

Barbecue Beef Sloppy Joes (8 servings)

1. Wedge 1 medium onion with **Veggie Wedger**. Chop with **Food Chopper** or **Manual Food Processor**.
2. Empty the bag containing ground beef into **(12-in./30-cm) Skillet** or **Rockcrok® (2.5-qt./2.35) Everyday Pan**; add chopped onion and 2 garlic cloves pressed with **Garlic Press**. Cook over medium-high heat 8-10 minutes until beef is no longer pink, breaking into crumbles with **Mix 'N Chop**. Cool slightly.
3. **Large bag** – Add items below to bag.
 - 1½ cups (375 mL) ketchup
 - 3 tbsp (45 mL) **Smoky Barbecue Rub**
 - 1 tbsp (15 mL) cider vinegar*
 - Cooked ground beef mixture“Knead” contents to mix; squeeze out as much air as possible; seal.
4. **DOUBLE-BAG:** Place meat mixture into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

NOTE: Cider vinegar provided at workshop.

Barbecue Beef Sloppy Joes

Groceries:

- 1½ lbs (700 g) 90% lean ground beef or 93% lean ground turkey (in labeled large freezer bag)
- 2 additional large freezer bags
- 1 medium onion
- 2 garlic cloves
- 1 ½ cups (375 mL) ketchup

Pantry:

- 3 tbsp (45 mL) **Smoky Barbecue Rub**

Other

- 1 tbsp (15 mL) cider vinegar (provided at workshop)

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Garlic Press
- (12-in./30-cm) Skillet or Rockcrok® (2.5-qt./2.35-L) Everyday Pan
- Mix 'N Chop
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Measure-All® Cup
- Measuring Spoon Set or Adjustable Measuring Spoons

Beef & Broccoli Stir-Fry (6-8 servings)

- 1. Large bag** - Prepare vegetables and add to bag.
 - Cut broccoli into small florets with **Utility Knife**.
 - Wedge 1 medium onion with **Veggie Wedger**; cut wedges in half lengthwise.
 - Cut tops off of red and yellow peppers. Remove seeds and veins with **Scoop Loop™**.
 - Wedge bell peppers with **Veggie Wedger**; cut wedges lengthwise into thin strips.Squeeze out as much air as possible; seal.
- 2. For marinade, in (2-cup/500-mL) Prep Bowl**, combine and mix well:
 - ½ cup (75 mL) soy sauce
 - 3 tbsp (45 mL) **Asian Seasoning Mix**
 - 1 tbsp (15 mL) oil
 - 2 garlic cloves pressed with **Garlic Press**
 - 3 tbsp (45 mL) cornstarch*
- 3. Open large bag containing steak pre-cut into ¼-in./6-mm-thick strips** – Add marinade from step #2. “Knead” to coat beef evenly; squeeze out as much air as possible; seal.
- 4. DOUBLE-BAG:** Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

NOTE: Cornstarch provided at workshop.

Beef & Broccoli Stir-Fry

Groceries:

- 1¾ lbs (750 g) beef top sirloin steak, cut about 1-in. (2.5-cm) thick (pre-cut lengthwise in half, then crosswise into ¼-in./6-mm thick strips), (in labeled large freezer bag)
- 2 additional large freezer bags
- 3 cups (750 mL) broccoli florets
- 1 medium onion
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1/3 cup (75 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) canola oil
- 2 garlic cloves

Pantry:

- 3 tbsp (45 mL) **Asian Seasoning Mix**

Other:

- 3 tbsp (45 mL) cornstarch (provided at workshop)

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Utility Knife
- Veggie Wedger
- Scoop Loop™
- (2-cup/500-mL) Prep Bowl
- Measure-All® Cup or Easy Read Measuring Cups
- Garlic Press
- Measuring Spoon Set or Adjustable Measuring Spoons

Easy Pork Tenderloin with Sweet Balsamic Sauce (6-8 servings)

1. To make marinade, combine and process in **Manual Food Processor** or **Measure, Mix & Pour®** until blended:
 - ½ cup (125 mL) balsamic vinegar
 - 2 tbsp (30 mL) **Three Onion Rub**
 - 1 tbsp (15 mL) **Smoky Barbecue Rub**
 - ¼ cup (50 mL) canola oil
 - 1 tbsp (15 mL) brown sugar*
2. **Open large bag containing trimmed pork tenderloins**
-Add marinade from step #1.
“Knead” to coat pork evenly; squeeze out as much air as possible. Seal.
3. **DOUBLE-BAG:** Place bag into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

NOTE: Brown sugar provided at workshop.

