for 15 minutes, stirring occasionally and breaking apart sausage.

Use by:



## STOVETOP HAWAIIAN CHICKEN AND PEPPERS

Chicken breasts  
Green pepper  
Red pepper  
Cornstarch  
Light brown sugar  
Apple cider vinegar  
Soy sauce  
Garlic  
Ground ginger  
Pepper

1. Thaw.
2. Add to large skillet, pot, or saute pan with 8oz can pineapple chunks in juice and bring to boil.
3. Simmer covered for 15 minutes, stirring occasionally, until chicken is cooked.

Use by:



## STOVETOP HONEY GARLIC CHICKEN AND PEAS

Chicken breasts  
Sugar snap peas  
Carrots  
Garlic  
Honey  
Soy sauce  
Sesame oil  
Ketchup  
Seasonings

1. Thaw.
2. Add to large skillet, pot, or saute pan and bring to boil.
3. Simmer uncovered for 15 minutes, stirring occasionally, until chicken is cooked through.

Use by:



## STOVETOP STEAK STIR-FRY AND BOK CHOY

Sirloin tip steak  
Red peppers  
Red onion  
Bok choy  
Ginger root  
Garlic  
Soy sauce  
Olive oil  
Turmeric and basil  
Salt and pepper

1. Thaw.
2. Add to large skillet, pot, or saute pan and bring to boil.
3. Simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through.

Use by:



## STOVETOP TEX MEX BEEF AND CABBAGE

Lean ground beef  
Coleslaw mix  
Black beans  
Diced tomatoes  
Corn  
Seasonings

1. Thaw.
2. Add to large skillet, pot, or saute pan and bring to boil.
3. Simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through and cabbage is tender.

Use by:



## STOVETOP TUSCAN CHICKEN TORTELLINI

Chicken breasts  
Baby spinach  
Diced tomatoes  
Tomato sauce  
Olive oil  
Basil  
Oregano  
Onion powder  
Salt  
Pepper

1. Thaw.
2. Add to large skillet, pot, or saute pan and bring to boil.
3. Simmer uncovered for 10 minutes, stirring occasionally.
4. Add 19oz bag frozen cheese tortellini and cook additional 3 min.

Use by:



Use by:





Use by:



Use by:



Use by:



Use by: