



The Pampered Chef® Freezer Meals Workshop

Menu 2 Overview

Recipe	Protein	Recommended Cooking Vessel	Cooking Method	Serving Suggestion	Pampered Chef® Pantry Items	Retail (Spring/Summer 2016)
Saucy Beef Chili	Ground beef or Ground turkey (cooked at workshop)	(12-in./30-cm) Skillet or Rockcrok® Dutch Oven	Stovetop or Microwave	Warm bread sticks	#9578 Bell Pepper Herb Rub #9870 Greek Rub #9719 Italian Seasoning Mix #9722 Smoky Barbecue Rub #9689 Sweet Basil Rub #9659 Three Onion Rub	\$6.75
Easy Beef Stew	Beef sirloin steak (boneless)	Rockcrok® Everyday Pan or Dutch Oven	Stovetop	Crusty French bread		\$6.75
Cheesy Shells & Italian Sausage	Italian pork sausage or turkey sausage (cooked at workshop)	Rockcrok® Everyday Pan or Dutch Oven	Microwave or Stovetop & Broiler	Mixed green salad		\$8.75
Barbecue Chicken	Boneless, skinless chicken breasts	Double Burner Grill	Stovetop & Oven	Deli potato salad or fresh fruit salad		\$6.75
Lemon Greek Chicken	Bone-in, skin-on chicken breasts	Large Bar Pan or Rectangular Baker	Oven Roasted	Sliced cucumbers and tomatoes		\$6.75
Quick Chicken Cacciatore	Boneless, skinless chicken breasts	(12-in./30-cm) Skillet	Stovetop	Garlic bread		\$6.75
Potato Corn Chowder	Vegetarian	Deep Covered Baker or Rockcrok® Dutch Oven	Microwave	Fresh spinach salad		\$6.75
						\$42.50 (+ tax/shipping)

IMPORTANT: To help ensure food safety, guests should not handle raw meat at the workshop. They are asked to bring their meat/poultry to the workshop already placed in large freezer bags. If the meat or poultry needs to be trimmed or cut before bagging, that is noted on the grocery list.

Subject Line: Freezer Meal Workshop - Important Info!

Dear _____,

Thanks so much for hosting a Freezer Meal Workshop on _____ at _____ p.m. It'll feel great to have your freezer stocked with delicious meals! Here's what we'll be making:

Saucy Beef Chili
Easy Beef Stew
Cheesy Shells & Italian Sausage
Barbecue Chicken
Lemon Greek Chicken
Quick Chicken Cacciatore
Potato Corn Chowder

- Each meal serves 6-8, and the average cost is only about \$2.50 per serving. If you have a smaller family, you can divide the meals and freeze them in two portions.
- You'll need to order and pay for your Pampered Chef Pantry items by _____. All of the Pantry items will be shipped to _____. **You can use your Host free and discounted products to help pay for your Pantry pre-order – let's talk!**
- While you'll use most of the Pantry products for your freezer meals, you will have some extra. I'll give you a tip sheet with more than a dozen ideas for using your Pantry products!

#9578 Bell Pepper Herb Rub
#9870 Greek Rub
#9719 Italian Seasoning Mix
#9722 Smoky Barbecue Rub
#9686 Sweet Basil Rub
#9659 Three Onion Rub

(\$42.50 + \$_____ tax + \$_____ S/H. **Total is \$_____**)

- You'll also need the items on the **attached grocery shopping list**. It's everything you need for the workshop, conveniently organized by category, so you can be in and out of the store in under 30 minutes! (Please prep the meat/poultry as noted on the grocery list – this follows food safety best practices and will save you time at the workshop!)
- **IMPORTANT!** If the workshop isn't at your home, you'll need to bring a cooler or cooler bag with ice packs (or ice) to safely transport your perishables.
- Also, there are two grocery items that we need to have for the attendees, since just a small amount is needed for each person. Do you have these on-hand?
 - Brown sugar: 3 tbsp (45 mL) per attendee
 - Cornstarch: 2 tbsp (30 mL) per attendee

I'm so excited to have the opportunity to help you and your friends get a delicious dinner on the table in minutes rather than hours!

See you soon,

Subject Line: Freezer Meal Workshop - Important Info!

Dear _____,

I'm so glad you can join us for _____'s Freezer Meal Workshop on _____ at _____ p.m. It'll feel great to have your freezer stocked with delicious meals! Here's what we'll be making:

- Saucy Beef Chili
- Easy Beef Stew
- Cheesy Shells & Italian Sausage
- Barbecue Chicken
- Lemon Greek Chicken
- Quick Chicken Cacciatore
- Potato Corn Chowder

- Each meal serves 6-8, and the average cost is only about \$2.50 per serving. If you have a smaller family, you can divide the meals and freeze them in two portions.

- You'll need to order and pay for your Pampered Chef Pantry items by _____. They'll be waiting for you at the workshop! While you'll use most of the Pantry products for your freezer meals, you will have some extra. I'll give you a tip sheet with more than a dozen ideas for using your Pantry products!

- #9578 Bell Pepper Herb Rub
- #9870 Greek Rub
- #9719 Italian Seasoning Mix
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- #9686 Sweet Basil Rub
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(\$42.50 + \$_____ tax + \$_____ S/H. **Total is \$_____**)

- You'll also need to bring the items on the **attached grocery shopping list**. It's everything you need for the workshop, conveniently organized by category, so you can be in and out of the store in under 30 minutes! (Please prep the meat/poultry as noted on the grocery list – this follows food safety best practices and will save you time at the workshop!)

- **IMPORTANT!** Bring a cooler or cooler bag with ice packs (or ice) to safely transport your perishables to and from the workshop.

I'm so excited to have the opportunity to help you get delicious dinners on the table in minutes rather than hours!

See you soon,

The Pampered Chef® Freezer Meal Workshop

Grocery Store Shopping List

(Menu 2)

BRING THESE GROCERIES & ITEMS TO THE WORKSHOP!

- IMPORTANT!** Bring all perishables in a cooler with ice packs.
- IMPORTANT!** Before the workshop, prep your meat/poultry as noted below, and then transfer it to the freezer bag. Label each bag using a permanent marker. Doing this helps ensure food safety, since we won't be handling raw meat at the workshop.
- To avoid freezer burn, use a good quality freezer bag!

Miscellaneous:

- 17 large freezer bags (6 of them will be used to bring meat/poultry to workshop)
- 5 medium freezer bags
- 7 resealable sandwich-size bags

Meat / Poultry:

- 1½ lbs (700 g) 90% lean ground beef or 93% lean ground turkey
 - Transfer to large freezer bag. Label **Saucy Beef Chili**.
- 1¾ lbs (750 g) boneless top sirloin steak, cut about 1-in. (2.5-cm) thick. Cut steak into ¾-in. cubes.
 - Transfer to large freezer bag. Label **Easy Beef Stew**.
- 8 oz (250 g) hot or mild Italian pork or turkey sausage
 - Transfer to large freezer bag. Label **Cheesy shells & Italian Sausage**.
- 14 boneless, skinless chicken breasts (4-6 oz/125-175 g each)
 - Transfer 8 breasts to large freezer bag. Label **Barbecue Chicken**.
 - Transfer 6 breasts to large freezer bag. Label **Quick Chicken Cacciatore**.
- 6 bone-in, skin-on chicken breasts (8-10 oz/250-300 g each). Trim fat off.
 - Transfer to large freezer bag. Label **Lemon Greek Chicken**.

Frozen:

- 2 cups (500 mL) frozen mixed peas and carrot blend (about 10 oz/300 g)
- 2 cups (500 mL) frozen corn (about 9 oz/ 275 g)
- 4 cups (1 L) frozen diced hash brown potatoes (about 1 lb/450 g)

Dairy:

- 4 oz (125 g) reduced-fat cream cheese (Neufchâtel)
- 2 oz (60 g) fresh (wedge) Parmesan cheese
- 8 oz (250 g) (block) cheddar cheese

Dry Goods:

- 2 cans (16 oz each or 398 mL) chili beans in sauce (about 3½ cups/875 mL)
- 2 cans (14.5 oz/414 mL each) petite diced tomatoes
- 1 can (12 oz or 369 mL) tomato paste (will need 1 cup/250 mL)
- 1 jar (24 oz or 650 mL) marinara sauce
- 1 cup (250 mL) seasoned croutons
- 1½ cups (375 mL) ketchup
- 7 tbsp (105 mL) canola oil
- 2 tbsp (30 mL) balsamic vinegar

Produce:

- 2 medium onions
- 1 sweet onion
- 1 red onion
- 14 garlic cloves
- 2 lemons
- 1 medium red bell pepper
- 1 medium green bell pepper
- 8 oz (250 g) fresh mushrooms
- 2 celery stalks

Your Pre-ordered Pampered Chef® Pantry Items:

- 9578 Bell Pepper Herb Rub
- 9870 Greek Rub
- 9719 Italian Seasoning Mix
- 9722 Smoky Barbecue Rub
- 9686 Sweet Basil Rub
- 9659 Three Onion Rub

Additional groceries for at-home “Cooking Day” of each freezer meal (Do **NOT** bring to the workshop!)

Saucy Beef Chili

- Optional Toppings: Shredded cheddar cheese, sliced green onions, sour cream
- Serving Suggestion:** Warm breadsticks

Easy Beef Stew

- 1 tbsp (15 mL) canola oil
- 2 cans (14.5 oz each or 900 mL) beef broth
- ½ cup (125 mL) flour
- 2 tbsp (30 mL) balsamic vinegar
- Serving Suggestion:** Crusty French bread

Cheesy Shells & Italian Sausage

- 3 cups (750 mL) unsalted chicken stock
- 12 oz (350 g) uncooked medium shell pasta
- Serving Suggestion:** Mixed green salad

Barbecue Chicken

- Serving Suggestion:** Deli potato salad or fresh fruit salad

Lemon Greek Chicken

- 10-12 petite red potatoes (about 1 lb/450 g), cut in half
- Serving Suggestion:** Sliced cucumbers and tomatoes

Quick Chicken Cacciatore

- 1 tbsp (15 mL) canola oil
- 12 oz (350 g) uncooked spaghetti noodles
- Serving Suggestion:** Warm garlic bread

Potato Corn Chowder

- 1 carton (32 oz) vegetable broth (4 cups/1 L)
- ½ cup (125 mL) flour
- 2 cups (500 mL) milk
- Serving Suggestion:** Fresh spinach salad

Saucy Beef Chili (6-8 servings)

1. Wedge 1 medium onion with **Veggie Wedger**; then chop with **Food Chopper** or **Manual Food Processor**.
2. Empty the bag containing ground beef into **(12-in./30-cm) Skillet** or **Rockcrok® (4-qt./3.8-L) Dutch Oven**; add chopped onion and 1 clove 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.
 - Meat mixture
 - 3½ cups (875 mL) chili beans in sauce, undrained
 - 1 can petite diced tomatoes, undrained
 - 1 can (about 2/3 cup/150 mL) tomato paste
 - 2 tbsp (30 mL) **Smoky Barbecue Rub**“Knead” contents to mix; squeeze out as much air as possible; seal.
4. **DOUBLE-BAG:** Place bag with chili mixture into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Saucy Beef Chili

Groceries:

- 1½ lbs 90% lean ground beef or 93% lean ground turkey (in labeled large freezer bag)
- 2 additional large freezer bags
- 1 medium onion
- 1 garlic clove
- 2 cans (16 oz each or 398 mL) chili beans in sauce, undrained (about 3½ cups/875 mL)
- 1 can (14.5 oz/414 mL) petite diced tomatoes
- 1 can (6 oz) or 2/3 cup (150 mL) tomato paste

Pantry:

- 2 tbsp (30 mL) **Smoky Barbecue Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Garlic Press
- (12-in./30-cm) Skillet or Rockcrok (4-qt./3.8-L) Dutch Oven
- Mix 'N Chop
- Smooth-Edge Can Opener
- Small Mix 'N Scraper®
- Measure-All® Cup
- Measuring Spoon Set or Adjustable Measuring Spoons

Easy Beef Stew (8 servings)

- 1. Open large bag containing steak pre-cut into ¾-in. cubes.** – Prepare and add items below to bag.
 - Wedge 1 medium onion with **Veggie Wedger**; then coarsely chop with **Food Chopper or Manual Food Processor**.
 - 2 tbsp (30 mL) **Italian Seasoning Mix**
 - 1 tbsp (15 mL) canola oil
 - 1 tbsp (15 mL) balsamic vinegar
“Knead” contents to gently coat onion with oil; squeeze out as much air as possible; seal.
- 2. Medium bag** - Add item below to bag.
 - 2 cups (500 mL) mixed peas and carrot blend
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.

Easy Beef Stew

Groceries:

- 1¾ lbs (750 mL) boneless top sirloin steak, cut about 1-in.(2.5-cm) thick (pre-cut into ¾-in. cubes) (in labeled large freezer bag)
- 1 additional large freezer bag and 1 medium freezer bag
- 1 medium onion
- 1 tbsp (15 mL) canola oil
- 1 tbsp (15 mL) balsamic vinegar
- 2 cups (500 mL) frozen mixed peas and carrot blend (about 10 oz/300 g)

Pantry:

- 2 tbsp (30 mL) **Italian Seasoning Mix**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Measuring Cup Set or Measure-All® Cup
- Measuring Spoon Set or Adjustable Measuring Spoons

Cheesy Shells & Italian Sausage (8 servings)

1. Empty the bag containing the sausage into the **Rockcrok® (2.5-qt./2.35-L) Everyday Pan** or **(4-qt./3.8-L) Dutch Oven**. Cook over medium-high heat 6-8 minutes, breaking into crumbles with **Mix 'N Chop**.
2. Press 3 garlic cloves into pan with **Garlic Press**. Cook 30-60 seconds. Remove from heat.
3. Add items below to pan and stir until cream cheese has melted.
 - 1 jar marinara sauce
 - 4 oz (125 g) cream cheese
 - 2 tbsp (30 mL) **Sweet Basil Rub**
4. **Large bag** – Add sausage/sauce mixture to bag; squeeze out as much air as possible; seal.
5. **Medium bag** – Add items below to bag.
 - 1 cup (250 mL) croutons, processed in **Manual Food Processor**
 - 2 oz (60 g) Parmesan cheese, grated with **Microplane® Adjustable Fine Grater**
Squeeze out as much air as possible; seal.
6. **DOUBLE-BAG**: Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Cheesy Shells & Italian Sausage

Groceries:

- 8 oz (250 g) hot or mild Italian pork or turkey sausage (in labeled large freezer bag)
- 2 additional large freezer bags and 1 medium freezer bag
- 3 garlic cloves
- 1 jar (24 oz or 650 mL) marinara sauce
- 4 oz (125 g) reduced-fat cream cheese (Neufchâtel)
- 1 cup (250 mL) seasoned croutons
- 2 oz (60 g) (wedge) fresh Parmesan cheese

Pantry:

- 2 tbsp (30 mL) **Sweet Basil Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Rockcrok® (2.5-qt./2.35-L) Everyday Pan or (4-qt./3.8-L) Dutch Oven
- Mix 'N Chop
- Garlic Press
- Manual Food Processor
- Measuring Spoon Set or Adjustable Measuring Spoons
- Microplane® Adjustable Fine Grater

Barbecue Chicken (8 servings)

1. Mix barbecue sauce in **Small Batter Bowl**:
 - 1½ cups (375 mL) ketchup
 - 3 tbsp (45 mL) **Smoky Barbecue Rub**
 - 3 tbsp (45 mL) **Three Onion Rub**
 - 3 tbsp (45 mL) balsamic vinegar
 - 3 garlic cloves, pressed with **Garlic Press**
 - 3 tbsp (45 mL) brown sugar*
2. **Open the gallon bag containing 8 boneless, skinless chicken breasts.** Add ½ cup (125 mL) of the barbecue sauce. “Knead” to coat chicken evenly with sauce; squeeze out as much air as possible; seal.
3. **Medium bag** – Add remaining barbecue sauce to bag. 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: Brown sugar provided at workshop.

Barbecue Chicken

Groceries:

- 8 boneless, skinless chicken breasts (4-6 oz /125-175 g each) (in labeled large freezer bag)
- 1 additional large freezer bag and 1 medium freezer bag
- 1½ cups (375 mL) ketchup
- 3 tbsp (45 mL) balsamic vinegar
- 3 garlic cloves

Pantry:

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

Other

- 3 tbsp (45 mL) packed brown sugar (provided at workshop)

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Small Batter Bowl
- Measure-All Cup® or Easy Read Measuring Cups
- Mini Easy Read Measuring Cup
- Garlic Press
- Measuring Spoon Set or Adjustable Measuring Spoons

Lemon Greek Chicken (6-8 servings)

- 1. Open the large bag containing 6 bone-in, skin-on chicken breasts with fat pre-trimmed** – Prepare and add items below to bag.
 - Zest 1 lemon with **Microplane® Zester**.
 - Juice same lemon with **Citrus Press** or **Juicer**.
 - Press 3 garlic cloves with **Garlic Press**.
 - ¼ cup (50 mL) canola oil
 - 2 tbsp (30 mL) **Greek Rub**

“Knead” to coat chicken evenly with marinade; squeeze out as much air as possible; seal.
- 2. Medium bag** – Prepare fruit and vegetables on clean cutting board; then add them to bag.
 - Cut second lemon into ¼-in. (6-mm) slices with **Utility Knife**.
 - Cut top off bell pepper; remove seeds and veins with **Scoop Loop™**.
 - Wedge pepper with **Veggie Wedger**; cut into strips.
 - Wedge onion with **Veggie Wedger**.
 - 1 tbsp (15 mL) **Greek Rub**

Toss to coat; 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.

