

# “ONE STOP CROCK”

## FREEZER MEAL WORKSHOP RECIPES

### Hawaiian Style County Ribs (#1)

#### In Freezer Bag

- 3 lbs boneless pork or beef ribs
- 8 oz can of pineapple chunks, undrained
- 2/3 cup Wildtree Hoisin Sauce
- 1½ Tablespoons Sesame Oil (provided at workshop)
- ½ teaspoon ground ginger (provided at workshop)

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 6-8 hours. Serve with Jasmine rice, prepared per package directions. Substitute canned coconut milk instead of water. Serve ribs with rice. Top with sauce & pineapple chunks from crockpot.

### Apple Balsamic Pork Roast (#2)

#### In Freezer Bag

- 2½ lbs boneless pork shoulder roast (may use tenderloin)
- 1½ cups unsweetened apple sauce
- 2 Tablespoons Wildtree Apple Balsamic Vinegar

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on high for 4-5 hours or low for 6-8 hours. Slice pork roast or tenderloin & serve sauce from crockpot drizzled over top. Recommended side dish: Roasted potatoes (see additional recipes at back of recipes)

### Enchilada Pork Tacos with Marinated Onions (#3)

#### In freezer bag

- 2½ lbs boneless pork shoulder roast (may use tenderloin)
- 8 oz can tomato sauce
- 4 oz can diced green chilies
- ½ cup Wildtree Tia Rosa’s Red Enchilada Sauce
- 2 teaspoons Wildtree Spicy Carne Asada Seasoning

At cooking time:  
1 red onion, sliced  
¼ cup lime juice  
½ cup chopped cilantro  
Corn tortillas

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 8-10 hours. Using a fork and tongs, pull the pork apart until shredded. At least 20 minutes before serving, put onion slices in bowl & add ¼ cup lime juice, toss to coat. Let onions stand for 20 minutes, tossing once or twice. When onions are slightly wilted, add ½ cup chopped cilantro to shredded pork in crockpot. To serve, spoon pork on warm tortillas & top with marinated onions. Fold the tortilla & enjoy! Serve with chips, salsa or Spanish rice.

## Quick Crockpot Lasagna (#4)

### In freezer bag 4a:

- 1 lb ground beef
- ½ medium onion, chopped/diced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon minced garlic (provided at workshop)

### In freezer bag 4b:

- 29 oz can tomato sauce
- 6 oz can tomato paste
- 1 package Wildtree Lasagna Skillet Meal
- 1 cup water

### At cooking time:

- 1 package lasagna noodles
- 12 oz small curd cottage cheese
- 4 cups shredded mozzarella cheese

Mix all ingredients into freezer bags as stated above. Remove air, seal & attach label. Place both bags inside another bag and freeze. Defrost bags in fridge before cooking. In large skillet, cook ground beef mixture until meat is no longer pink. Drain fat from skillet. Add tomato sauce bag contents to skillet & stir. In bowl, combine 12 oz small curd cottage cheese & 4 cups shredded mozzarella cheese.

Layering in crockpot: Spread ¼ of skillet meat mixture in bottom of crockpot. Then place layer of uncooked lasagna noodles over sauce (breaking as necessary). Spoon some of cheese mixture on top of noodles. Repeat these layers two more times (meat sauce, noodles, cheese). Top with remaining meat sauce. Cover & cook on low 4-5 hours or until noodles are tender. Serve with garlic bread & green salad.

## Ranch Chicken Chili (#5)

### In freezer bag

- 1 lb boneless, skinless chicken breast or thighs
- 1 medium onion, finely diced
- 1 cup frozen corn
- 15 oz can black beans, drained & rinsed
- 15 oz can white beans, drained & rinsed
- 10 oz can "Rotel" diced tomatoes with green chilies, not drained
- 8 oz package cream cheese, cut into cubes
- 1 package Wildtree Creamy Ranch Dressing & Dip Mix
- ½ Tablespoon Wildtree Spicy Carne Asada Seasoning
- 2 teaspoons Wildtree Vegetable Bouillon Soup Base (provided at workshop)
- 1 cup water

### At cooking time:

- ¼ cup cilantro, chopped (optional)

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 6 hours. At end of 6 hours, use fork to pull apart chicken breast or thighs into a "shredded" consistency. Top with ¼ cup chopped cilantro (optional). Serve with corn bread.

