



## The Pampered Chef® Freezer Meals Menu 3 Overview

Recipe	Protein	Recommended Cooking Vessel	Cooking Method	Serving Suggestion	Pampered Chef® Pantry Items	Retail (Spring/Summer 2016)
Easy Beef Stroganoff	Ground beef or Ground turkey (cooked at workshop)	(12-in./30-cm) Skillet or Rockcrok® Everyday Pan	Stovetop	Steamed broccoli	#9860 Asian Seasoning Mix #9880 Chipotle Rub #9870 Greek Rub	\$8.75 \$6.75 \$6.75
Double Onion Burgers	Ground beef or Ground turkey	Double Burner Grill	Stovetop	Baked beans	#9668 Smoky Applewood Rub #9807 Spicy Pineapple Rum Sauce	\$6.75 \$16.00
Smoky Applewood Pork Tenderloin with Apples	Pork tenderloin	Large Bar Pan	Oven Roasted	Mixed green salad	#9659 Three Onion Rub	\$6.75
Greek Chicken & Orzo Skillet	Boneless, skinless chicken breasts	(12-in./30-cm) Skillet	Stovetop	Warm pita bread		\$51.75 (+ tax/shipping)
Chipotle Black Bean Chicken Wraps	Boneless, skinless chicken breasts	(12-in./30-cm) Skillet	Stovetop	Fresh fruit salad		
Sweet 'N Spicy Chicken Stir-Fry	Boneless, skinless chicken breasts	Stir-Fry Skillet or (12-in./30-cm) Skillet	Stovetop	Hot cooked rice		
Lightning-Fast Veggie Chili	Vegetarian	Rockcrok® Dutch Oven	Microwave or Stovetop	Cornbread		

**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.

In addition, for the Double Onion Burgers, plastic gloves should be worn when forming the patties. You can find them in most grocery stores.

**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:

Easy Beef Stroganoff  
Double Onion Burgers  
Smoky Applewood Pork Tenderloin with Apples  
Greek Chicken & Orzo Skillet  
Chipotle Black Bean Chicken Wraps  
Sweet 'N Spicy Chicken Stir-Fry  
Lightning-Fast Veggie Chili

- 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!

# 9860 Asian Seasoning Mix  
# 9880 Chipotle Rub  
# 9870 Greek Rub  
#9668 Smoky Applewood Rub  
# 9807 Spicy Pineapple Rum Sauce  
# 9659 Three Onion Rub

(\$51.75+ \$\_\_\_\_\_ 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 five 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?
  - Paprika: 1 tsp (5 mL) per attendee
  - Black pepper: ¼ tsp (1 mL) per attendee
  - Milk: ½ cup (125 mL) per attendee
  - Sugar: 1 tbsp (15 mL) per attendee
  - Dijon mustard: 2 tsp (10 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:

- Easy Beef Stroganoff
- Double Onion Burgers
- Smoky Applewood Pork Tenderloin with Apples
- Greek Chicken & Orzo Skillet
- Chipotle Black Bean Chicken Wraps
- Sweet 'N Spicy Chicken Stir-Fry
- Lightning-Fast Veggie Chili

• 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!

- # 9860 Asian Seasoning Mix
- # 9880 Chipotle Rub
- # 9870 Greek Rub
- #9668 Smoky Applewood
- # 9807 Spicy Pineapple Rum Sauce
- # 9659 Three Onion Rub

(\$51.75 + \$\_\_\_\_\_ 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 3)

#### 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 large 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.
- TIP:** To avoid freezer burn, use a good quality freezer bag!

#### Miscellaneous:

- 21 large FREEZER bags (6 of them will be used to bring meat/poultry to workshop)
- 2 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 **Easy Beef Stroganoff**.
- 2 lbs (1 kg) 85% lean ground beef or 93% lean ground turkey
  - Transfer to large freezer bag. Label **Double Onion Burgers**.
- 2 pork tenderloins (about 2 lbs/1 kg). Trim excess fat and silver skin.
  - Transfer to large freezer bag. Label **Smoky Applewood Pork Tenderloin with Apples**.
- 4½ lbs (2 kg) boneless, skinless chicken breasts
  - Cut 1½ lbs (700 g) into ¾-in. (2-cm) cubes. Transfer to large bag. Label **Greek Chicken & Orzo Skillet**.
  - Cut 1½ lbs (700 g) into ¾-in. (2-cm) cubes. Transfer to large bag. Label **Chipotle Black Bean Chicken Wraps**.
  - Cut 1½ lbs (700 g) into strips about 1½-in. (4-cm) x ¼-in. (6-mm). Transfer to large bag. Label **Sweet 'N Spicy Chicken Stir-Fry**.

#### Dry Goods

- 1 pouch (8.8 oz/250 g) pre-cooked long grain white rice
- 3 slices firm white sandwich bread

#### Dairy:

- 6 oz (175 g) (block) cheddar cheese

#### Canned Goods:

- 2 cans (14.5 oz each or 796 mL) fire-roasted diced tomatoes
- 1 can (14 oz) garlic and onion-flavored diced tomatoes (about 1¾ cups/425 mL)
- 2 cans (16 oz each) chili beans in sauce (about 3½ cups/875 mL)
- 1 can (15 oz or 540 mL) unsalted black beans
- 3 tbsp (45 mL) tomato paste
- 1 can (10¾ oz or 284 mL) condensed cream of mushroom soup
- 1 can (15 oz or 540 mL) garbanzo beans
- 1 can (8 oz or 398 mL) pineapple chunks in juice
- 9 tbsp (133 mL) canola oil
- ½ cup (125 mL) balsamic vinegar

#### Produce:

- 2 medium yellow squash
- 2 medium zucchini
- 1 medium poblano or green bell pepper
- 1 medium red bell pepper
- 2 medium onions
- 1 large red onion
- 3 medium sweet onions
- 3 garlic cloves
- 8 oz (250 g) fresh mushrooms
- 3 medium baking apples, such as Honeycrisp

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#### Your Pre-ordered Pampered Chef® Pantry Items:

- 9860 Asian Seasoning Mix
- 9880 Chipotle Rub
- 9870 Greek Rub
- 9668 Smoky Applewood Rub
- 9807 Spicy Pineapple Rum Sauce
- 9659 Three Onion Rub

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

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***Easy Beef Stroganoff***

- 8 oz (250 g) sour cream
- 2 tbsp (30 mL) butter
- 16 oz (450 g) uncooked egg noodles
- Optional toppings: Fresh snipped parsley, paprika
- Serving suggestion:** Steamed broccoli

***Double Onion Burgers***

- 1 tbsp (15 mL) canola oil
- 1 tsp (5 mL) sugar
- 8 onion rolls
- Optional toppings: Tomato slices, lettuce leaves
- Serving suggestion:** Baked beans

***Smoky Applewood Pork Tenderloin with Apples***

- Serving suggestion:** Mixed green salad

***Greek Chicken & Orzo Skillet***

- 2 cans (14.5 oz each) chicken broth (about 3½ cups/875 mL)
- 1 lb (450 g) uncooked orzo pasta
- 2 oz (60 g) crumbled feta cheese
- Optional toppings: ½ cup (125 mL) coarsely chopped pitted kalamata olives
- Serving suggestion:** Warm pita bread

***Chipotle Black Bean Chicken Wraps***

- 8 (11-in./28-cm) flour tortillas
- Optional toppings: Shredded lettuce, diced tomatoes, prepared salsa
- Serving suggestion:** Fresh fruit salad

***Sweet ‘N Spicy Chicken Stir-Fry***

- 1 tbsp (15 mL) canola oil
- ¾ cup (175 mL) **Spicy Pineapple Rum Sauce\***
- 1 tbsp (15 mL) low-sodium soy sauce
- Optional toppings: Sliced green onions, chopped peanuts
- Serving suggestion:** Hot cooked rice

***Lightning-Fast Veggie Chili***

- Optional toppings: Grated cheddar cheese, sour cream, snipped fresh cilantro
- Serving suggestion:** Cornbread

*\*Pre-ordered Pantry Item*

## Easy Beef Stroganoff (6-8 servings)

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1. Wedge 1 medium onion with **Veggie Wedger**; then chop with **Food Chopper** or **Manual Food Processor**.
2. Empty the bag containing ground beef in **(12-in./30-cm) Skillet** or **Rockcrok® (2.5-qt./2.35-L) Everyday Pan**; add chopped onions. Cook over medium-high heat 8-10 minutes until beef is no longer pink, breaking into crumbles with **Mix 'N Chop**.
3. **Large bag** – Combine items below in **Classic Batter Bowl** and mix well.
  - 8 oz fresh mushrooms, sliced with **Egg Slicer Plus®**
  - 1 can mushroom soup
  - ½ cup (125 mL) water
  - 2 tbsp (30 mL) **Three Onion Rub**
  - 1 tsp (5 mL) paprika\*
  - ¼ tsp (1 mL) black pepper\*
  - Cooked meat mixtureAdd to bag; squeeze out as much air as possible; seal.
4. **DOUBLE-BAG:** Place bag with meat mixture into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

\*NOTE: Paprika and ground black pepper provided at workshop.

## Easy Beef Stroganoff

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### Groceries:

- 1½ lbs (700 g) 90% lean ground beef or 93% lean ground turkey (in labeled large freezer bag)
- 2 additional large freezer bags
- 1 medium onion
- 8 oz (250 g) fresh mushrooms
- 1 can (10¼ oz or 284 mL) condensed cream of mushroom soup

### Pantry:

- 2 tbsp (30 mL) **Three Onion Rub**

### Other

- 1 tsp (5 mL) paprika (provided at workshop)
- ¼ tsp (1 mL) black pepper (provided at workshop)

### Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Veggie Wedger
- Food Chopper or Manual Food Processor
- (12-in./30-cm) Skillet or Rockcrok (2.5-qt./2.35-L) Everyday Pan
- Mix 'N Chop
- Classic Batter Bowl
- Egg Slicer Plus®
- Smooth-Edge Can Opener
- Measure-All® Cup or Easy Read Measuring Cups
- Measuring Spoon Set or Adjustable Measuring Spoons
- Small Mix 'N Scraper®

## **Double Onion Burgers (8 servings)**

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1. **Medium bag** – Add items below to bag.
  - 2 medium sweet onions, sliced with **Simple Slicer** on #3 setting
  - 1 tbsp (15 mL) canola oil“Knead” contents to gently coat onion with oil; squeeze out as much air as possible; seal.
2. Tear 3 slices sandwich bread into small pieces and place in **Stainless (4-qt./4-L) Mixing Bowl**.
3. Add ½ cup (125 mL) milk\* and 3 tbsp (45 mL) **Three Onion Rub**; mix with bread until a smooth paste forms.
4. Wearing plastic gloves\*, add ground beef and mix lightly but thoroughly. Shape meat mixture into eight patties (½-in./1-cm thick).
5. **2 Large bags** - Add patties in single layer to the bags (four patties per bag).  
Squeeze out as much air as possible; seal.
6. **DOUBLE-BAG:** Place all three bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

\*NOTE: Milk and plastic gloves provided at workshop.

## **Double Onion Burgers**

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### **Groceries:**

- 2 lbs (1 kg) 85% lean ground beef or 93% lean ground turkey (in labeled large freezer bag)
- 3 additional large freezer bags and 1 medium freezer bag
- 2 medium sweet onions
- 1 tbsp canola oil
- 3 slices firm white sandwich bread

### **Pantry:**

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

### **Other**

- ½ cup (125 mL) milk (provided at workshop)
- Plastic gloves (provided at workshop)

### **Tools for easy recipe prep!**

- Cutting Board / Flexible Cutting Mat
- Simple Slicer
- Stainless (4-qt./4-L) Mixing Bowl
- Mix ‘N Scraper®
- Easy Read Measuring Cup or Measure-All Cup
- Measuring Spoon Set or Adjustable Measuring Spoons

## Smoky Applewood Pork Tenderloin with Apples (6-8 servings)

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- Gallon bag** – Add items below to bag.
  - 3 apples, wedged with **Apple Wedger** and then cut in half crosswise
  - 1 red onion, wedged with **Veggie Wedger** and then cut in half lengthwise
  - 1 tbsp (15 mL) canola oil
  - 1 tbsp (15 mL) **Smoky Applewood Rub**Squeeze out as much air as possible; seal.
- Combine in **Measure, Mix & Pour®** or **Manual Food Processor**.
  - ½ cup (125 mL) balsamic vinegar
  - 3 tbsp (45 mL) canola oil
  - 2 tbsp (30 mL) **Smoky Applewood Rub**
  - 1 tbsp (15 mL) sugar
  - 2 tsp (10 mL) Dijon mustardProcess marinade until blended.
- Open large bag containing trimmed pork tenderloins.**  
Add marinade from step #2.
- DOUBLE-BAG:** Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

\*NOTE: Sugar and Dijon mustard provided at workshop.

## Smoky Applewood Pork Tenderloin with Apples

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### Groceries:

- 2 pork tenderloins (about 2 lbs/1 kg), trimmed of excess fat and silver skin (in labeled large freezer bag)
- 2 additional large freezer bags
- 3 medium baking apples
- 1 large red onion
- ¼ cup (15 ml) canola oil
- ½ cup (125 mL) balsamic vinegar

### Pantry:

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

### Other:

- 1 tbsp (15 mL) sugar (provided at workshop)
- 2 tsp (10 mL) Dijon mustard (provided at workshop)

### Tools for easy recipe prep!

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



## **Greek Chicken & Orzo Skillet (8 servings)**

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1. **Large bag** – Add items below to bag.
  - Cut off ends off 2 zucchini with **Utility Knife**. Slice into rounds with **Simple Slicer** on #3 setting. Then stack rounds and cut in half.
  - 1 can garbanzo beans, drained and rinsed in **Stainless Mesh Colander** or **Easy Read Measuring Colander**
  - 1 can garlic and onion-flavored tomatoes, undrained
  - 2 tbsp (30 mL) **Greek Rub**

“Knead” contents to mix; squeeze out as much air as possible; seal.
2. **Open large bag containing chicken pre-cut into ¾-in. (2-cm) cubes** – Add items below to bag.
  - 1 tbsp (15 mL) canola oil
  - 1 tbsp (15 mL) **Greek Rub**

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

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

## **Greek Chicken & Orzo Skillet**

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### **Groceries:**

- 1½ lbs (700 g) boneless, skinless chicken breasts (pre-cut into ¾-in./2-cm) cubes (in labeled large freezer bag)
- 2 additional large freezer bags
- 2 medium zucchini
- 1 can (15 oz or 540 mL) garbanzo beans
- 1 can (14 oz) garlic and onion-flavored diced tomatoes, undrained (about 1¾ cups/425 mL)
- 1 tbsp (15 mL) canola oil

### **Pantry:**

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

### **Tools for easy recipe prep!**

- Cutting Board / Flexible Cutting Mat
- Utility Knife
- Simpler Slicer
- Stainless Mesh Colander or Easy Read Measuring Colander
- Smooth-Edge Can Opener
- Measuring Spoon Set or Adjustable Measuring Spoons

## Chipotle Black Bean Chicken Wraps (8 servings)

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- 1. Large bag** – Add items below to bag.
  - 1 can black beans, drained and rinsed with **Easy Read Measuring Colander** or **Stainless Mesh Colander**
  - 1 pouch pre-cooked rice
  - 1 tbsp (15 mL) **Chipotle Rub**Mix gently; squeeze out as much air as possible; seal.
- 2. Medium bag** – Add item below to bag.
  - 6 oz (175 g) cheddar cheese, grated with **Microplane® Adjustable Coarse Grater**Squeeze out as much air as possible; seal.
- 3. Open large bag containing chicken pre-cut into ¾-in. (2-cm) cubes** – Add items below to bag.
  - 2 tbsp (30 mL) **Chipotle Rub**
  - 2 tbsp (30 mL) canola oil“Knead” to coat chicken evenly; squeeze out as much air as possible; seal.
- 4. DOUBLE-BAG:** Place all three bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

## Chipotle Black Bean Chicken Wraps

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### Groceries:

- 1½ lbs (700 g) boneless, skinless chicken breasts (pre-cut into ¾-in./2-cm cubes) (in labeled large freezer bag)
- 2 additional large freezer bags & 1 medium freezer bag
- 1 can (15 oz or 540 mL) unsalted black beans
- 1 pouch (8.8 oz/250 g) pre-cooked long grain white rice
- 6 oz (175 g) (block) cheddar cheese
- 2 tbsp (30 mL) canola oil

### Pantry:

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

### Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Smooth-Edge Can Opener
- Easy Read Measuring Colander or Stainless Mesh Colander
- Microplane® Adjustable Coarse Grater
- Measuring Spoon Set or Adjustable Measuring Spoons

## Sweet 'N Spicy Chicken Stir-Fry (6-8 servings)

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- 1. Large bag** – Prepare veggies and fruit; then add to bag.
  - Cut top off 1 red bell pepper. Remove seeds and veins with **Scoop Loop™**.
  - Wedge bell pepper with **Veggie Wedger**; cut wedges into 1-in. (2.5-cm) chunks.
  - Wedge 1 medium sweet onion with **Veggie Wedger**; cut wedges in half.
  - 1 can pineapple chunks, drained with **Can Strainer** or **Easy Read Measuring Colander**.  
Squeeze out as much air as possible; seal.
- 2. Open large bag containing chicken pre-cut into about 1½-in. (4-cm) x ¼-in. (6-mm)** – Add below items to bag.
  - 1 tbsp (15 mL) canola oil
  - 3 tbsp (45 mL) **Asian Seasoning Mix**  
“Knead” to coat chicken evenly with seasoning mix; 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.

## Sweet 'N Spicy Chicken Stir-Fry

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### Groceries:

- 1½ lbs (700 g) boneless, skinless chicken breasts (pre-cut into strips about 1½-in./4-cm x ¼-in./6-mm) (in labeled large freezer bag)
- 2 additional large freezer bags
- 1 medium red bell pepper
- 1 medium sweet onion
- 1 can (8 oz or 398 mL) pineapple chunks in juice (about ¾ cup/175 mL, drained)
- 1 tbsp (15 mL) canola oil

### Pantry:

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

### Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Utility Knife
- Scoop Loop™
- Veggie Wedger
- Smooth-Edge Can Opener
- Can Strainer or Easy Read Measuring Colander
- Measuring Spoon Set or Adjustable Measuring Spoons

## Lightning-Fast Veggie Chili (8 servings)

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- 1. Large bag** - Prepare vegetables and add to bag.
  - Trim ends off 2 medium yellow squash with **Utility Knife**. Cut lengthwise into quarters. Remove seeds with **Scoop Loop™**.
  - Cut squash into chunks.
  - Cut off top of 1 poblano or green bell pepper. Remove seeds and veins with **Scoop Loop™**.
  - Cut pepper into chunks.
  - Wedge 1 medium onion with **Veggie Wedger**.
  - Coarsely chop squash, pepper and onion with **Food Chopper**.
  - 3 garlic cloves, pressed with **Garlic Press**.
  - 2 cans fire-roasted tomatoes, undrained
  - 2 cans chili beans in sauce, undrained
  - 3 tbsp (45 mL) tomato paste
  - 2 tbsp (30 mL) **Chipotle Rub**

“Knead” contents to mix; squeeze out as much air as possible; seal.
- 2. DOUBLE-BAG:** Place bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

## Lightning-Fast Veggie Chili

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### Groceries:

- 2 large freezer bags
- 2 medium yellow squash
- 1 medium poblano or green bell pepper
- 1 medium onion
- 3 garlic cloves
- 2 cans (14.5 oz each or 796 mL) fire-roasted diced tomatoes, undrained
- 2 cans (16 oz each) chili beans in sauce, undrained (about 3.5 cups/875 mL)
- 3 tbsp (45 mL) tomato paste

### Pantry:

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

### Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Utility Knife
- Scoop Loop™
- Veggie Wedger
- Food Chopper
- Garlic Press
- Smooth-Edge Can Opener
- Measuring Spoon Set or Adjustable Measuring Spoons

**The Pampered Chef® Freezer Meal Workshop**  
**COOKING DAY INSTRUCTIONS**  
**(Menu 3)**

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.

**EASY BEEF STROGANOFF (6-8 servings)**

**DATE FROZEN:**

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

**COOK TIME:** About 15 minutes

**DAY OF COOKING:** 8 oz (250 g) sour cream, 2 tbsp (30 mL) butter, 16 oz (450 g) uncooked egg noodles

Optional toppings: Fresh snipped parsley, paprika

1. Pour thawed stroganoff mixture into **(12-in./30-cm) Skillet** or **Rockcrok® (2.5-qt./2.35-L) Everyday Pan**.
2. Stir in 8 oz (250 g) sour cream and bring to a simmer over medium heat.
3. Meanwhile, cook 16 oz (450 g) noodles according to package directions. Drain and toss with 2 tbsp (30 mL) butter.
4. Serve stroganoff over noodles. Garnish with fresh snipped parsley and paprika.

**SERVING SUGGESTION:** Serve with steamed broccoli.

**DOUBLE ONION BURGERS (8 servings)**

**DATE FROZEN:**

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

**COOK TIME:** About 20 minutes

**DAY OF COOKING:** 1 tbsp (15 mL) canola oil, 1 tsp (5 mL) sugar, 8 onion rolls  
Optional toppings: Tomato slices, lettuce leaves

1. Heat **Double Burner Grill** over medium heat 5 minutes.
2. Drain onions, if necessary, and pat dry. Place onions into pan. Spritz onions with canola oil. Sprinkle onions with 1 tsp (5 mL) sugar (this helps them brown).
3. Cook onions 3-4 minutes or until tender, stirring occasionally with **Chef's Tongs**. Move onions to center of pan.
4. Place all eight patties in pan, arranging four on either side of onions. Cook patties 5-6 minutes; turn. Cook 5-6 minutes or until internal temperature reaches 160°F (71°C).
5. Place burgers on 8 rolls. Top with onions. Serve with tomato slices and lettuce.

**SERVING SUGGESTION:** Serve with baked beans.

**SMOKY APPLEWOOD PORK TENDERLOIN WITH APPLES (6-8 servings)**

**DATE FROZEN:**

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

**COOK TIME:** About 25 minutes

**DAY OF COOKING:**

1. Preheat oven to 425°F (220°C). Place thawed pork in center of **Large Bar Pan**.
2. Pour thawed apple mixture around pork.
3. Bake 20-25 minutes or until pork reaches 145°F (63°C).

