

## 2018-06-21 | Kelly's List for Eva

<b>Ingredient</b>	<b>US Imperial</b>
<b>Baking</b>	
<input type="checkbox"/> Extra virgin olive oil	3 teaspoon
<b>Canned</b>	
<input type="checkbox"/> Black beans	2 can (15oz per can)
<input type="checkbox"/> Chickpeas	1 can (15oz per can)
<input type="checkbox"/> Petite diced tomatoes	1 can (14.5oz per can)
<input type="checkbox"/> Tomato sauce	2 can (14.5oz per can)
<input type="checkbox"/> Unsweetened coconut milk	1 can (13.5oz per can)
<b>Frozen</b>	
<input type="checkbox"/> Frozen corn	1 2/3 cup
<b>Materials</b>	
<input type="checkbox"/> Gallon-sized plastic freezer bag	7
<input type="checkbox"/> Quart-sized plastic freezer bag	1
<b>Meat</b>	
<input type="checkbox"/> Boneless skinless chicken breasts	5 lb
<input type="checkbox"/> Ground turkey	2 lb
<b>Miscellaneous</b>	
<input type="checkbox"/> Honey	5/16 cup
<input type="checkbox"/> Ketchup	2 tablespoon
<input type="checkbox"/> Pasta sauce	2 jar (24oz per jar)
<input type="checkbox"/> Soy sauce	4 tablespoon
<b>Not Needed Until Day of Cooking</b>	
<input type="checkbox"/> Chicken broth (not needed until day of cooking)	32 oz
<input type="checkbox"/> Wide egg noodles (not needed until day of cooking)	2 cup
<b>Oil and Vinegar</b>	
<input type="checkbox"/> Sesame oil	2 tablespoon
<b>Produce</b>	
<input type="checkbox"/> Carrots	3/4 lb
<input type="checkbox"/> Celery	2 ribs
<input type="checkbox"/> Fresh sugar snap peas	8 oz
<input type="checkbox"/> Garlic	13 cloves
<input type="checkbox"/> Green pepper	7
<input type="checkbox"/> Lime for juice	1
<input type="checkbox"/> Pineapple	1
<input type="checkbox"/> Red pepper	1
<input type="checkbox"/> Sweet potato	1 lb
<input type="checkbox"/> Yellow onion	5

<b>Ingredient</b>	<b>US Imperial</b>
<input type="checkbox"/> Zucchini	1
<b>Seasonings</b>	
<input type="checkbox"/> Celery seed	1/2 teaspoon
<input type="checkbox"/> Chili powder	2 tablespoon
<input type="checkbox"/> Crushed red pepper flakes	1 1/4 teaspoon
<input type="checkbox"/> Cumin	4 teaspoon
<input type="checkbox"/> Curry powder	3 tablespoon
<input type="checkbox"/> Italian seasoning	3 teaspoon
<input type="checkbox"/> Onion powder	1 teaspoon
<input type="checkbox"/> Oregano	1 1/2 teaspoon
<input type="checkbox"/> Paprika	4 teaspoon
<input type="checkbox"/> Pepper	1/4 teaspoon
<input type="checkbox"/> Salt	3 1/4 teaspoon
<input type="checkbox"/> Thyme	1/2 teaspoon
<input type="checkbox"/> Turmeric	1/2 teaspoon

## Easy Crock Pot Chicken Cacciatore

Serve with spaghetti, Parmesan cheese, and salad. Make sure your pasta sauce is compliant if following a Whole Food diet. Substitute gluten-free pasta or zucchini "noodle" for a gluten-free meal.

**Cookbook:** Best of the Blog

**Cooking Method:** Crockpot

**Protein:** Chicken

**Diet:** Gluten-Free, Whole Food

### Servings

4 SERVINGS

### Ingredients

- 1 lb boneless skinless chicken breasts
- 1 jar (24oz per jar) pasta sauce
- 1 zucchini chopped
- 1 green pepper chopped
- 1 yellow onion chopped
- 1 tablespoon Italian seasoning

### Materials

- 1 gallon-sized plastic freezer bag

### Recipe Notes

### **To Freeze and Cook Later**

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 6-8 hours or until chicken is cooked through and tender.

