

# Menu

Colorado Beef Burritos  
Thai Chicken Wings w/ Peanut Sauce  
Loaded Baked Potato Soup  
Meatball Stroganoff  
Pork Tenderloin w/ Apple Cranberry Sauce  
Taco Chili

## Grocery List

### **Produce:**

4 onions  
freshed chopped ginger  
garlic  
green onions  
chives  
1 package mushrooms  
3 granny smith apples

### **Bakery:**

flour tortillas

### **Meats:**

1 bag of diced potatoes (found in the deli section)  
2 lb. stew beef  
2 lbs. chicken drumsticks or wings  
1 ham steak (about 3/4 lb)  
cooked chopped bacon (you can use real bacon bits)  
2 lb pork tenderloin (not in a marinade)  
1 lb. cooked ground beef

### **Dairy:**

heavy cream  
2 bags shredded cheese  
1 package cream cheese  
1 8 oz container of sour cream

### **Frozen:**

1 large bag frozen meatballs

### **Canned:**

2 12 oz. cans enchilada sauce  
1 jar salsa  
2 cans cream of mushroom soup  
1 can corn drained  
1 can black beans drained  
1 can navy beans drained  
1 8 oz can tomato sauce  
2 14 oz. cans diced tomatoes  
1 small can diced green chiles

### **Misc:**

beef stock  
lime juice  
soy sauce  
32 oz chicken broth  
1 can french's fried onions  
dried cranberries  
Fritos

### **Staples/Spices:**

Peanut Butter  
sugar  
pasta or rice  
brown sugar  
cider vinegar  
cinnamon  
red pepper flakes  
1 package taco seasoning

All recipes make 1 bag of each meal.  
To make 2 bags of each, just double  
the ingredients!

# *Recipes*

## **Colorado Beef Burritos**

- 2 lb. stew beef
- 2 12 oz. cans enchilada sauce
- 1 cup chopped onion
- 1 cup beef stock
- 6 flour tortillas
- 2 cups shredded cheese

Label bag and add the stew beef, 1 can enchilada sauce, onions and beef stock. Freeze until ready to cook. Thaw slightly and place in slow cooker. Cook on low for 6-8 hours until beef is tender. Remove beef and shred. Divide beef between the flour tortillas, place in greased baking dish, top with other can of enchilada sauce and cheese and bake for 20-30 minutes until cheese is melted and bubbly. Serve with salsa, guacamole, shredded lettuce and tomatoes.

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## **Thai Chicken Wings with Peanut Sauce**

- 2 lbs. chicken drumsticks or wings
- 1/2 cup bottled salsa
- 1/4 cup Peanut Butter
- 3 T lime juice
- 3 T soy sauce
- 3 T water
- 2 T freshed chopped ginger
- 1/4 cup sugar
- 2 cloves garlic chopped

Place all ingredients in bag and freeze until ready to cook. Thaw slightly and place in slow cooker. Cook on low for 6-8 hours.

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## **Loaded Baked Potato Soup**

- 1 bag of diced potatoes (found in the deli section)
- 1/2 cup chopped onion
- 32 oz chicken broth
- 2 cups heavy cream
- 3/4 lb. chopped cooked ham steak

Place potatoes, chopped ham and onions in bag and freeze until ready to cook. Thaw slightly and place potatoes, ham and onions in slow cooker. Add chicken broth, and heavy cream and cook on low for 6-8 hours. Ladle soup into bowls and garnish with these

toppings:

- 1 bag shredded cheese
- 1/2 cup cooked chopped bacon (you can use real bacon bits)
- 4 chopped green onions
- 2 T chives
- 1 can french's fried onions

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### **Meatball Stroganoff**

- 1 large bag frozen meatballs
- 1 cup chopped onions
- 2 cans cream of mushroom soup (if you can find the organic version, use that instead)
- 2 cups sliced mushrooms
- 1 package cream cheese
- 1 8 oz container of sour cream
- hot pasta or rice

Place meatball, onions, cream soup and mushrooms in freezer bag and freeze until ready to cook. Thaw slightly and place in crockpot and cook on low for 6-8 hours. Stir in the cream cheese and sour cream during last hour of cooking. Serve over hot pasta or rice.

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### **Pork Tenderloin with Apple Cranberry Sauce**

- 2 lb pork tenderloin (not in a marinade)
- 1 t salt
- 1 t pepper
- 1/2 cup brown sugar
- 2 T cider vinegar
- 1 t ginger
- 1 t cinnamon
- 1/4 t red pepper flakes
- 1/2 cup dried cranberries
- 3 peeled and chopped granny smith apples

Season pork with salt and pepper and add all ingredients to freezer bag and freeze until ready. Thaw slightly and cook on low for 6-8 hours until pork is tender.

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### **Taco Chili**

- 1 lb. cooked ground beef
- 1 medium onion chopped
- 1 can corn drained
- 1 can black beans drained
- 1 can navy beans drained
- 1 8 oz can tomato sauce
- 2 14 oz. cans diced tomatoes
- 1 small can diced green chiles
- 1 package taco seasoning (I use old el paso)

- Toppings:
- shredded cheese
- Fritos
- chopped green onions

Place all ingredients in freezer bag and freeze until ready. Thaw slightly, place in crockpot and cook on low for 4-6 hours. Serve with shredded cheese, chopped green onions and fritos.