**SERVING SUGGESTION:** Serve with a mixed green salad.

## **GREEK CHICKEN AND ORZO SKILLET (8 servings)**

### **DATE FROZEN:**

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

**COOK TIME:** About 15 minutes

**DAY OF COOKING:** 2 cans (14.5 oz each or 3.5 cups/875 mL) chicken broth, ½ cup (125 mL) water, 1 lb (450 g) uncooked orzo pasta, 2 oz (60 g) crumbled feta cheese  
Optional toppings: ½ cup (125 mL) coarsely chopped pitted kalamata olives

1. Place thawed chicken, 3.5 cups (875 mL) broth and ½ cup (125 mL) water in **(12-in./30-cm) Skillet**. Bring to a boil over medium-high heat.
2. Add 1 lb (450 g) orzo pasta. Reduce heat to medium. Cover and cook 7 minutes, stirring occasionally.
3. Add vegetable/ bean mixture. Cover and cook 4-5 minutes. Remove from heat; top with 2 oz (60 g) crumbled feta cheese. Sprinkle with olives.

**SERVING SUGGESTION:** Serve with warm pita bread.

## **CHIPOTLE BLACK BEAN CHICKEN WRAPS (8 servings)**

### **DATE FROZEN:**

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

**COOK TIME:** About 15 minutes

**DAY OF COOKING:** ½ cup (125 mL) water, 8 (11-in./28-cm) flour tortillas  
Optional toppings: Shredded lettuce, diced tomatoes, prepared salsa

1. Place thawed chicken in **(12-in./30-cm) Skillet**. Cook 7-8 minutes over medium heat or until lightly browned, stirring occasionally.
2. Add bean/rice mixture and ½ cup (125 mL) water. Cook 3-5 minutes or until mixture is heated through.
3. To assemble wraps, divide cheese evenly over 8 tortillas. Top with chicken mixture. Top with lettuce, tomatoes and salsa. Roll up tortillas tightly. Cut wraps in half.

**SERVING SUGGESTION:** Serve with a fresh fruit salad.

## **SWEET 'N SPICY CHICKEN STIR-FRY (6-8 servings)**

### **DATE FROZEN:**

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

**COOK TIME:** About 15 minutes

**DAY OF COOKING:** 1 tbsp (15 mL) canola oil, ¾ cup (175 mL) **Spicy Pineapple Rum Sauce**, 1 tbsp (15 mL) low-sodium soy sauce  
Optional toppings: Sliced green onions, chopped peanuts

1. Heat 1 tbsp (15 mL) canola oil in **Stir-Fry Skillet** or **(12-in./30-cm) Skillet** over medium-high heat 3-5 minutes or until shimmering.
2. Add thawed chicken to Skillet and stir-fry 4-5 minutes or until chicken is lightly browned and no longer pink, stirring occasionally. Remove chicken from Skillet.
3. Drain stir-fry mixture, if necessary. Add to Skillet and stir-fry 3-4 minutes or until onions are crisp-tender.
4. Return chicken to Skillet. Add ¾ cup (175 mL) **Spicy Pineapple Rum Sauce** and 1 tbsp (15 mL) soy sauce. Cook 1-2 minutes until sauce is hot.
5. Serve with green onions or chopped peanuts.

**SERVING SUGGESTION:** Serve with hot cooked rice.

## **LIGHTNING-FAST VEGGIE CHILI (8 servings)**

### **DATE FROZEN:**

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

**COOK TIME:** About 20 minutes

### **DAY OF COOKING:**

Optional toppings: Grated cheddar cheese, sour cream, snipped fresh cilantro

1. Pour thawed chili mixture into **(4-qt./3.8-L) Rockcrok® Dutch Oven**.
2. For stovetop, heat, uncovered, over medium-high heat 15-17 minutes or until hot. Or, microwave, covered, on HIGH 15-17 minutes or until hot.
3. Serve with cheddar cheese, sour cream or cilantro.