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# Low-Fat All-Natural Chicken Noodle Soup Panera Copycat

Serve with hard rolls and a fresh garden salad

**Cookbook:** Best of the Blog

**Cooking Method:** Crockpot

**Protein:** Chicken

## Servings

4 SERVINGS

## Ingredients

- 1 lb boneless skinless chicken breasts diced
- 1 yellow onion diced
- 1/2 lb carrots sliced (about 3-4 carrots)
- 2 ribs celery sliced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 32 oz chicken broth (not needed until day of cooking) 4 cups
- 2 cups wide egg noodles (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## Recipe Notes

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients except broth and noodles to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on "low" setting for 6-8 hours.
4. Add noodles and cook for an additional 15 minutes.

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# Chicken Fajitas

Serve on tortillas or brown rice with shredded lettuce, diced tomatoes, and shredded cheddar cheese.

**Cookbook:** Best of the Blog

**Cooking Method:** Crockpot

**Protein:** Chicken

## Servings

4 SERVINGS

## Ingredients

- 1 green pepper sliced
- 1 red pepper sliced
- 1 yellow onion sliced
- 1 lb boneless skinless chicken breasts
- 2 cloves garlic minced
- 1 tablespoon honey
- 1 lime for juice
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## Recipe Notes

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook for 4-8 hours on "low" setting or until chicken is tender.
4. Shred chicken and serve with a slotted spoon.

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# Honey Garlic Chicken and Peas

Top with sesame seeds and serve with rice.

**Cookbook:** Quick and Easy Stovetop Freezer Meals

**Cooking Method:** Stovetop

**Protein:** Chicken

## Servings

6 SERVINGS

## Ingredients

- 2 lb boneless skinless chicken breasts fat trimmed and cubed
- 8 oz fresh sugar snap peas
- 1/4 lb carrots peeled and shredded (2 carrots)
- 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

## Recipe Notes

### 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.

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# Turkey & Black Bean Chili

Eat plain or serve with shredded cheddar cheese and tortilla chips.

**Cookbook:** Best of the Blog

**Cooking Method:** Crockpot

**Protein:** Turkey

## Servings

6 SERVINGS

## Ingredients

- 1 lb ground turkey
- 2 can (14.5oz per can) tomato sauce
- 2 can (15oz per can) black beans drained and rinsed
- 1 can (14.5oz per can) petite diced tomatoes undrained
- 1 2/3 cup frozen corn 1/2 16oz bag
- 2 cloves garlic minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## Recipe Notes

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook for 8 hours on "low" setting or until turkey is cooked through.
4. Break apart turkey and stir.

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# Stuffed Peppers

Top with Parmesan cheese and serve with rice.

**Cookbook:** Best of the Blog

**Cooking Method:** Crockpot

**Protein:** Turkey

## Servings

4 SERVINGS

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1 lb ground turkey
- 1 yellow onion peeled and diced
- 1 cloves garlic minced
- 4 green pepper tops cut off and cleaned
- 1 jar (24oz per jar) pasta sauce reserve 2 tablespoons

## Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

## Recipe Notes

### To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.
5. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Place peppers in slow cooker and top with sauce.
3. Cook on “low” setting for 6-8 hours, until meat is cooked through and peppers are soft.

\*\*You can substitute ground beef.



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# Thai Pineapple Curry

Serve with jasmine rice.

**Cookbook:** Meat Free Crockpot Freezer Meals

**Cooking Method:** Crockpot

**Protein:** Vegetarian

**Diet:** Vegetarian

## Servings

6 SERVINGS

## Ingredients

- 1 can (15oz per can) chickpeas drained and rinsed
- 1 pineapple cored and chopped into 1-inch pieces
- 1 lb sweet potato peeled and cut into 1-inch pieces, 2 med or 1 large
- 1 green pepper sliced into thin strips
- 1 yellow onion chopped (about one cup)
- 2 cloves garlic minced
- 1 can (13.5oz per can) unsweetened coconut milk
- 3 tablespoons curry powder
- 1.5 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## Recipe Notes

### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag, remove as much air as possible, and seal.
3. Freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator.
2. Add to slow cooker and cook for 6-8 hours on "low" setting or until onions and peppers are tender.

**+ Meat Option:** Add one pound boneless, skinless chicken breasts, cut into bite-sized pieces.