The Pampered Chef® Freezer Meals Workshop
Menu 2 Overview

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**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,
______________
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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  ($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,

___________________
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.
- 1⅓ 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.

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**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) Everday Pan or (4-qt./3.8-L) Dutch Oven. Cook over medium-high heat 6-8 minutes, breaking into crumbles with Mix ‘N Chop.


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) Everday 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

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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.

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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.

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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
   - ⅓ 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.

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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**
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 Rockcrok® (4-qt./3.8-L) Dutch Oven.
2. For stovetop, bring to a simmer over medium-high heat, stirring occasionally. Or, microwave, covered, in Rockcrok®, 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 Rockcrok® (4-qt./3.8-L) Dutch Oven or Rockcrok® (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 Rockcrok® (2.5-qt./2.35-L) Everyday Pan or Rockcrok® (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.

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.
### 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.

### 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. 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.

### 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.

### 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. 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 ⅓ 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!

<table>
<thead>
<tr>
<th>Product</th>
<th>Page &amp; Price</th>
<th>Product</th>
<th>Page &amp; Price</th>
</tr>
</thead>
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<tr>
<td>1013  Flexible Cutting Mats – Large</td>
<td>Page: 44</td>
<td>1142  Scoop Loop™</td>
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<td>1650  Classic Scraper</td>
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<td>2225/2236 Measure All® Cup</td>
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<tr>
<td>1659  Small Mix ‘N Scraper®</td>
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<td>Price: varies</td>
</tr>
</tbody>
</table>

See all our Dinner Sets on pages 31--39

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

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

Family size____Approximate amount $____________

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

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### Saucy Beef Chili (6-8 servings)
**To Thaw:** Transfer bag to refrigerator 1-2 days before cooking.  
**Cook Time:** About 20 minutes

**Additional Ingredients**
Optional toppings: Grated cheddar cheese, sliced green onions, sour cream

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

**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

### Easy Beef Stew (8 servings)
**To Thaw:** Transfer bag to refrigerator 1-2 days before cooking.  
**Cook Time:** About 15 minutes

**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

1. Heat 1½ tsp (7 mL) canola oil in Rockcrok® (4-qt./3.8-L) Dutch Oven or Rockcrok® (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 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.

**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

### Cheesy Shells & Italian Sausage (8 servings)
**To Thaw:** Transfer bag to refrigerator 1-2 days before cooking.  
**Cook Time:** About 30 minutes

