



*freezer meals*

### Sweet & Savory Apple Butter Pork Chops

#### Ingredients

4 boneless pork chops (about 1 lb. I just got a sirloin roast, partially froze it, and cut 4 chops about ½"-3/4" thick)  
¼ c. all-purpose flour  
½ tsp. kosher salt  
½ tsp. black pepper  
½ tsp. garlic powder  
1 c. high-quality apple cider  
¼ c. apple butter  
1 tablespoon water  
1 ½ tablespoons Creole or coarsely ground mustard  
1 tsp. pressed garlic  
1/2 recipe of [Caramelized Onions](#)

#### Directions

Combine the flour, salt, pepper, and garlic powder together in a small bowl. In a large, oven-safe skillet, heat 1 tablespoon of olive oil over medium high heat. Dredge the pork chops in the flour mixture and then brown the pork chops for 2-3 minutes on each side or until they're brown and crispy.

While the pork chops are browning, combine the apple cider, apple butter, water, garlic, and mustard. Add the cider mixture to the pan and cook for 1-2 minutes or until the sauce begins to evaporate and thicken.

Transfer the pork chops and sauce to a 9x13" disposable aluminum pan. Evenly distribute the caramelized onions over the pork chops. Cover the pan tightly with heavy-duty aluminum foil.

When ready to cook, preheat oven to 350. Bake, covered, for 1 hour or until the pork chops are tender. Serve with rice and a green salad or veggies.

#### Supply List:

9x13" disposable pan  
Heavy-duty aluminum foil  
Rice  
Vegetables  
Ingredients for green salad  
Salad dressing

### Babyback Ribs

#### Ingredients:

3 cups pineapple juice  
1 ½ cups brown sugar  
1 ½ teaspoons mustard powder  
1/3 cup ketchup  
1/3 cup red wine vinegar  
1 ½ tablespoon [lemon juice](#)  
2 tablespoons soy sauce  
½ teaspoon ground cloves  
2 teaspoons ground ginger  
4 cloves [garlic](#), minced  
½ teaspoon cayenne pepper  
1 rack babyback ribs (about 2-2.5 pounds; 1 rack feeds two adults; another rack of ribs will work with the marinade if your crockpot can fit them)  
Your favorite barbecue sauce

#### Instructions:

Whisk together all ingredients through the cayenne pepper. Place in a large freezer-safe Ziploc bag.

Cut the ribs into individual serving pieces (about 3-4 ribs each) and place in a separate freezer-safe Ziploc bag. Freeze the ribs and marinade. When the marinade is frozen, use tape or an elastic band to bundle the marinade and ribs together.

When ready to cook, place the ribs and braising liquid in a large slow cooker and cook on low for 7-9 hours or until tender. Carefully remove the ribs from the liquid and place on a grill preheated to medium heat, brushing with the BBQ sauce. Grill for 3-4 minutes on each side. Serve immediately.

#### Supply List:

2 gallon-sized Ziploc freezer bags  
Large elastic bands or duct tape  
Side dish suggestions: Rice, potatoes, corn on the cob, potato salad, fresh watermelon

### Crispy Baked Breakfast Taquitos with Lime-Chipotle Dip

#### Ingredients:

2 teaspoons extra virgin olive oil  
12 large eggs  
½ cup sour cream  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
½ teaspoon garlic powder  
1 ½ cups grated pepperjack cheese  
¼ cup chopped roasted red bell peppers  
¼ cup sliced green onions  
¼ cup chopped cilantro  
1-2 teaspoons hot sauce  
16 6" flour tortillas  
cooking spray or olive oil

#### Dipping Sauce:

1 ½ cups sour cream  
1 tablespoon fresh lime juice  
¼ teaspoon chipotle chili powder  
½ teaspoon kosher salt

#### Instructions:

Line a baking sheet with aluminum foil and set aside.

