

The Pampered Chef® Freezer Meal Workshop
COOKING DAY INSTRUCTIONS
(Back to School)

Print, cut and provide to guests.

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



TATER-TOPPED BEEF SHEPHERD'S PIE (6 servings)

DATE FROZEN:

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

COOK TIME: About 35 minutes

COOKING DAY: No additional ingredients necessary

1. Preheat oven to 425°F/220°C.
2. Add thawed beef mixture to **Rockcrok® (2.5-qt./2.35L) Everyday Pan, Medium Rectangular Baker or Square Baker**.
3. Top with thawed potato nuggets. Bake, uncovered, 30-35 minutes or until mixture is hot and potatoes are browned.

SERVING SUGGESTION: Serve with sliced tomatoes and cucumbers.

TEX-MEX MEAT LOAVES (6 servings)

DATE FROZEN:

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

COOK TIME: About 55 minutes

COOKING DAY: No additional ingredients necessary

1. Preheat oven to 375°F/190°C.
2. Place thawed meat loaves on **Medium Sheet Pan**. Reform into 3 even loaves.
3. Bake 40 -45 minutes or until interior of loaves is 145°F/63°C.
4. Top with thawed sauce from medium bag. Bake, uncovered, an additional 5-10 minutes or until interior of loaves reaches 160°F/71°C.

SERVING SUGGESTION: Serve with a mixed green salad.

BBQ PORK SANDWICHES (6 servings)

DATE FROZEN:

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

COOK TIME: Oven: About 30 minutes; Microwave: About 15 minutes

COOKING DAY: 6 whole wheat hamburger buns

1. For oven, preheat oven to 425°F/220°C. Place thawed pork into **Deep Covered Baker**. Bake, covered, 20-25 minutes or until interior of pork is 145-160°F/63-71°C for medium rare-medium doneness.
2. For microwave, place thawed pork into **Deep Covered Baker**. Microwave, covered, on HIGH 8-10 minutes or until interior of pork is 145-160°F/63-71°C for medium rare-medium doneness.
3. Using **Chef's Tongs**, remove pork and onions from baker; discard juices. Return pork and onions to baker. Using **Salad Chopper**, chop pork and onion into small pieces. Add sauce from quart bag; toss to coat with **Small Mix 'N Scraper®**. Cover and let stand 2-3 minutes or until warmed through. Serve on whole wheat hamburger buns.

SERVING SUGGESTION: Serve with prepared coleslaw.

CREAMY TURKEY TETRAZZINI (6-8 servings)

DATE FROZEN:

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

COOK TIME: Stovetop and Microwave: About 20 minutes

COOKING DAY: 12 oz/350 g uncooked spaghetti, 1 can (14.5 oz/284 mL) reduced-sodium chicken broth, ½ cup/125 mL water, 1 jar (15-16 oz) Alfredo sauce (about 2 cups/500 mL)
Optional toppings: Grated Parmesan cheese, chopped fresh parsley

1. For stovetop, break pasta in half. Combine pasta, broth and water in **Rockcrok® (4-qt./3.8L) Dutch Oven or (12-in./30-cm) Skillet**; cook, covered, over high heat until broth comes to a boil. Reduce heat, cook, covered, 7-8 minutes or until liquid is almost evaporated. Add thawed turkey mixture and Alfredo sauce; mix well with **Small Mix 'N Scraper®**. Cook, uncovered, 5-7 minutes or until heated through, stirring occasionally.
2. For microwave, break pasta in half. Combine pasta, broth and water in **Rockcrok® (4-qt./3.8L) Dutch Oven or Deep Covered Baker**. Microwave, covered, on HIGH 10-13 minutes or until most of the liquid is evaporated. Add thawed turkey mixture and Alfredo sauce; mix well with **Small Mix 'N Scraper®**. Microwave, covered, on HIGH 6-8 minutes or until heated through, stirring halfway through cooking.
3. Top with grated Parmesan cheese and parsley.

SERVING SUGGESTION: Serve with steamed broccoli.

CHICKEN CHILAQUILLES (6 servings)

DATE FROZEN:

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

COOK TIME: About 20 minutes

COOKING DAY: 1 can (14.5 oz/285 mL) reduced-sodium chicken broth, 1 can (7 oz) salsa verde(1 cup/250 mL) Optional toppings: Sour cream, salsa (any variety)

1. Add contents of thawed chicken bag into **Rockcrok® (4-qt./3.8 L) Dutch Oven** or **(12-in.-30mL) Skillet**. Cook, uncovered, over medium-high heat 10-12 minutes or until chicken starts to brown.
2. Add broth and salsa. Bring to a boil, stirring occasionally. Fold in chips. Cook 1-2 minutes or until chips begin to soften. Remove from heat; top with cheese. Cover; let stand 2-3 minutes or until cheese is melted. Top with sour cream and salsa.

SERVING SUGGESTION: Serve with fresh fruit.

BROCCOLI CHEDDAR SOUP (6-8 servings)

DATE FROZEN:

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

COOK TIME: About 20 minutes

COOKING DAY: 2 cups/500 mL milk, 1 can (14.75 oz/398 mL) creamed corn, 1¼ cups/425 mL reduced-sodium vegetable broth, 2 tbsp/30 mL flour

1. Add contents of thawed vegetable bag to **Rockcrok® (4-qt./3.8L) Dutch Oven** or **(4 qt./3.8L) Casserole**. Cook, uncovered, 5-6 minutes over medium-high heat, or until vegetables are crisp-tender, stirring occasionally.
2. Add milk and creamed corn. Cook, uncovered, 8-10 minutes or until heated through. Stir broth and flour together. Add to vegetable mixture. Bring to a boil, uncovered, stirring occasionally; boil 1-2 minutes or until thickened.
3. Add thawed cheese; stir until melted.

SERVING SUGGESTION: Serve with biscuits.

EASY WHOLE GRAIN CHICKEN TENDERS (6-8 servings)

DATE FROZEN:

TO THAW: DO NOT THAW.

COOK TIME: About 35 minutes

COOKING DAY: 1 tbsp/15 mL Canola Oil, divided

Optional topping: Ranch salad dressing

1. Lightly brush **Large Bar Pan** or **Cookie Sheet** with ½ tbsp/7 mL Canola Oil using **Chef's Silicone Basting Brush**. Place frozen tenders on prepared pan; let stand while oven preheats to 400°F/200°C. Separate tenders and space evenly on pan.
2. Lightly brush tenders with remaining oil. Bake 30-35 minutes or until tenders are lightly brown and internal temperature reaches 165°F/74°C.
3. Serve with ranch dressing.

SERVING SUGGESTION: Serve with carrot and celery sticks.