Lemon Greek Chicken

Groceries:

- 6 bone-in, skin-on chicken breasts (8-10 oz/250-300 g each, fat trimmed off) (in labeled large freezer bag)
- 1 additional large freezer bags and 1 medium bag
- 2 lemons
- 3 garlic cloves
- ¼ cup (50 mL) canola oil
- 1 medium red bell pepper
- 1 red onion

Pantry:

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

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Microplane® Zester
- Citrus Press or Juicer
- Mini Easy Read Measuring Cup
- Measuring Spoon Set or Adjustable Measuring Spoons
- Utility Knife
- Scoop Loop™
- Veggie Wedger

Quick Chicken Cacciatore (6 servings)

- 1. Large bag** – Prepare vegetables and add items below to bag.
 - Slice 8 oz (250 g) mushrooms with **Egg Slicer Plus®**.
 - Wedge 1 sweet onion with **Veggie Wedger**.
 - Cut top off bell pepper; remove seeds and veins with **Scoop Loop™**.
 - Wedge pepper with **Veggie Wedger**; cut wedges into 1-in. (2.5-cm) chunks.
 - Press 4 gloves garlic with **Garlic Press**.
 - 1 can tomatoes, undrained
 - ½ cup (75 mL) tomato paste
 - 2 tbsp (30 mL) cornstarch*
 - 1 tbsp (15 mL) **Sweet Basil Rub**

Toss to coat veggies with rub; squeeze out as much air as possible; seal.
- 2. Open the large bag containing 6 boneless, skinless chicken breasts** – Add items below to bag.
 - 1 tbsp (15 mL) canola oil
 - 2 tbsp (30 mL) **Sweet Basil Rub**

“Knead” to coat chicken evenly; 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.

*NOTE: Cornstarch provided at workshop.

Quick Chicken Cacciatore

Groceries:

- 6 boneless, skinless chicken breasts (4-6 oz/125-175 g each) (in labeled large-size freezer bag)
- 2 additional large freezer bags
- 8 oz (250 g) fresh mushrooms
- 1 medium sweet onion
- 1 medium green bell pepper
- 4 garlic cloves
- 1 can (14.5 oz/414 mL) petite diced tomatoes, undrained
- ½ cup (75 mL) tomato paste
- 1 tbsp (15 mL) canola oil

Pantry:

- 3 tbsp (45 mL) **Sweet Basil Rub**

Other

- 2 tbsp (30 mL) cornstarch (provided at workshop)

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Egg Slicer Plus®
- Veggie Wedger
- Utility Knife
- Scoop Loop™
- Garlic Press
- Measure-All® Cup
- Measuring Spoon Set or Adjustable Measuring Spoons
- Smooth-Edge Can Opener

Potato Corn Chowder (8 servings)

1. **Large bag** - Add items below to bag.
 - 2 stalks celery, coarsely chopped with **Utility Knife**.
 - 4 cups (1 L) diced frozen hash brown potatoes
 - 2 cups (500 mL) frozen corn
 - 2 tbsp (30 mL) **Bell Pepper Herb Rub**
 - 2 tbsp (30 mL) **Three Onion Rub**

Squeeze out as much air as possible; seal.

2. **Medium bag** – Add item below to bag.
 - 8 oz (250 g) cheddar cheese, grated with **Microplane® Adjustable Coarse Grater**.
3. **DOUBLE-BAG**: Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Potato Corn Chowder

Groceries:

- 2 large freezer bags and 1 medium freezer bag
- 2 celery stalks
- 4 cups (1 L) diced frozen hash brown potatoes
- 2 cups (500 mL) frozen corn (about 9 oz/275 g)
- 8 oz (250 g) (block) cheddar cheese

Pantry:

- 2 tbsp (30 mL) **Bell Pepper Herb Rub**
- 2 tbsp (30 mL) **Three Onion Rub**

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Utility Knife
- Measuring Spoon Set or Adjustable Measuring Spoons
- Microplane® Adjustable Coarse Grater

The Pampered Chef® Freezer Meal Workshop

COOKING DAY INSTRUCTIONS

(Menu 2)

Print, cut and provide to guests.

They'll place the instructions in sandwich-size bags and add them to their large freezer bags prior to freezing their meals.

SAUCY BEEF CHILI (6-8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 20 minutes

COOKING DAY: Optional toppings: Grated cheddar cheese, sliced green onions, sour cream

1. Pour thawed chili mixture into **(12-in./30-cm) Skillet** or **Rockcrock® (4-qt./3.8-L) Dutch Oven**.
2. For stovetop, bring to a simmer over medium-high heat, stirring occasionally. Or, microwave, covered, in **Rockcrock®**, on HIGH 15-17 minutes or until hot, stirring halfway through cooking.
3. Serve with cheddar cheese, green onions or sour cream.

SERVING SUGGESTION: Serve with warm breadsticks.