**SERVING SUGGESTION:** Serve with cornbread.



# The Pampered Chef® Freezer Meal Workshop WISH LIST -- MENU 3

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
1182 Egg Slicer Plus®	Page: 14 Price: \$17.50	2324 Easy Read Measuring Colander	Page: 55 Price: \$13.75
2797 Stainless Mesh Colanders	Page: 16 Price: \$47.00	2576 Garlic Press	Page: 22 Price: \$27.50
2248 Pocket Thermometer	Page: 4 Price: \$15.75	2427 Apple Wedger	Page: 19 Price: \$20.50
2593 Manual Food Processor	Page: 11/16 Price: \$64.25	2583 Mix ‘N Chop	Page: 46 Price: \$15.25
1129 Microplane® Adjustable Coarse Grater	Page: 23 Price: \$48.50	2265 Measure, Mix & Pour®	Page: 14 Price: \$18.25
2759 Smooth---Edge Can Opener	Page: 49 Price: \$30.00	2175 Easy Read Measuring Cups set	Page: 55 Price: \$32.50
1099 Simple Slicer	Page: 16 Price: \$39.00	2308 Measuring Spoon Set	Page: 55 Price: \$12.00
2585 Food Chopper	Page: 16/25 Price: \$43.25	2225/2236 Measure-All®Cup	Page: 55 Price: varies
1657 Mix ‘N Scraper® 1659 Small Mix ‘N Scraper®	Page:54 Price: varies	1735 Stainless Mixing Bowl Set	Page: 18/25 Price: \$112.50

## See all our Dinner Sets on pages 31--39

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

## 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 3 Canada)

Cooking Day Directions	Serving Suggestions	Date Frozen	Used
<p><b>Easy Beef Stroganoff</b> (6-8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 15 minutes</p> <p><b>Additional Ingredients</b>            8 oz (250 g) sour cream            2 tbsp (30 mL) butter            16 oz (450 g) uncooked egg noodles            Optional: Fresh snipped parsley, paprika  <b>Cook Time:</b> About 15 minutes</p> <ol style="list-style-type: none"> <li>Pour thawed stroganoff mixture into <b>(12-in./30-cm) Skillet</b> or <b>Rockcrok® (2.5-qt./2.35-L) Everyday Pan</b>.</li> <li>Stir in 8 oz (250 g) sour cream and bring to a simmer over medium heat.</li> <li>Meanwhile, cook 16 oz (450 g) noodles according to package directions. Drain and toss with 2 tbsp (30 mL) butter.</li> <li>Serve stroganoff over noodles. Garnish with fresh snipped parsley and paprika.</li> </ol> <p><b>U.S. Nutrients per serving:</b> Calories 510, Total Fat 26 g, Saturated Fat 13 g, Cholesterol 155 mg, Sodium 640 mg, Carbohydrate 33 g, Fiber 3 g, Protein 31 g</p>	Steamed broccoli		
<p><b>Double Onion Burgers</b> (8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 20 minutes</p> <p><b>Additional Ingredients</b>            1 tbsp (15 mL) canola oil            1 tsp (5 mL) sugar            8 onion rolls            Optional toppings: Tomato slices, lettuce leaves</p> <ol style="list-style-type: none"> <li>Heat <b>Double Burner Grill</b> over medium heat 5 minutes.</li> <li>Drain onions, if necessary, and pat dry. Place onions into pan. Spritz onions with canola oil. Sprinkle onions with 1 tsp (5 mL) sugar (this helps them brown).</li> <li>Cook onions 3-4 minutes or until tender, stirring occasionally with <b>Chef's Tongs</b>. Move onions to center of pan.</li> <li>Place all eight patties in pan, arranging four on either side of onions. Cook patties 5-6 minutes; turn. Cook 5-6 minutes or until internal temperature reaches 160°F (71° C).</li> <li>Place burgers on 8 rolls. Top with onions. Serve with tomato slices and lettuce.</li> </ol> <p><b>U.S. Nutrients per serving:</b> Calories 450, Total Fat 22 g, Saturated Fat 8 g, Cholesterol 80 mg, Sodium 520 mg, Carbohydrate 34 g, Fiber 2 g, Protein 28 g</p>	Baked beans		
<p><b>Smoky Applewood Pork Tenderloin with Apples</b> (6-8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 25 minutes</p> <ol style="list-style-type: none"> <li>Preheat oven to 425°F (220°C). Place thawed pork in center of <b>Large Bar Pan</b>.</li> <li>Pour thawed apple mixture around pork.</li> <li>Bake 20-25 minutes or until pork reaches 145°F (63°C).</li> </ol> <p><b>U.S. Nutrients per serving:</b> Calories 320, Total Fat 13 g, Saturated Fat 2 g, Cholesterol 100 mg, Sodium 250 mg, Carbohydrate 23 g, Fiber 3 g, Protein 32 g</p>	Mixed green salad		