Heat olive oil in a large non-stick skillet over medium heat. Crack eggs into large mixing bowl. Whisk in sour cream, salt, pepper, and garlic powder. When skillet is hot, add egg mixture to pan. Using a rubber spatula, gently scrape bottom of pan and fold eggs over to scramble. Remove from heat when slightly undercooked. Add cheese, roasted red peppers, green onions, cilantro, and hot sauce to taste. Gently fold to combine.

Warm tortillas in microwave to ease rolling process. Working with a few tortillas at a time, place a scant 1/4 C egg mixture into the center of each one and roll up into a cylinder. Place rolled tortillas on prepared baking sheet, seam-side down, so they are not touching each other. When all tortillas are rolled and filled, lightly spray tops with cooking spray, or lightly brush with olive oil. Place the pan in the freezer and freeze until solid.

While the taquitos are freezing, combine the ¼ teaspoon of chili powder and ½ teaspoon of kosher salt in a snack-sized Ziploc bag.

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Transfer the taquitos to a gallon-size Ziploc bag. Place the seasoning packet for the sauce in the large bag and seal tightly.

When ready to bake, preheat oven to 425 degrees. Place on a foil-lined baking sheet sprayed with non-stick cooking spray. Bake for 20 minutes or until the tops are golden brown. While the taquitos are baking, whisk together the contents of the seasoning packet with the 1 ½ cups sour cream and the tablespoon of lime juice.

Remove taquitos from oven, let cool for 5 minutes, and then serve with dipping sauce.

### **Supplies:**

1 gallon-sized Ziploc bag

1 snack-sized Ziploc bag

Sour cream

1 lime

### Baked Cheesy Chicken Penne

*slightly adapted from Martha Stewart*

6 tablespoons butter, plus more for baking dish  
kosher salt and black pepper  
1 pound penne rigate  
1 teaspoon olive oil  
2 boneless, skinless chicken breast halves (about 8 ounces each), halved horizontally  
1/2 cup plus 2 tablespoons flour  
6 garlic cloves, finely minced  
6 cups whole milk  
10 ounces white or cremini mushrooms, trimmed and thinly sliced  
1 cup sliced oil-packed sun-dried tomatoes, drained  
1 1/2 cups shredded provolone or mozzarella (about 6 ounces)  
1 1/2 cup freshly grated Parmesan (about 6 ounces)

#### Directions

Preheat oven to 400. Butter two shallow 2-quart disposable aluminum pans. In a large pot of boiling salted water, cook pasta 3 minutes short of al dente; drain pasta and set aside.

While pasta is boiling, heat oil over medium-high heat in a large skillet. Season chicken with salt and pepper; cook until opaque throughout, 3 to 5 minutes per side. Halve each piece lengthwise, then thinly slice crosswise. While chicken pan is still hot, toss the mushrooms in and saute until golden brown (3-4 minutes). Use a little extra olive oil if needed.

In a 5-quart Dutch oven or heavy pot (I just use the pot I cooked my pasta in), melt butter over medium. Add flour and garlic; cook, whisking, 1 minute. While whisking constantly, gradually add milk; bring to a simmer. Keep whisking frequently as sauce thickens, about 1 minute more. Add mushrooms and tomatoes; cook 1 minute. Remove the pan from heat and gradually stir in provolone and 1/2 cup Parmesan.

Add chicken and pasta to pot; season with salt and pepper to taste. Divide pasta mixture between baking dishes. Cover pan well with plastic wrap and cover the entire pan with foil. Place remaining parmesan cheese in a zip-top baggie.

To bake, preheat oven to 400 degrees. Remove foil and plastic from pan and set the bag of cheese aside. Replace the foil and bake for 1-1 1/2 hours. Remove foil, stir the pasta, and top with cheese. Return the pan to the oven and bake for an additional 15 minutes or until the mixture is hot and bubbly throughout.