EASY BEEF STEW (8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 15 minutes

COOKING DAY: 1 tbsp (15 mL) canola oil, 2 cans (14.5 oz each or 900 mL) beef broth, ½ cup (125 mL) flour, 2 tbsp (30 mL) balsamic vinegar

1. Heat 1½ tsp (7 mL) canola oil in **Rockcrock® (4-qt./3.8-L) Dutch Oven** or **Rockcrock® (2.5-qt./2.35-L) Everyday Pan** over medium heat 1-3 minutes or until shimmering.
2. Drain marinade from thawed beef and discard. Place half of the beef into Dutch Oven. Cook 2-3 minutes or until beef is browned on all sides; remove from Dutch Oven. Repeat with remaining 1½ tsp (7 mL) oil canola oil and beef.
3. In **Small Batter Bowl**, combine 900 mL broth and ½ cup (125 mL) flour; whisk with **Silicone Sauce Whisk**. Slowly add to Dutch Oven.
4. Stir in vegetables and 2 tbsp (30 mL) balsamic vinegar. Bring to a boil. Reduce heat and simmer, uncovered, 8-10 minutes or until thickened. Return beef to Dutch Oven; heat 1-2 minutes.

SERVING SUGGESTION: Serve with crusty French bread.

CHEESY SHELLS & ITALIAN SAUSAGE (8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 30 minutes

COOKING DAY: 3 cups (750 mL) unsalted chicken stock, 12 oz (350 g) uncooked medium shell pasta

1. Preheat broiler. Pour thawed marinara mixture into **Rockcrock® (2.5-qt./2.35-L) Everyday Pan** or **Rockcrock® (4-qt./3.8-L) Dutch Oven**.
2. Add 3 cups (750 mL) chicken stock and 12 oz (350 g) shell pasta; stir. Microwave, covered, on HIGH 18-20 minutes or until pasta is cooked but firm. Or, for stovetop, cover and bring to a boil over high heat. Reduce heat to medium and cook 7-9 minutes or until pasta is cooked but firm, stirring occasionally.
3. Remove from microwave or stovetop. Top with crouton mixture. Place pan 2-4 in. (5-10 cm) from heating element. Broil 1-2 minutes or until top is golden brown.

SERVING SUGGESTION: Serve with a mixed green salad.

BARBECUE CHICKEN (8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 15 minutes

COOKING DAY:

1. Preheat oven to 350°F (180°C). Heat **Double Burner Grill** over medium heat 5 minutes or until hot.
2. Remove thawed chicken from sauce with **Chef's Tongs** and place in pan. Discard bag with any remaining sauce.
3. Remove about ¼ cup (50 mL) sauce from sauce bag and place in **(1-cup/250-mL) Prep Bowl** to use for brushing on chicken during cooking. Place remaining sauce in small bowl to serve with cooked chicken.
4. Cook chicken 2-3 minutes or until grill marks appear; turn over. Brush chicken with reserved sauce in **Prep Bowl** using **Chef's Silicone Basting Brush**.
5. Transfer pan to oven with **Silicone Oven Mitts**. Bake 6-7 minutes or until internal temperature reaches 165°F (74°C) or until juices run clear. Serve chicken with reserved sauce.

SERVING SUGGESTION: Serve with deli potato salad or fresh fruit salad.

LEMON GREEK CHICKEN (6-8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 60 minutes

COOKING DAY: 10-12 petite red potatoes (about 1 lb/450 g), cut in half

1. Preheat oven to 400°F (200°C). Remove thawed chicken from bag and arrange in center of **Large Bar Pan** or **Rectangular Baker**.
2. Remove vegetables from bag and arrange around chicken.
3. Cut potatoes in half. Add potatoes to vegetables in pan.
4. Bake, uncovered, 55-60 minutes (basting chicken and vegetables with pan juices after 30 minutes) or until chicken reaches 165°F (74°C) and juices run clear.

SERVING SUGGESTION: Serve with sliced cucumbers and tomatoes.

QUICK CHICKEN CACCIATORE (6 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 20 minutes

COOKING DAY: 1 tbsp (15 mL) canola oil, ½ cup (125 mL) water, 12 oz (350 g) uncooked spaghetti noodles

1. Heat 1 tbsp (15 mL) canola oil in **(12-in./30-cm) Skillet** over medium-high heat 1-3 minutes or until shimmering. Add thawed chicken and cook 3-4 minutes on each side until lightly browned. Remove from Skillet.
2. Add vegetable/sauce mixture and ½ cup (125 mL) water. Bring to a boil. Return chicken to Skillet. Reduce heat and simmer, uncovered, 6-8 minutes or until vegetables are crisp-tender and chicken is no longer pink and reaches 165°F (74°C).
3. Meanwhile, cook 12 oz (350 g) spaghetti according to package directions. Drain. Serve chicken and sauce over spaghetti.

SERVING SUGGESTION: Serve with warm garlic bread.

POTATO CORN CHOWDER (8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 20 minutes

COOKING DAY: 1 carton (32 oz) vegetable broth (4 cups/1 L), ½ cup (125 mL) flour, 2 cups (500 mL) milk

1. Place thawed vegetables in **Deep Covered Baker** or **Rockcrok® (4-qt./3.8-L) Dutch Oven**.
2. Add 4 cups (1 L) vegetable broth. Microwave, covered, on HIGH 15-20 minutes or until celery is crisp-tender.
3. Place ½ cup (125 mL) flour in **Small Batter Bowl**. Slowly add 2 cups (500 mL) milk, whisking until blended using **Stainless Whisk**.
4. Carefully remove baker or Dutch Oven from microwave. Add milk mixture and cheese to vegetable mixture; mix well.
5. Microwave, covered, on HIGH 5 minutes or until thickened, stirring after 3 minutes.

SERVING SUGGESTION: Serve with fresh spinach salad.



