

2018-10-22 | Kelly's List For Joanne

Ingredient	US Imperial
Baking	
<input type="checkbox"/> Extra virgin olive oil	13/16 cup
Materials	
<input type="checkbox"/> Gallon-sized plastic freezer bag	5
Meat	
<input type="checkbox"/> 85% lean ground beef	1 1/2 lb
<input type="checkbox"/> Boneless skinless chicken breasts	6 lb
<input type="checkbox"/> Ground chicken	1 lb
Oil and Vinegar	
<input type="checkbox"/> Red wine vinegar	3 tablespoon
Produce	
<input type="checkbox"/> Garlic	4 cloves
<input type="checkbox"/> Green pepper	1
<input type="checkbox"/> Lemon (for juice)	1
<input type="checkbox"/> Red pepper	1
<input type="checkbox"/> Yellow onion	2
Seasonings	
<input type="checkbox"/> Chili powder	3 teaspoon
<input type="checkbox"/> Crushed red pepper flakes	1 1/2 teaspoon
<input type="checkbox"/> Dill	2 1/4 teaspoon
<input type="checkbox"/> Dried onion flakes	3 teaspoon
<input type="checkbox"/> Dried parsley	3 teaspoon
<input type="checkbox"/> Garlic powder	4 teaspoon
<input type="checkbox"/> Ground cumin	1/2 teaspoon
<input type="checkbox"/> Onion powder	3 1/2 teaspoon
<input type="checkbox"/> Oregano	1/2 teaspoon
<input type="checkbox"/> Paprika	1/2 teaspoon
<input type="checkbox"/> Parsley	2 tablespoon
<input type="checkbox"/> Pepper	3 3/4 teaspoon
<input type="checkbox"/> Salt	3 1/2 teaspoon

Cool Ranch Shredded Chicken Tacos

The seasonings in this recipe consist of a homemade version of a taco seasoning packet and a dry ranch dressing seasoning packet. If you want, you can omit all of the seasonings and use the packets instead. Serve on soft tortillas, rice, or lettuce with your favorite taco toppings.

Cuisine	Mexican
Cookbook:	Best of the Blog
Cooking Method:	Crockpot
Protein:	Chicken
Diet	Dairy-Free, Gluten-Free, Ketogenic, Paleo, Whole Food

Servings

6 SERVINGS

Ingredients

- 2 lb boneless skinless chicken breasts
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon chili powder
- 1 tablespoon dried parsley
- 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoon onion powder
- 1 1/2 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon dried onion flakes

- 3/4 teaspoon dill
- 1/2 teaspoon ground cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano

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 6-8 hours on “low” setting.
4. Shred chicken and mix with sauces and spices left in crockpot.

Chicken Philly Cheesesteak Sloppy Joes

Serve on a bun with provolone cheese. Serve on a gluten-free bun for a gluten-free meal.

Cuisine: American
Cookbook: Best of the Blog
Cooking Method: Stovetop
Protein: Chicken
Diet: Dairy-Free, Gluten-Free, Ketogenic, Paleo

Servings

6 SERVINGS

Ingredients

- 1 lb ground chicken
- 1 green pepper diced (one cup)
- 1 yellow onion diced (one cup)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Recipe Notes

Cook in a large saute pan for 10-15 minutes or until chicken is cooked through

Directions Combine all ingredients in a large saute pan and cook on medium-high heat for 10-15 minutes or until chicken is cooked through.

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 ingredients into a large non-stick pot, sauté pan, or skillet.
3. Cook on medium-high heat for 10-15 minutes or until chicken is cooked through.

Red Pepper Chicken

Serve with rice and a vegetable or on soft tortillas.

Cuisine: American
Cookbook: Crock'd Slow Cooker Freezer Meals
Cooking Method: Crockpot
Protein: Chicken
Diet: Dairy-Free, Gluten-Free, Ketogenic, Paleo, Whole Food

Servings

6 SERVINGS

Ingredients

- 2 lb boneless skinless chicken breasts fat trimmed
- 1 red pepper sliced
- 1/4 cup extra virgin olive oil
- 4 cloves garlic minced
- 1 yellow onion diced
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

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.
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 crockpot and cook on "low" setting for 4-6 hours or until chicken is cooked through and tender.

Lemon Pepper Chicken

Serve with brown rice and green beans.

Cuisine: American
Cookbook: Crock'd Slow Cooker Freezer Meals
Cooking Method: Crockpot
Protein: Chicken
Diet: Dairy-Free, Gluten-Free, Ketogenic, Paleo, Whole Food

Servings

6 SERVINGS

Ingredients

- 2 lb boneless skinless chicken breasts fat trimmed
- 1/4 cup extra virgin olive oil
- 1 lemon (for juice)
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

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.
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 crockpot and cook on "low" setting for 4-6 hours or until chicken is cooked through and tender.

Ranch Burgers

Serve with your favorite burger toppings and baked sweet potato fries.

Cuisine: American

Cookbook: Best of the Blog

Cooking Method: Grill

Protein: Beef

Diet: Dairy-Free, Gluten-Free, Ketogenic, Paleo, Whole Food

Ingredients

- 1 1/2 lb 85% lean ground beef
- 2 tablespoon parsley
- 2 teaspoon garlic powder
- 2 teaspoon onion powder
- 2 teaspoon dried onion flakes
- 1 1/2 teaspoon dill
- 1 teaspoon salt
- 1 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Recipe Notes

To Freeze and Cook Later

1. Label a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
2. In a large bowl, combine all ingredients and form into six burgers.
3. Place on a cookie sheet lined with waxed paper and freeze for 30-60 minutes.
4. Add to freezer bag and freeze for up to three months.

To Cook

1. When ready to cook, thaw for at least 2 hours (You can also thaw them in the microwave or ahead of time by placing in the refrigerator overnight. Thawing is important because it's easy to overcook and burn frozen burgers.)
2. Place burgers on the grill for 3 minutes, flip, and then grill for 5-7 more minutes until desired doneness.