**Supplies:**

2 9x9" disposable aluminum pans

Aluminum foil

Plastic wrap

Salad ingredients

Salad dressing

French bread

### Baked Chicken-Bacon Alfredo

#### Ingredients:

8 oz. penne or bowtie pasta  
1 recipe [Guiltless Alfredo Sauce](http://www.ourbestbites.com) (see [www.ourbestbites.com](http://www.ourbestbites.com); a 16-oz. jar would work in a pinch)  
2 chicken breasts, grilled and chopped (about 2 c. chopped chicken)  
6 oz. (1/2 package) cooked bacon, chopped  
1 14-oz. jar marinated artichoke hearts, drained and chopped  
1/2 c. chopped green onions (about 1 decent-sized bunch)  
1 c. shredded mozzarella cheese, divided  
Salt and pepper, to taste

#### Instructions:

Prepare pasta according to package directions.

While pasta is cooking, prepare Guiltless Alfredo sauce. When pasta is done, drain and add to the sauce. Toss with chopped chicken, bacon, artichoke hearts, green onions, and 1/2 c. mozzarella. Season to taste.

Transfer mixture to an 8x8" disposable aluminum baking pan and sprinkle with remaining 1/2 c. mozzarella cheese. Cover tightly with plastic wrap and aluminum foil. Freeze.

When ready to bake, preheat oven to 400 degrees. Bake for 45-60 minutes or until heated through and the cheese is bubbly.

#### Supplies:

1 8x8" disposable aluminum pan  
Aluminum foil  
Plastic wrap  
French bread  
Green salad ingredients  
Salad dressing



### BBQ Pulled Pork Sandwiches

#### Ingredients:

3 lb. boneless pork shoulder

Garlic powder

Onion powder

Kosher salt

Black pepper

Smoked paprika or liquid smoke

About 12 oz. of your favorite BBQ sauce

About 12 high-quality rolls

[Memphis-Style Coleslaw](#) (see [www.ourbestbites.com](http://www.ourbestbites.com)) or pick up a container of coleslaw from a local Southern/BBQ restaurant

Thick-cut dill pickle slices

#### Instructions:

Rinse pork roast well in cold water and trim of excess fat. Pat dry. Sprinkle roast with liquid smoke and seasonings and place the meat in a disposable freezer-safe container or a gallon-sized Ziploc bag.

When ready to cook, place the seasoned roast in a slow cooker and cook on low for 9-11 hours or on high for 6-8. Shred and add BBQ sauce. Serve on rolls with coleslaw and pickle slices.

#### Supplies:

Gallon-sized Ziploc bag or freezer-safe container

1 12-ounce bottle barbecue sauce

12 high-quality sandwich rolls

Coleslaw

Pickles

Side dishes: French fries, baked potatoes, and/or fresh fruit

### Cheesesteak Sandwiches

#### Ingredients:

1 pound sirloin steak  
1 green bell pepper  
1 medium yellow onion  
2 Tbsp. butter  
Kosher salt and freshly-ground black pepper  
Tabasco sauce (optional but delicious)  
Sliced Provolone cheese  
4-6 Hoagie rolls

#### Instructions:

Partially freeze the steak. When firm, use a food processor or a sharp knife to thinly slice the steak.

Place the steak in a single layer on a baking sheet and place in the freezer.

Thinly slice the pepper and onion. Place in a single layer on a baking sheet and place in the freezer.

When the steak and pepper/onions are frozen, place the steak in a Ziploc bag and the pepper and onions in a separate bag. Bundle them together.

When ready to cook, Heat a large skillet over medium-high heat. Melt butter in the skillet and add the meat. Cook the meat, stirring frequently until cooked about halfway. Add the onions and peppers and cook until the meat is cooked through and the veggies are tender. Season with salt, pepper, and hot sauce.

Divide the meat among the rolls and top with the sliced cheese. Place under a broiler set to high heat to melt the cheese. Serve immediately.