Easy Pork Tenderloin with Sweet Balsamic Sauce

Groceries:

- 2 pork tenderloins (about 2 lbs/1 kg), trimmed of excess fat and silver skin (in a labeled large freezer bag)
- 1 additional large freezer bag
- ½ cup (125 mL) balsamic vinegar
- ¼ cup (50 mL) canola oil

Pantry:

- 2 tbsp (30 mL) **Three Onion Rub**
- 1 tbsp (15 mL) **Smoky Barbecue Rub**

Other

- 1 tbsp (15 mL) brown sugar (provided at workshop)

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- Measure, Mix & Pour® or Manual Food Processor
- Measure-All® Cup or Easy Read Measuring Cup
- Measuring Spoon Set or Adjustable Measuring Spoons

Rush Hour Chicken Fajitas (8 servings)

1. **Open large bag containing chicken tenders**– Add item below to bag.
 - 3 tbsp (45 mL) **Chipotle Rub**“Knead” to coat chicken evenly with rub; squeeze out as much air as possible; seal.
2. **Large bag** – Prepare vegetables and add to bag.
 - Wedge 2 sweet onions with **Veggie Wedger**; cut wedges in half lengthwise.
 - Cut top off of red and green bell peppers with **Utility Knife**. Remove seeds and veins with **Scoop Loop™**.
 - Wedge bell peppers with **Veggie Wedger**; cut wedges in half lengthwise.
 - Using **Garlic Peeler**, peel 2 garlic cloves.
 - Using **Garlic Slicer**, slice 2 garlic cloves directly into bag.
 - Add 1 tbsp (15 mL) oil.“Knead” to coat vegetables; squeeze out as much air as possible; seal.

DOUBLE-BAG: Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Rush Hour Chicken Fajitas

Groceries:

- 2 lbs (1 kg) chicken tenders (in labeled large freezer bag)
- 2 additional large freezer bags
- 2 medium sweet onions
- 1 medium red bell pepper
- 1 medium green bell pepper
- 2 garlic cloves, peeled
- 1 tbsp (15 mL) canola oil

Pantry:

- 3 tbsp (45 mL) **Chipotle Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Measuring Spoon Set or Adjustable Measuring Spoons
- Veggie Wedger
- Utility Knife
- Scoop Loop™
- Garlic Peeler
- Garlic Slicer

Lemon Pepper Chicken Divan (8 servings)

- Medium bag** – Add items below to bag.
 - 4 oz (125 g) cheddar cheese, grated with **Microplane® Adjustable Coarse Grater**Squeeze out as much air as possible; seal.
- Large bag** – Add below to bag.
 - Mushroom soup
 - ¾ cup (175 mL) milk
 - Lemon, juiced with **Citrus Press** or **Juicer**
 - 3 cups (750 mL) broccoli“Knead” contents to mix; squeeze out as much air as possible; seal.
- Add items below to **Manual Food Processor** and process until bread is coarsely chopped.
 - 4 slices sandwich bread, torn into pieces
 - ½ oz (15 g) Parmesan cheese, grated with **Microplane® Adjustable Fine Grater**Remove blade; add 1 tbsp (15 mL) of the oil; mix well.
- Medium bag** – Add bread and cheese mixture. Then squeeze out as much air as possible; seal.
- Open large bag containing chicken pre-cut into 1-in./2.5-cm cubes** – Add items below to bag.
 - 1 tbsp (15 mL) oil and 1 tbsp (15 mL) **Lemon Pepper Rub**“Knead” to coat chicken evenly; squeeze out as much air as possible; seal.
- DOUBLE-BAG:** Place all four bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Lemon Pepper Chicken Divan

Groceries:

- 1½ lbs (700 g) boneless, skinless chicken breasts (pre-cut into 1-in./2.5-cm cubes) (in labeled large freezer bag)
- 2 additional large bags & 2 medium bags
- 4 oz (125 g) cheddar (block) cheese
- 1 can (10¼ oz/284 mL) condensed cream of mushroom soup
- ¾ cup (175 mL) milk
- 1 small lemon
- 3 cups (750 mL) frozen broccoli florets
- 4 slices soft white sandwich bread
- ½ oz (15 oz) fresh Parmesan (wedge) cheese
- 2 tbsp (30 mL) canola oil

Pantry:

- 1 tbsp (15 mL) **Lemon Pepper Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Microplane® Adjustable Coarse Grater
- Smooth-Edge Can Opener
- Measure-All® Cup Easy Read Measuring Cups
- Citrus Press or Juicer
- Manual Food Processor
- Microplane® Adjustable Fine Grater
- Small Mix ‘N Scraper®
- Measuring Spoon Set or Adjustable Measuring Spoons

Cheesy Chicken Tortilla Soup (8 servings)

1. **Large bag** – Add items below to bag.

- Cheese, cut into 1-in. (2.5-cm) cubes with **Utility Knife**
- 2 cups (500 mL) corn
- 1 tbsp (15 mL) **Chipotle Rub**

Squeeze out as much air as possible; seal.

2. **Medium bag** – Add below to bag.

- 3 cups (750 mL) whole tortilla chips, finely processed in **Manual Food Processor**

Squeeze out as much air as possible; seal.

3. **Open large bag containing chicken pre-cut into ½-in./1-cm cubes**– Add items below to bag.

- 1 tbsp (15 mL) oil
- 1 tbsp (15 mL) **Chipotle Rub**

“Knead” to coat chicken evenly with rub; squeeze out as much air as possible; seal.

4. **DOUBLE-BAG**: Place all three bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Cheesy Chicken Tortilla Soup

Groceries:

- 1½ lbs (700 g) boneless, skinless chicken breasts (pre-cut into ½-in./1-cm cubes) (in labeled large freezer bag)
- 2 additional large bags & 1 medium bag
- 8 oz (250 g) pasteurized processed cheese spread (Velveeta®)
- 2 cups (500 mL) frozen corn
- 3 cups (750 mL) whole tortilla chips
- 1 tbsp (15 mL) canola oil

Pantry:

- 2 tbsp (30 mL) **Chipotle Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Measure-All® Cup or Measuring Cup Set
- Utility Knife
- Measuring Spoon Set or Adjustable Measuring Spoons
- Manual Food Processor

“Baked” Veggie Rotini (8 servings)

1. **Large bag** - Prepare vegetables and add to bag.
 - Trim ends off squash and zucchini with **Santoku Knife**. Slice both in half lengthwise. Place cut side down and slice into ½-in. (1-cm) slices.
 - Wedge 1 red onion with **Veggie Wedger**; then coarsely chop with **Food Chopper** or **Manual Food Processor**.
 - Drain tomatoes and mushrooms with **Easy Read Measuring Colander** or **Can Strainer**.
 - Add 2 tbsp (30 mL) each: oil, **Italian Seasoning Mix** and **Three-Onion Rub**.
Squeeze out as much air as possible; seal.
2. **Medium bag** – Add below to bag.
 - 4 oz (125 g) mozzarella cheese, grated with **Microplane® Adjustable Coarse Grater**
Squeeze out as much air as possible; seal.
3. **DOUBLE-BAG**: Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

“Baked” Veggie Rotini (8 servings)

Groceries:

- 1 medium & 2 large freezer bags
- 1 medium yellow squash
- 1 medium zucchini
- 1 medium red onion
- 1 can (14.5 oz/414 mL) diced tomatoes
- 2 jars (4.5 oz each) sliced mushrooms (about 2 cups/500 mL)
- 2 tbsp (30 mL) canola oil
- 4 oz (125 g) mozzarella (block) cheese

Pantry:

- 2 tbsp (30 mL) **Italian Seasoning Mix**
- 2 tbsp (30 mL) **Three-Onion Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Santoku Knife
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Smooth Edge Can Opener
- Easy Read Measuring Colander or Can Strainer
- Microplane® Adjustable Coarse Grater
- Measuring Spoon Set or Adjustable Measuring Spoons