## Beef Enchilada Stew (#6)

### In freezer bag

- 1 to 2 lbs beef stew meat
- 1 medium onion, diced
- 2-3 celery stalks, diced
- 6 large white mushrooms, chopped/diced
- 2 cups butternut squash, cubed (available in frozen veggie section of store)
- 29 oz can tomato sauce
- 15 oz can diced tomato
- 1 cup Wildtree Tia Rosa's Red Enchilada Sauce
- 1 teaspoon Wildtree Spicy Carne Asada Seasoning
- 1 teaspoon Wildtree Vegetable Bouillon Soup Base (provided at workshop)
- ½ teaspoon salt
- ½ teaspoon pepper

### At cooking time:

- 2 cups water
- Shredded cheddar cheese
- Corn tortillas cut into thin strips or crushed tortilla chips

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Add 2 cups water to crockpot. Cook on low for 6-8 hours. Top with tortilla strips & shredded cheddar cheese.

## Buffalo Chicken Sliders (#7)

### In freezer bag

- 2 lbs boneless, skinless chicken breast or thighs
- 6 oz can of tomato paste
- 1 Tablespoon Wildtree Blazin' Buffalo Dip
- ½ Tablespoon Wildtree Creamy Ranch Dressing & Dip Mix **(Rest of package is used in recipe #9)**
- 2 Tablespoons red wine vinegar (provided at workshop)
- 1 Tablespoon butter (provided at workshop)

At cooking time: King's Hawaiian Sweet Rolls or favorite slider bun, Provolone cheese, sliced

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 4-5 hours, until chicken is cooked & falling apart. Use fork to pull apart chicken breast or thighs into a "shredded" consistency. Serve mixture on rolls/buns & top with cheese.

## Honey Hoisin Chicken Wraps (#8)

### In freezer bag

- 2 lbs boneless, skinless chicken breasts
- 2 Tablespoons honey
- ¼ cup Wildtree Hoisin Sauce
- ¼ teaspoon ground ginger (provided at workshop)

### At cooking time:

- 2 cups shredded cabbage (cole slaw mix)
- 2 Tablespoons Wildtree Apple Balsamic Vinegar
- 1 Tablespoon mayonnaise
- Wraps or pita bread, your family favorite

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 4-5 hours, until chicken is cooked & falling apart. At least 20 minutes before serving, put 2 cups shredded cabbage in bowl. Add 2 Tablespoons Wildtree Apple Balsamic Vinegar & 1 Tablespoon mayonnaise to cabbage, toss to coat. Allow cabbage to marinate. If needed, use fork to pull chicken apart to shredded consistency. Roll chicken & cabbage into wraps or stuff into pita bread. Add cheese if desired.

## Ranch Roasted Turkey Breast (#9)

In freezer bag

3 lbs turkey breast

1 package Wildtree Creamy Ranch Dressing & Dip Mix **(SAVE ½ Tablespoon for recipe #7)**

2 teaspoons Wildtree Blazin' Buffalo Dip

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 4-6 hours. Slice turkey & serve with mashed potatoes & gravy (see additional recipes at back of recipes).

## Pollo Asada Rice Bowls (#10)

In freezer bag

2 lbs boneless skinless chicken breasts or thighs

½ medium onion, diced

15 oz can of diced tomatoes

15 oz can of black beans, drained & rinsed

1 cup frozen corn

2 Tablespoons Wildtree Spicy Carne Asada Seasoning

½ Tablespoon lime juice (provided at workshop)

1 tsp salt

¼ cup water

At cooking time:

2 cups uncooked brown rice or quinoa

8 oz shredded cheddar cheese

Sliced avocado (if desired)

¼ cup cilantro, chopped (optional)

Mix all ingredients into freezer bag. Remove air, seal & attach label. Double bag and freeze. Defrost bag in fridge before cooking. Place contents of bag in crockpot. Cook on low for 8 hours. Near the end of crockpot cooking time, prepare rice/quinoa according to package directions. When making the rice/quinoa, substitute 1 cup of water with 1 cup of liquid from the crockpot. (This will add flavor to the rice/quinoa.) After 8 hours of cooking, use fork to shred chicken. Serve by placing rice/quinoa on plate then add chicken mixture. Top with shredded cheese, avocado slices & chopped cilantro.