#### Supplies:

2 Ziploc bags  
Large rubber band or duct tape  
4-6 hoagie rolls  
Sliced Provolone cheese

### Chicken Noodle Soup

#### Ingredients:

- 1 lb. cooked chicken, cut into bite-sized pieces (1/2 of a rotisserie chicken)
- 1 c. sliced carrots
- 2 ribs celery, chopped
- 1 onion, minced
- 2-3 cloves garlic, minced or pressed
- 1 bay leaf
- 1 handful of chopped fresh parsley (or 1 Tbsp. dried parsley)
- 1/2 tsp. basil
- 6 c. water, divided
- 6 chicken bouillon cubes or 6 teaspoons chicken base
- 1 14-oz. can evaporated milk (fat free is fine)
- 1 small package of Kluski noodles

#### Instructions:

Combine ingredients through the dried basil in a freezer-safe container or a gallon-sized Ziploc bag. Add chicken bouillon or chicken base and 2 cups of water. Freeze.

When ready to cook, place the contents of the bag in a slow cooker. Add 4 cups water. Cook on high for 6-7 hours or on low for 8-10 hours or until the carrots are tender. Add the evaporated milk and turn the slow cooker to high. Add the noodles and cook an additional 30-60 minutes or until noodles are tender.

#### Supplies:

- Evaporated milk
- 1 small package of Kluski Noodles
- 1 gallon-sized Ziploc bag or freezer-safe container.

### Chicken Cacciatore

#### Ingredients:

1 pound chicken breasts, trimmed of fat and cut into bite-sized pieces  
1/4 cup white flour  
1 teaspoon kosher salt  
1 teaspoon freshly ground black pepper  
1/2 cup olive oil  
1 onion, roughly chopped  
5-6 cloves garlic, peeled and either crushed or halved  
1 6-ounce can tomato paste  
1 cup white wine (you can also use apple or white grape juice mixed with 1 tablespoon white wine vinegar)  
1 1/2 cups chicken broth  
1/4 teaspoon thyme  
1/4 teaspoon marjoram  
1/2 teaspoon salt (omit if using cooking wine; you may shrivel up and die if you add the salt in addition to cooking wine because cooking wine is treated with salt to make it undrinkable)  
1 bay leaf  
1 cup sliced mushrooms (or more if you love them. Mushrooms are *divine* in this dish!)  
1 green bell pepper, chopped  
16 ounces linguine noodles

#### Instructions:

Heat olive oil in skillet over medium heat. When oil is hot, add onions and garlic and stir frequently until onions are tender and garlic is fragrant. Remove with a slotted spoon (this is why you need to keep the onion and garlic pieces big), shake off excess oil (you don't have to go crazy here, a little olive oil never killed anyone!), and transfer to your blender. Increase heat to medium-high.

In a large Ziploc bag, combine flour, 1 tsp. salt, and 1 tsp. black pepper. Add chicken pieces, seal bag, and shake to coat pieces with flour. Dump the entire bag into the hot pan and stir quickly to prevent pieces from sticking together. Saute until chicken is golden. Remove chicken with slotted spoon and drain on a paper towel.

While chicken is draining, add wine, chicken broth, tomato paste, thyme, and marjoram to the onions and garlic in the blender. Blend until smooth. Place chicken and bay leaf in a gallon-sized Ziploc bag. Pour the sauce over the chicken seal the container.

Slice the mushrooms and peppers and place in a quart-sized Ziploc bag. Freeze the chicken and mushrooms/peppers and bundle the two together.

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When ready to cook, place the chicken in a slow cooker and cook on high for 4-5 hours or on low for 6-8 hours. When you have about 45 minutes until you eat, add the mushrooms and peppers and cook until tender.

While the mushrooms and peppers are cooking, cook the pasta. Serve with bread and a tossed green salad.

### **Supplies:**

Gallon-sized Ziploc bag  
Quart-sized Ziploc bag  
Green salad ingredients  
Salad dressing  
French bread

### French Dip Sandwiches

#### Ingredients:

1 2.5-3 lb. beef roast (you can use a frozen roast if you want)  
kosher salt and freshly ground black pepper  
2 Tbsp. olive oil  
2 1-ounce packages dry onion soup mix  
2 cans beef broth  
2 cups water  
10-12 large rolls, sliced  
Sliced Swiss or Provolone cheese

#### Instructions:

Heat olive oil in a large skillet over medium-high heat. While the oil is heating, season the roast with salt and pepper. Place the roast in the hot oil and sear the roast on all sides. Remove from heat and allow to cool.

