

### **1. Agave BBQ Ribs**

Thaw in fridge. Place all the ribs in a crock pot and cook on low for approx. 5 hours. When ready to serve, line grill with aluminum foil, brush foil with grapeseed oil or spray with cooking spray. Heat the grill to medium high heat. Using tongs, place each rib piece on the foil lined grill and sear for approx. 3-5 minutes per side, basting with the additional ½ cup BBQ sauce to create a “sticky glaze” on the ribs.

### **2. Crock Pot Santa Fe Chicken**

Defrost bag overnight. Add Bag 2a and Bag 2b to crockpot. Add 1 and ½ cups of chicken stock to crockpot. Cook on low for 8 hours or high for 6 hours. Serve topped with scallions and cilantro. Serve over rice or tortillas.

### **3. Mini Meatball Sandwiches**

Defrost bags in fridge. Heat skillet to medium. Add bag 3c – onions and oil. Cook 3-4 minutes. While that cooks, form meat into 1” meatballs (or do this in the morning and cover in fridge). Add meatballs and cook until browned – about 5-10 minutes. Add bag 3b Cover and simmer 25-30 minutes. Check for doneness and serve on rolls. Option: during last minute of cooking top with cheese and melt.

### **4. Ravioli Lasagna**

Bake in pan from frozen 45-60 minutes or thawed for 30 minutes in a 400 degree oven. Remove lid and bake another 10-15 minutes. Check to verify it is heated through and serve.

### **5. Herb Crusted Tilapia**

Defrost pan in fridge. Coat filets with breadcrumbs. Grill in foil with cooking spray over medium high heat for 4-5 minutes per side. **Or** Preheat oven to 400 degrees. Bake uncovered for about 11-15 minutes. Fish should flake with a fork.

### **6. Easy Tacos**

Instructions: Defrost bag in fridge. Heat in skillet over medium heat for 15 minutes or until beef is cooked thoroughly. Serve with shells and toppings.

### **7. BBQ Pulled Pork**

Keep inside the foil packet. Cook from Frozen on high for 10 hours in the slow cooker; **OR** Cook from Thawed on low for 6-8 hours; ½ hour before serving, shred meat and add BBQ sauce. Stir and heat through. Serve on buns with cole slaw or fries.

### **8. Hickory Smoked Grilled Chicken**

Thaw in fridge. Bake in a 9x13 sprayed pan at 375 degrees for 25-35 minutes (internal temperature of 165 degrees). **OR** Heat grill to medium high heat. Grill the chicken breasts for 5-7 minutes per side. Serve with roasted potatoes or Green Beans.

### **9. Rodeo Steaks**

Sear in skillet and finish cooking in 400 degree oven for 10-20 minutes (depending on doneness) **OR** grill over medium-high heat for 10-15 minutes. Flipping once in the middle. **OR**, broil in the stove for 10-15 minutes – flipping once in the middle and propping the oven door open to prevent burning until desired doneness.

### **10. Lemon Rosemary Pork Tenderloin**

Defrost bag in fridge. Spray a 9x13 baking pan and bake at 400 degrees for 25-30 minutes (145 degrees internal temperature) **OR** grill on medium-high for 15-20 minutes (145 degrees internal temperature). Cut in half to reduce cooking time.