## **Additional Recipes:**

**For more recipes, go to [www.Wildtree.com](http://www.Wildtree.com)**

**Click on “Recipes”, Use drop down to select name of Wildtree product, click “Find Recipes” ...Voila!**

### **Buffalo Turkey Meatballs**

- 1 lb ground turkey
- ¾ cup bread crumbs
- 1 egg, beaten
- 2 Tablespoons red onion, minced
- 2 Tablespoons Wildtree Blazin’ Buffalo Blend
- 1 Tablespoon minced garlic (Or Wildtree Garlic Galore)
- 1/3 cup blue cheese crumbles

Combine all ingredients except the blue cheese together in a bowl. Divide into 25 equal pieces. For each meatball, roughly form a ball, then place a few crumbles of blue cheese in the center, then push the cheese to the center so it’s covered by meat on all sides, and shape into a round ball. Place all stuffed meatballs in a zip top freezer bag. To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Preheat oven to 400°F. Arrange meatballs on a greased baking sheet. Bake for 20-25 minutes or until meatballs are cooked through. Serve as an appetizer or as a sandwich.

### **Buffalo Ranch Dip**

- 8 oz cream cheese, softened
- 1 package Wildtree Creamy Ranch Dressing & Dip Mix
- 1 cup cheddar cheese, shredded
- 2 Tablespoon Wildtree Blazin’ Buffalo Dip
- ½ cup sour cream

Preheat oven to 350° F. Combine all the ingredients in a bowl, make sure everything is incorporated. Transfer to a mini loaf pan; bake for 20 minutes. Serve with chips or celery and carrot sticks

### **Chicken Parmesan Skillet**

- 1 lb chicken, boneless skinless, cubed
- 1 Tablespoon Wildtree Natural Grapeseed Oil
- 2 cups water
- 1 can tomato sauce (14.5 oz)
- 1 packet Wildtree Lasagna Skillet Meal
- 2 cups penne pasta
- 4 oz mozzarella cheese
- 2 Tablespoons unsalted butter, melted
- 1 cup panko bread crumbs

Preheat oven to 400°F. Heat the Grapeseed Oil in a large, oven safe, nonstick skillet over medium heat. Add the chicken and brown on all sides. Stir in water, tomatoes, and the Lasagna Skillet seasoning

packet. Mix thoroughly. Add pasta and bring to a boil, stirring occasionally. Once the sauce is boiling, reduce heat to low, cover, and simmer 11-13 minutes or until the pasta is tender, stirring occasionally. Remove from heat, uncover, top with mozzarella cheese. Mix together the melted butter and panko breadcrumbs. Sprinkle all over the top of the chicken parmesan. Transfer the skillet to the oven and bake for 15-20 minutes, or until the cheese is melted and the breadcrumbs are golden. Garnish with parsley if desired.

## **Ranch Roasted Potatoes**

1½ lbs red potatoes

¼ cup Wildtree Grapeseed oil (Natural or Garlic)

3 Tablespoons Wildtree Creamy Ranch Dressing & Dip Mix

Cut potatoes into small pieces. Place in ziploc gallon bag. Add oil and ranch dressing mix. Zip bag and shake. Put potatoes on baking sheet & bake at 400 degrees for 20 minutes. Turn, cook another 10-20 minutes, Serve.

## **Ranch Mashed Potatoes**

2 pounds russet potatoes peeled, cut into 1-inch cubes

½ cup sour cream

3 Tablespoons Wildtree Creamy Ranch Dressing & Dip Mix

Place potatoes in a large pot and cover with cold water. Bring to boil, then lower heat to simmer, uncovered for 10-12 minutes or until potatoes fall apart when pierced with fork. Drain potatoes in a colander and return potatoes to the pot. Mash potatoes until smooth. Stir in Ranch seasoning and sour cream. Serve immediately.