

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