The Pampered Chef® Freezer Meal Workshop

WISH LIST - MENU 2

Name: _____

Address: _____

Email: _____

Phone: _____

Check out some of the amazing tools you used today!

Product	Page & Price	Product	Page & Price
1013 Flexible Cutting Mats – Large	Page: 44 Price: \$23.25	1142 Scoop Loop™	Page: 18 Price: \$7.50
1052 Utility Knife –Forged Cutlery	Page: 42 Price: \$45.25	2417 Veggie Wedger	Page: 18 Price: \$23.25
2248 Pocket Thermometer	Page: 4 Price: \$15.75	1182 Egg Slicer Plus®	Page: 14 Price: \$17.50
2593 Manual Food Processor	Page: 11/16 Price: \$64.25	2576 Garlic Press	Page: 22 Price: \$27.50
1105 Microplane® Adjustable Fine Grater	Page: 45 Price: \$38.50	2583 Mix ‘N Chop	Page: 46 Price: \$15.25
1107 Microplane® Zester	Page: 45 Price: \$19.00	2595 Citrus Press	Page: 23 Price: \$25.50
2759 Smooth-Edge Can Opener	Page: 49 Price: \$30.00	2305 Juicer	Page: 19 Price: \$19.50
2257 Measuring Cup Set	Page: 55 Price: \$21.50	2175 Easy Read Measuring Cups set 2177 Easy Read Mini Measuring Cup	Page: 55 Price: varies
2585 Food Chopper	Page: 16/25 Price: \$43.25	2308 Measuring Spoon Set	Page: 55 Price: \$12.00
1650 Classic Scraper 1659 Small Mix ‘N Scraper®	Page: 54 Price: varies	2225/2236 Measure All® Cup	Page: 55 Price: varies

See all our Dinner Sets on pages 31--39

Rockcrok®	Page: 30-31	Deep Covered Baker	Page: 32
12" (30-cm) Skillet	Page: 37	Grill Pan	Page: 7

Perfect products for cooking your thawed freezer meals!

How much time do you think this workshop saved you in future meal prep? **1--3 hrs** **4--6 hrs** **6+ hrs**

Would you like to host a Freezer Meal Workshop with your friends? **YES** **MAYBE** **NO**

How much does your family spend eating out each month?
Family size _____ **Approximate amount \$** _____

Would you like to get FREE products by getting family & friends together for a fun Cooking Show? **YES** **MAYBE** **NO**

Are you interested in attending another Freezer Meal Workshop? **YES** **MAYBE** **NO**

Would you like information on being a Pampered Chef Consultant? **YES** **MAYBE** **NO**

The Pampered Chef® Freezer Meal Planner (Menu 2)

Cooking Day Directions	Serving Suggestions	Date Frozen	Used by ____(date)
<p>Saucy Beef Chili (6-8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 20 minutes</p> <p>Additional Ingredients Optional toppings: Grated cheddar cheese, sliced green onions, sour cream</p> <ol style="list-style-type: none"> Pour thawed chili mixture into (12-in./30-cm) Skillet or Rockcrock® (4-qt./3.8-L) Dutch Oven. For stovetop, bring to a simmer over medium-high heat, stirring occasionally. Or, microwave, covered, in Rockcrock®, on HIGH 15-17 minutes or until hot, stirring halfway through cooking. Serve with cheddar cheese, green onions or sour cream. <p>U.S. Nutrients per serving: Calories 360, Total Fat 12 g, Saturated Fat 4.5 g, Cholesterol 75 mg, Sodium 1190 mg, Carbohydrate 36 g, Fiber 10 g, Protein 32 g</p>	Warm breadsticks		
<p>Easy Beef Stew (8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 15 minutes</p> <p>Additional Ingredients 1 tbsp (15 mL) canola oil 2 cans (14.5 oz each or 900 mL) beef broth ½ cup (125 mL) flour 2 tbsp (30 mL) balsamic vinegar</p> <ol style="list-style-type: none"> Heat 1½ tsp (7 mL) canola oil in Rockcrock® (4-qt./3.8-L) Dutch Oven or Rockcrock® (2.5-qt./2.35-L) Everyday Pan over medium heat 1-3 minutes or until shimmering. Drain marinade from thawed beef and discard. Place half of the beef into Dutch Oven. Cook 2-3 minutes or until beef is browned on all sides; remove from Dutch Oven. Repeat with remaining 1½ tsp (7 mL) oil and beef. In Small Batter Bowl, combine 900 mL broth and ½ cup (125 mL) flour; whisk with Silicone Sauce Whisk. Slowly add to Dutch Oven. Stir in vegetables and 2 tbsp (30 mL) balsamic vinegar. Bring to a boil. Reduce heat and simmer, uncovered, 8-10 minutes or until thickened. Return beef to Dutch Oven; heat 1-2 minutes. <p>U.S. Nutrients per serving: Calories 280, Total Fat 10 g, Saturated Fat 2.5 g, Cholesterol 80 mg, Sodium 540 mg, Carbohydrate 13 g, Fiber 2 g, Protein 33 g</p>	Crusty French bread		
<p>Cheesy Shells & Italian Sausage (8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 30 minutes</p> <p>Additional Ingredients 3 cups (750 mL) unsalted chicken stock 12 oz (350 g) uncooked medium shell pasta</p> <ol style="list-style-type: none"> Preheat broiler. Pour thawed marinara mixture into Rockcrock® (2.5-qt./3.5-L) Everyday Pan or Rockcrock® (4-qt./3.8-L) Dutch Oven. Add 3 cups (750 mL) chicken stock and 12 oz (350 g) shell pasta; stir. Microwave, covered, on HIGH 18-20 minutes or until pasta is cooked but firm. Or, for stovetop, cover and bring to a boil over high heat. Reduce heat to medium and cook 7-9 minutes or until pasta is cooked but firm, stirring occasionally. Remove from microwave or stovetop. Top with crouton mixture. Place pan 2-4 in. (5-10 cm) from heating element. Broil 1-2 minutes or until top is golden brown. 	Mixed green salad		

