

Freezer Meal Inventory "One Stop Crock"

<input checked="" type="checkbox"/>	Meal	Cooking Method	Cooking Time	Serving Suggestions
	Hawaiian Style Country Ribs	Crockpot	6-8 hours on low	Serve with Jasmine rice (may substitute canned coconut milk instead of water when making rice)
	Apple Balsamic Pork Roast	Crockpot	6-8 hours on low 4-5 hours on high	Recommended side dish, roasted potatoes (see additional recipes)
	Enchilada Pork Tacos with Marinated Onions	Crockpot	8-10 hours on low	Need: 1 sliced red onion, ¼ cup lime juice, ½ cup chopped cilantro, corn tortillas Serve with chips & salsa or Spanish rice
	Quick Crockpot Lasagna	Crockpot	4-5 hours on low	Need: 1 package lasagna noodles, 12 oz small curd cottage cheese, 4 cups shredded mozzarella cheese Serve with garlic bread & green salad
	Ranch Chicken Chili	Crockpot	6 hours on low	Need: ¼ cup chopped cilantro (optional) Serve with corn bread.
	Beef Enchilada Stew	Crockpot	6-8 hours on low	Need: 2 cups water, Shredded cheddar cheese, corn tortillas cut into thin strips or crushed tortilla chips
	Buffalo Chicken Sliders	Crockpot	4-5 hours on low	Need: King's Hawaiian Sweet Rolls or favorite slider bun, Provolone sliced cheese
	Honey Hoisin Chicken Wraps	Crockpot	4-5 hours on low	Need: 2 cups shredded cabbage (cole slaw mix), 2 TBSP Wildtree Apple Balsamic Vinegar, 1 TBSP mayonnaise, Wraps or pita bread, Add shredded cheese if desired.
	Ranch Roasted Turkey Breast	Crockpot	4-6 hours on low	Serve with mashed potatoes (see additional recipes)
	Pollo Asada Rice Bowls	Crockpot	8 hours on low	Need: 2 cups uncooked brown rice or quinoa, 8 oz shredded cheddar cheese, sliced avocado (if desired) & ¼ cup chopped cilantro (if desired)

Take out 3 meals on Sunday to thaw and cook through out the week. Plan for leftover nights as well as going out nights too.

Mary Ellen Riley - 314-685-0145 - marywhisk@gmail.com - www.mywildtree.com/maryellenriley