Cooking Day Directions	Serving Suggestions	Date Frozen	Used
<p><b>Greek Chicken &amp; Orzo Skillet</b> (8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 15 minutes</p> <p><b>Additional Ingredients</b>  2 cans (14.5 oz each or 3.5 cups/875 mL) chicken broth  ½ cup (125 mL) water  1 lb (450 g) uncooked orzo pasta  2 oz (60 g) crumbled feta cheese  Optional toppings: ½ cup (125 mL) coarsely chopped pitted kalamata olives</p> <ol style="list-style-type: none"> <li>Place thawed chicken, 3½ cups (875 mL) broth and ½ cup (125 mL) water in <b>(12-in./30-cm) Skillet</b>. Bring to a boil over medium-high heat.</li> <li>Add 1 lb (450 g) orzo pasta. Reduce heat to medium. Cover and cook 7 minutes, stirring occasionally.</li> <li>Add vegetable/ bean mixture. Cover and cook 4-5 minutes. Remove from heat; top with 2 oz (60 g) crumbled feta cheese. If desired, sprinkle with olives.</li> </ol> <p><b>U.S. Nutrients per serving:</b> Calories 400, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 60 mg, Sodium 1050 mg, Carbohydrate 54 g, Fiber 4 g, Protein 30 g</p>	Warm pita bread		
<p><b>Chipotle Black Bean Chicken Wraps</b> (8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 15 minutes</p> <p><b>Additional Ingredients</b>  ½ cup (125 mL) water  8 (11-in.) flour tortillas  Optional toppings: Shredded lettuce, diced tomatoes, prepared salsa</p> <ol style="list-style-type: none"> <li>Place thawed chicken in <b>(12-in./30-cm) Skillet</b>. Cook 7-8 minutes over medium heat or until lightly browned, stirring occasionally.</li> <li>Add bean/rice mixture and ½ cup (125 mL) water. Cook 3-5 minutes or until mixture is heated through.</li> <li>To assemble wraps, divide cheese evenly over 8 tortillas. Top with chicken mixture. Top with lettuce, tomatoes and salsa. Roll up tortillas tightly. Cut wraps in half and serve.</li> </ol> <p><b>U.S. Nutrients per serving:</b> Calories 580, Total Fat 18 g, Saturated Fat 7 g, Cholesterol 75 mg, Sodium 1150, Carbohydrate 70 g, Fiber 3 g, Protein 35 g</p>	Fresh fruit salad		
<p><b>Sweet 'N Spicy Chicken Stir-Fry</b> (6-8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 15 minutes</p> <p><b>Additional Ingredients</b>  1 tbsp (15 mL) canola oil  ¾ cup (175 mL) <b>Spicy Pineapple Rum Sauce</b>  1 tbsp (15 mL) low-sodium soy sauce  Optional toppings: Sliced green onions, chopped peanuts</p> <ol style="list-style-type: none"> <li>Heat 1 tbsp (15 mL) canola oil in <b>Stir-Fry Skillet</b> or <b>(12-in./30-cm) Skillet</b> over medium-high heat 3-5 minutes or until shimmering.</li> <li>Add thawed chicken to Skillet and stir-fry 4-5 minutes or until chicken is lightly browned and no longer pink, stirring occasionally. Remove chicken from Skillet.</li> <li>Drain stir-fry mixture, if necessary. Add to Skillet and stir-fry 3-4 minutes or until onions are crisp-tender.</li> <li>Return chicken to Skillet. Add ¾ cup (175 mL) <b>Spicy Pineapple Rum Sauce</b> and 1 tbsp (15 mL) soy sauce. Cook 1-2 minutes until sauce is hot.</li> <li>Sprinkle with sliced green onions or chopped peanuts.</li> </ol>	Hot cooked rice		

Cooking Day Directions	Serving Suggestions	Date Frozen	Used
<p><b>U.S. Nutrients per serving:</b> Calories 250, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 65 mg, Sodium 580 mg, Carbohydrate 22 g, Fiber 1 g, Protein 25 g</p>			
<p><b>Lightning-Fast Veggie Chili</b> (8 servings)  <b>To Thaw:</b> Transfer bag to refrigerator 1-2 days before cooking.  <b>Cook Time:</b> About 20 minutes</p> <p><b>Additional Ingredients</b>  Optional toppings: Grated cheddar cheese, sour cream, snipped fresh cilantro</p> <ol style="list-style-type: none"> <li>1. Pour thawed chili mixture into <b>(4-qt./3.8-L) Rockcrok® Dutch Oven.</b></li> <li>2. For stovetop, heat, uncovered, over medium-high heat 15-17 minutes or until hot. Or, microwave, covered, on HIGH 15-17 minutes or until hot.</li> <li>3. Serve with cheddar cheese, sour cream or cilantro.</li> </ol> <p><b>U.S. Nutrients per serving:</b> Calories 130, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 870 mg, Carbohydrate 29 g, Fiber 9 g, Protein 7 g</p>	Cornbread		

# 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°C) 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.