Cooking Day Directions	Serving Suggestions	Date Frozen	Used by ___(date)
<p>U.S. Nutrients per serving: Calories 360, Total Fat 13 g, Saturated Fat 4.5 g, Cholesterol 35 mg, Sodium 1030 mg, Carbohydrate 43 g, Fiber 4 g, Protein 18 g</p>			
<p>Barbecue Chicken (6 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 15 minutes</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F (180°C). Heat Double Burner Grill over medium heat 5 minutes or until hot. 2. Remove thawed chicken from sauce with Chef's Tongs and place in pan. Discard bag with any remaining sauce. 3. Remove about ¼ cup (50 mL) sauce from sauce bag and place in (1-cup/250-mL) Prep Bowl to use for brushing on chicken during cooking. Place remaining sauce in small bowl to serve with cooked chicken. 4. Cook chicken 2-3 minutes or until grill marks appear; turn over. Brush chicken with reserved sauce in Prep Bowl using Chef's Silicone Basting Brush. 5. Transfer pan to oven with Silicone Oven Mitts. Bake 6-7 minutes or until internal temperature reaches 165°F (74°C) or until juices run clear. Serve chicken with reserved sauce. <p>U.S. Nutrients per serving: Calories 220, Total Fat 3 g, Saturated Fat 0.5 g, Cholesterol 75 mg, Sodium 940 mg, Carbohydrate 20 g, Fiber 0 g, Protein 26 g</p>	<p>Deli potato salad or fresh fruit salad</p>		
<p>Lemon Greek Chicken (6-8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 60 minutes</p> <p>Additional Ingredients 10-12 petite red potatoes (about 1 lb), cut in half</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F (200°C). Remove thawed chicken from bag and arrange in center of Large Bar Pan or Rectangular Baker. 2. Remove vegetables from bag and arrange around chicken. 3. Cut potatoes in half. Add potatoes to vegetables in pan. 4. Bake, uncovered, 55-60 minutes (basting chicken and vegetables with pan juices after 30 minutes) or until chicken reaches 165°F (74°C) and juices run clear. <p>U.S. Nutrients per serving: Calories 320, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 75 mg, Sodium 410, Carbohydrate 27 g, Fiber 5 g, Protein 28 g</p>	<p>Sliced cucumbers and tomatoes</p>		
<p>Quick Chicken Cacciatore (6 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 20 minutes</p> <p>Additional Ingredients 1 tbsp (15 mL) canola oil ½ cup (125 mL) water 12 oz (350 g) uncooked spaghetti noodles</p> <ol style="list-style-type: none"> 1. Heat 1 tbsp (15 mL) canola oil in (12-in./30-cm) Skillet over medium-high heat 1-3 minutes or until shimmering. Add chicken and cook 3-4 minutes on each side until lightly browned. Remove from Skillet. 2. Add vegetable/sauce mixture and ½ cup (125 mL) water. Bring to a boil. Return chicken to Skillet. Reduce heat and simmer, uncovered, 6-8 minutes or until vegetables are crisp-tender and chicken is no longer pink and reaches 165°F (74°C). 3. Meanwhile, cook 12 oz (350 g) spaghetti according to package directions. Drain. Serve chicken and sauce over spaghetti. <p>U.S. Nutrients per serving: Calories 450, Total Fat 9 g, Saturated Fat 1 g, Cholesterol 75 mg, Sodium 710 mg, Carbohydrate 55 g, Fiber 4 g, Protein 35 g</p>	<p>Warm garlic bread</p>		

Cooking Day Directions	Serving Suggestions	Date Frozen	Used by ___(date)
<p>Potato Corn Chowder (8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 25 minutes</p> <p>Additional Ingredients 1 carton (32 oz) vegetable broth (4 cups/1 L) ½ cup (125 mL) flour 2 cups (500 mL) milk</p> <ol style="list-style-type: none"> Place thawed vegetables in Deep Covered Baker or Rockcrok® (4-qt./3.8-L) Dutch Oven. Add 4 cups (1 L) vegetable broth. Microwave, covered, on HIGH 15-20 minutes or until celery is crisp-tender. Place ½ cup (125 mL) flour in Small Batter Bowl. Slowly add 2 cups (500 mL) milk, whisking until blended using Stainless Whisk. Carefully remove baker or Dutch Oven from microwave. Add milk mixture and cheese to vegetable mixture; mix well. Microwave, covered, on HIGH 5 minutes or until thickened, stirring after 3 minutes. <p>U.S. Nutrients per serving: Calories 280, Total Fat 11 g, Saturated Fat 7 g, Cholesterol 35 mg, Sodium 770 mg, Carbohydrate 36 g, Fiber 3 g, Protein 13 g</p>	<p>Fresh spinach salad</p>		

The “BIG CHILL” and The “BIG THAW”

What Can You Freeze?

- The Pampered Chef® FREEZER MEAL recipes were developed to maintain their quality during freezing. Ingredients that do not freeze well, as well as large amounts of water or broth, are added at the time of cooking for more efficient freezing and higher quality finished meals.
- Some foods simply don't freeze well, like mayonnaise, cream sauces and lettuce.

Keep it Safe

- Freezing at 0°F (-17°C) or lower will keep food safe, and also retain vitamin content, color, flavor and texture.
- Don't store FREEZER MEALS in the freezer door. Temperature fluctuation from opening the freezer leads to freezer burn and a reduced shelf life.
- Stored properly, your meals should maintain optimal quality for up to 3 months.