**Additional Ingredients**
3 cups (750 mL) unsalted chicken stock  
12 oz (350 g) uncooked medium shell pasta

1. Preheat broiler. Pour thawed marinara mixture into Rockcrok® (2.5-qt/3.5-L) Everyday Pan or Rockcrok® (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 Suggestions**  
Warm breadsticks  
Crusty French bread  
Mixed green salad
<table>
<thead>
<tr>
<th>Cooking Day Directions</th>
<th>Serving Suggestions</th>
<th>Date Frozen</th>
<th>Used by __________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Barbecue Chicken</strong> (6 servings)</td>
<td>Deli potato salad or fresh fruit salad</td>
<td></td>
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<tr>
<td><strong>To Thaw:</strong> Transfer bag to refrigerator 1-2 days before cooking.</td>
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<tr>
<td><strong>Cook Time:</strong> About 15 minutes</td>
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<tr>
<td>1. Preheat oven to 350°F (180°C). Heat <strong>Double Burner Grill</strong> over medium heat 5</td>
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<td>minutes or until hot.</td>
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<tr>
<td>2. Remove thawed chicken from sauce with <strong>Chef’s Tongs</strong> and place in pan. Discard</td>
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<tr>
<td>bag with any remaining sauce.</td>
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<tr>
<td>3. Remove about ¼ cup (50 mL) sauce from sauce bag and place in <em>(1-cup/250-mL)</em></td>
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<tr>
<td><strong>Prep Bowl</strong> to use for brushing on chicken during cooking. Place remaining sauce in</td>
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<tr>
<td>small bowl to serve with cooked chicken.</td>
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<td>4. Cook chicken 2-3 minutes or until grill marks appear; turn over. Brush chicken</td>
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<tr>
<td>with reserved sauce in <strong>Prep Bowl</strong> using <strong>Chef’s Silicone Basting Brush</strong>.</td>
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<tr>
<td>5. Transfer pan to oven with <strong>Silicone Oven Mitts</strong>. Bake 6-7 minutes or until</td>
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<td>internal temperature reaches 165°F (74°C) or until juices run clear. Serve chicken</td>
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<tr>
<td>with reserved sauce.</td>
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<tr>
<td><strong>U.S. Nutrients per serving:</strong> Calories 360, Total Fat 13 g, Saturated Fat 4.5 g,</td>
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<tr>
<td>Cholesterol 35 mg, Sodium 1030 mg, Carbohydrate 43 g, Fiber 4 g, Protein 18 g</td>
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<tr>
<td><strong>Lemon Greek Chicken</strong> (6-8 servings)</td>
<td>Sliced cucumbers and tomatoes</td>
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<tr>
<td><strong>To Thaw:</strong> Transfer bag to refrigerator 1-2 days before cooking.</td>
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<tr>
<td><strong>Cook Time:</strong> About 60 minutes</td>
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<tr>
<td><strong>Additional Ingredients</strong></td>
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<tr>
<td>10-12 petite red potatoes (about 1 lb), cut in half</td>
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<tr>
<td>1. Preheat oven to 400°F (200°C). Remove thawed chicken from bag and arrange in</td>
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<tr>
<td>center of <strong>Large Bar Pan</strong> or <strong>Rectangular Baker</strong>.</td>
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<td>2. Remove vegetables from bag and arrange around chicken.</td>
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<tr>
<td>3. Cut potatoes in half. Add potatoes to vegetables in pan.</td>
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<tr>
<td>4. Bake, uncovered, 55-60 minutes (basting chicken and vegetables with pan juices</td>
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<tr>
<td>after 30 minutes) or until chicken reaches 165°F (74°C) and juices run clear. Serve</td>
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<tr>
<td>chicken with reserved sauce.</td>
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<tr>
<td><strong>U.S. Nutrients per serving:</strong> Calories 320, Total Fat 12 g, Saturated Fat 1.5 g,</td>
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<tr>
<td>Cholesterol 75 mg, Sodium 410, Carbohydrate 27 g, Fiber 5 g, Protein 28 g</td>
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<tr>
<td><strong>Quick Chicken Cacciatore</strong> (6 servings)</td>
<td>Warm garlic bread</td>
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<tr>
<td><strong>To Thaw:</strong> Transfer bag to refrigerator 1-2 days before cooking.</td>
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<tr>
<td><strong>Cook Time:</strong> About 20 minutes</td>
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<tr>
<td><strong>Additional Ingredients</strong></td>
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<tr>
<td>1 tbsp (15 mL) canola oil</td>
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<tr>
<td>½ cup (125 mL) water</td>
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<tr>
<td>12 oz (350 g) uncooked spaghetti noodles</td>
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<tr>
<td>1. Heat 1 tbsp (15 mL) canola oil in <em>(12-in./30-cm)</em> <strong>Skillet</strong> over medium-high</td>
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<tr>
<td>heat 1-3 minutes or until simmering. Add chicken and cook 3-4 minutes on each side</td>
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<tr>
<td>until lightly browned. Remove from Skillet.</td>
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<tr>
<td>2. Add vegetable/sauce mixture and ½ cup (125 mL) water. Bring to a boil. Return</td>
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<tr>
<td>chicken to Skillet. Reduce heat and simmer, uncovered, 6-8 minutes or until vegetables</td>
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<tr>
<td>are crisp-tender and chicken is no longer pink and reaches 165°F (74°C).</td>
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<tr>
<td>3. Meanwhile, cook 12 oz (350 g) spaghetti according to package directions. Drain.</td>
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<tr>
<td>Serve chicken and sauce over spaghetti.</td>
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<tr>
<td><strong>U.S. Nutrients per serving:</strong> Calories 450, Total Fat 9 g, Saturated Fat 1 g,</td>
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<tr>
<td>Cholesterol 75 mg, Sodium 710 mg, Carbohydrate 55 g, Fiber 4 g, Protein 35 g</td>
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<tr>
<td>Cooking Day Directions</td>
<td>Serving Suggestions</td>
<td>Date Frozen</td>
<td>Used by ___(date)</td>
</tr>
<tr>
<td>------------------------</td>
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<td>------------------</td>
</tr>
</tbody>
</table>
| **Potato Corn Chowder** (8 servings)  
To Thaw: Transfer bag to refrigerator 1-2 days before cooking.  
Cook Time: About 25 minutes | Fresh spinach salad |             |                  |

**Additional Ingredients**  
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.

**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
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 MEAL S 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 is 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.

<table>
<thead>
<tr>
<th>4 SIMPLE STEPS TO FOOD SAFETY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wash hands and surfaces often.</td>
</tr>
<tr>
<td>o Wash hands for at least 20 seconds with soap and warm water.</td>
</tr>
<tr>
<td>o Wash surfaces and utensils after each use.</td>
</tr>
<tr>
<td>o Wash fruits and veggies – but not meat, poultry or eggs!</td>
</tr>
<tr>
<td>Cook to the right temperature.</td>
</tr>
<tr>
<td>o Use a food thermometer to check that food has been cooked or heated to safe minimum cooking temperatures.</td>
</tr>
<tr>
<td>o Keep food hot after cooking – at 140° F (60°C) or above.</td>
</tr>
<tr>
<td>o Microwave food thoroughly – to 165° F (74°C) or higher.</td>
</tr>
<tr>
<td>Don't cross-contaminate.</td>
</tr>
<tr>
<td>o Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs.</td>
</tr>
<tr>
<td>o Keep meat, poultry, seafood and eggs separate from all other foods at the grocery and in the frig.</td>
</tr>
<tr>
<td>Refrigerate promptly.</td>
</tr>
<tr>
<td>o Refrigerate perishable foods within 2 hours.</td>
</tr>
<tr>
<td>o Never thaw or marinate foods on the counter.</td>
</tr>
<tr>
<td>o Know when to throw food out – when in doubt, throw it out.</td>
</tr>
</tbody>
</table>

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

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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) mayonnaise 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.