Place the cooled roast in a gallon-sized Ziploc bag or large freezer-safe container. Sprinkle with the dry onion mix and the beef broth. Freeze.

When ready to cook, place the roast in a slow cooker and add 2 cups water. Cook on high for 7-9 hours or on low for 9-11 hours. Shred. Place shredded meat on top of sliced rolls and top with sliced cheese. Place under broiler to melt the cheese. Serve with small cups of au jus from the slow cooker.

#### Supplies:

1 gallon-sized Ziploc bag or large freezer-safe container  
10-12 hard sandwich rolls  
10-12 slices Swiss or Provolone cheese

### Minestrone Soup

#### Ingredients:

- 1 lb. Italian sausage
- 1 medium onion, diced
- 4 cloves minced garlic
- 2 stalks celery, diced
- 2 large carrots, diced
- 2 small zucchini, quartered and chopped
- 1 can beef broth
- 1 10-oz. can bean with bacon soup
- 1 28-oz. can diced tomatoes
- 1 can Great Northern Beans, drained and rinsed
- 1 Tbsp. sugar
- 1 tsp. oregano
- 1 tsp. Kosher salt
- 1/2 tsp. black pepper
- 1/8-1/4 tsp. red pepper flakes
- 4 c. water

#### Instructions:

In a large skillet, brown the sausage, onion, and garlic until the sausage is cooked through and the onions and garlic are translucent and aromatic. Allow to cool.

Place the sausage mixture in a large freezer-safe container or a gallon-sized Ziploc bag. Add remaining ingredients through the black pepper. Freeze.

When ready to cook, place in a slow cooker. Add red pepper flakes and water and cook on high for 6-8 hours or on low for 9-11 hours. Serve with freshly grated Parmesan cheese and French bread.

#### Supplies:

- Large freezer-safe container or gallon-sized Ziploc bag
- Red pepper flakes
- French bread

### Natchitoches Meat Pies

1/2 lb. lean ground beef  
1/2 lb. ground pork  
1/2 green pepper, chopped  
1/2 red pepper, chopped  
1 onion, chopped  
2 stalks celery, chopped  
5-6 cloves garlic, minced  
2+ tsp. Tony Chachere's Creole Seasoning (it's the cheapest, best, and widely available)  
Tabasco sauce to taste (start with about 1/4 tsp.)  
1 can beef broth  
Pie Crust (see [www.ourbestbites.com](http://www.ourbestbites.com)), tripled  
1 egg  
1/4 c. cold water

#### Instructions:

In a large skillet, brown ground beef and ground pork, breaking the meat into small pieces. When it's about halfway cooked, drain excess fat (if necessary) and then add green and red peppers, onion, celery, and garlic. Cook until vegetables are tender and onions are translucent. Add 2 tsp. Tony's and 1/4 tsp. Tabasco. Add beef broth and bring the mixture to a boil over high heat. Cook for about 20 minutes or until most of the liquid has evaporated. Season with additional Tony's and Tabasco if necessary, keeping in mind that the seasonings will mellow in the pie. You can refrigerate this mixture for 3-4 days before baking the pies.

Prepare pie crust and roll the entire ball onto a floured surface. For large (meal-sized) pies, I use a bowl that's about 6" across the top; I just invert the bowl onto the dough and trace a knife around it to cut the dough.

Place about 1/4 c. of the meat mixture onto one half of the dough circle, keeping about a 1/2"-1" margin from the edges.

Fold the other side over and gently pinch the edges shut.

For the decorative edge, you could crimp the edge with a fork or use your fingers to flute the edges. You could also use a calzone or empanada mold.

Place the unbaked pies on a parchment-lined baking sheet and freeze. Place in a gallon-sized Ziploc bag and store in freezer. When ready to cook, preheat oven to 400. Place pies on a lined baking sheet. Whisk together the egg and water and brush over the pies. Bake for 30-45 minutes or until golden brown on top.