Freshness & Quality

- Use fresh, high quality ingredients when preparing your FREEZER MEALS to ensure the best flavor when thawed and cooked.
- Use meat that has not been previously frozen. Re-freezing meat compromises both texture and flavor.

Packaging

- Freeze your FREEZER MEALS in food storage bags designed for the freezer. Freezer bags are made of thicker plastic that helps to prevent freezer burn. Freezer burn does not make food unsafe, but causes dry spots. To prevent freezer burn, press out as much air as possible from the bags. Then, press the mixture into a thin layer, filling the bag almost to the top before sealing and freezing. This makes thawing quick and efficient.
- Always DOUBLE BAG your freezer meals. This provides extra protection from freezer burn and avoids messy leaks that might occur during thawing.
- A bag that is 2-inches (5 cm) thick should freeze in about 2 hours. Place your bags in a single layer on various shelves to freeze thoroughly. Stack bags only after they're frozen.

Safe Thawing

- Plan ahead! Your FREEZER MEALS will take 1-2 days to completely thaw depending on the density of the food.
- The safest way to thaw food is ***in the refrigerator*** where it will remain at a safe, constant temperature--40°F (4°C) or below. Never thaw food on the counter at room temperature, as the food will thaw unevenly and the outer layer could be in the “Danger Zone,” between 40°F and 140°F (4°C and 60°C).
- If your FREEZER MEAL has more than one component (for example, grated cheese, vegetables or topping), you may separate them for quicker thawing, keeping the meat in the double bag to avoid any possible leaking.
- Once your freezer meal is thawed, plan on cooking it within 1-2 days. For optimal results, do not re-freeze your FREEZER MEAL after thawing.

4 SIMPLE STEPS TO FOOD SAFETY

Wash hands and surfaces often.



Clean

- Wash hands for at least 20 seconds with soap and warm water.
- Wash surfaces and utensils after each use.
- Wash fruits and veggies – but not meat, poultry or eggs!

Cook to the right temperature.



Cook

- Use a food thermometer to check that food has been cooked or heated to safe minimum cooking temperatures.
- Keep food hot after cooking – at 140° F (60°C) or above.
- Microwave food thoroughly – to 165° F (74°) or higher.

Don't cross-contaminate.



Separate

- Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs.
- Keep meat, poultry, seafood and eggs separate from all other foods at the grocery and in the frig.

Refrigerate promptly.



Chill

- Refrigerate perishable foods within 2 hours.
- Never thaw or marinate foods on the counter.
- Know when to throw food out – when in doubt, throw it out.

*US Source: FoodSafety.gov For more information, visit <http://www.foodsafety.gov>

Beyond the Freezer Meal: Tips for Using Your Pampered Chef® Pantry Products

Chicken Your Way! (Also works for burgers, steak and chops!)

Heat Grill Pan and Grill Press over medium heat, about 5 minutes. Brush chicken with oil and sprinkle with any **Rub**. Grill about 5 minutes per side or until internal temperature reaches 165°F (74°C).

Classic Party Dip

Combine 1 cup (250 mL) mayo and 1 cup (250 mL) sour cream (regular or reduced-fat) and **2-3 tbsp (30-45 mL) Rub** or **Seasoning Mix**. Chill until ready to use.

3-Minute Dip

Combine 1 pkg (8 oz/250 g) cream cheese, 1 cup (250 mL) grated mozzarella cheese, 2 tbsp (30 mL) milk and **1-2 tbsp (15-30 mL) Rub** in **Garlic & Brie Baker**. Microwave, covered, on HIGH 2-3 minutes, stirring halfway through cooking. Serve with fresh veggies or chips.

Easy Cheese Spread

Combine 1 pkg (8 oz/250 g) cream cheese and **1 tbsp (15 mL) Rub** or **Seasoning Mix** and mix well. Use with bagels, crackers or veggies.

Herb Butter

Combine 1 stick (4 oz/125 g) softened butter and **1 tbsp (15 mL) Rub** or **Seasoning Mix** and mix well. Use to make “garlic” bread or use with cooked vegetables, pasta, beef, chicken or seafood.

Herb Mayo

Combine ½ cup (125 mL) mayo with **1 tbsp (15 mL) Rub** or **Seasoning Mix**. Use as a sandwich spread or in tuna, chicken and egg salad.

Oven-Roasted Potatoes or Vegetables

Toss potatoes (cubed) or vegetables with oil and sprinkle with a **Rub** or **Seasoning Mix**. Bake at 400°F (200°C) about 30 minutes or until tender.

Popcorn Seasoning

Sprinkle hot popcorn with your favorite **Rub** or **Seasoning Mix**.

Seasoned Rice

Add **2-3 tsp (10-15 mL)** of **Rub** or **Seasoning Mix** to the water when preparing rice.

Savory Sauces: Spicy Pineapple Rum Sauce & Raspberry Habanero Sauce

Warm Baked Brie

Place a 4-in. (10-cm) round (8 oz/250 g) Brie with rind in **Garlic & Brie Baker**. Bake at 400°F (200°C) for 8-10 minutes or until Brie begins to soften. Remove from oven and pour about ½ cup (125 mL) **Spicy Pineapple Rum Sauce** or **Raspberry Habanero Sauce** over warm Brie. Serve with crackers, toasted baguette slices or apple wedges.

Classic Cream Cheese Appetizer Spread

Pour about ½ cup (125 mL) **Spicy Pineapple Rum Sauce** or **Raspberry Habanero Sauce** over a block of cream cheese. Serve with crackers, pita chips or pretzels.

Finishing Sauce

Brush **Spicy Pineapple Rum Sauce** or **Raspberry Habanero Sauce** over meats or vegetables during roasting or grilling.