



Frozen Meal Prep

Thank you for your interest in providing frozen meals to Breaking Free for the client during groups. In this packet, you will find everything you need to complete the frozen meal project, including recipe ideas and instructions (you may also come up with your own). Please contact Brooke Bahr at bbahr@breakingfree.net or 651-289-8165 if you are interested in providing meals.

Instructions

1. Please select a warm meal or crockpot meal to prepare.
2. Each meal should feed about 10 people.
 - a. Meals need to be in aluminum pans
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 - c. Label/sticker with the name of the meal and cooking instructions so that staff is able to re-heat on their own.
3. Please complete and turn in the In-Kind form attached to the volunteer page. Include the cost of supplies and volunteer hours utilized in completing the meal prep.

Meals are needed at:
770 University Ave W Saint Paul, MN 55104

Tuesdays for lunch
Wednesdays for lunch
Thursdays for lunch
Fridays for lunch

You may bring meals in advance or day of

Goulash

INGREDIENTS

- 4 tbsp. extra-virgin olive oil
- 2 medium yellow onion, chopped
- 4 cloves garlic, minced
- 2 lb. ground beef
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. tomato paste
- 2 1/4 c. low-sodium beef broth
- 2 (15-oz.) can tomato sauce
- 2 (15-oz.) can diced tomatoes
- 2 tsp. Italian seasoning
- 2 tsp. paprika
- 3 c. elbow macaroni, uncooked
- 2 c. shredded cheddar
- Freshly chopped parsley, for garnish

INSTRUCTIONS

In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute more.

Add ground beef and cook until no longer pink, about 6 minutes. Drain fat and return to pan. Season with salt and pepper.

Add tomato paste and stir to coat, then pour in the broth, tomato sauce, and diced tomatoes. Season with Italian seasoning and paprika, and stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, about 15 minutes.

Stir in cheese and remove from heat. Garnish with parsley before serving.

Chicken Alfredo Penne

INGREDIENTS

- 3 lb chicken breast, cubed
- 4 tablespoons butter
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon pepper
- 32 oz penne pasta, cooked
- ½ cup fresh parsley
- ½ cup shredded parmesan cheese SAUCE
- 4 tablespoons butter
- 8 cloves garlic, minced
- 6 tablespoons flour
- 4 cups milk
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 cup shredded parmesan cheese
- 1 teaspoon salt
- 1 teaspoon pepper

INSTRUCTIONS

1. In a pan over medium-high heat, melt butter, then add the chicken breast.
2. Season with salt, pepper, oregano, and basil. Cook 8-10 minutes or until the chicken is fully cooked. Remove from heat and set chicken aside.
3. In the same pan over medium heat, melt butter and add the garlic. Cook until the garlic begins to soften.
4. Add half of the flour to the garlic and butter, stirring until incorporated. Then add the rest of the flour and stir.
5. Pour in the milk a little bit at a time, stirring well in between, until fully incorporated and sauce begins to thicken.
6. Season with salt, pepper, oregano, and basil, and stir well to incorporate.
7. Add parmesan cheese and stir until melted.
8. Pour the sauce over cooked penne pasta, add the chicken and mix well.
9. Add parsley and extra parmesan. Mix well.

Slow-Cooked Taco Casserole

INGREDIENTS

- 3 lb. ground beef sirloin
- 2 small onion, chopped
- 2 garlic clove, minced
- 2 (1-oz.) pkg. Old El Paso™ Taco Seasoning Mix
- 2 teaspoon salt
- 1 teaspoon pepper
- 18 (5 1/2-inch) corn tortillas
- 1 cup Progresso™ Chicken Broth (from 32-oz. carton)
- 1 cup tomato sauce
- 2 (10-oz.) can Old El Paso™ Enchilada Sauce
- 12 oz. (1 1/2 cups) finely shredded Cheddar cheese
- 4 (15-oz.) cans pinto, black or kidney beans, drained, rinsed
- 2 (11-oz.) can whole kernel corn, red and green peppers, drained
- 2 (4.5-oz.) can Old El Paso™ Chopped Green Chiles
- 2 (2 1/4-oz.) can chopped ripe olives
- Sour cream

INSTRUCTIONS

1. Brush inside of 3 1/2 or 4-quart slow cooker with oil or spray with nonstick cooking spray. In large skillet, brown ground beef sirloin with onion and garlic over medium-high heat for 8 to 10 minutes or until thoroughly cooked, stirring frequently. Drain. Stir in taco seasoning mix, salt and pepper.
2. Place 6 tortillas in bottom of oiled slow cooker. Top with beef mixture, broth, tomato sauce and enchilada sauce. Sprinkle with 1/2 cup of the cheese. Layer 6 more tortillas. Top with beans, corn, green chiles, half of the olives and 1/2 cup cheese.
3. Top with remaining 6 tortillas. Sprinkle with remaining 1/2 cup cheese and olives. Cook on high setting for 2 1/2 to 3 hours or on low setting for 6 to 7 hours. Uncover slow cooker for last 30 minutes of cooking time. Top individual servings with sour cream.

Crockpot Sweet Pulled Pork Sandwiches

INGREDIENTS

Pork in the crockpot

- 4 medium yellow onions thinly sliced
- 6 pounds boneless pork tenderloin
- 4 tablespoons packed brown sugar
- 2 tablespoons chili powder
- 4 teaspoons minced garlic
- 2 teaspoons ground cumin
- 2 cups chicken broth
- Seasoned salt and pepper
- Chipotle Honey Sauce
- 2 cups ketchup
- 1 cup brown sugar
- 1 1/3 cup + 2 tablespoons honey
- 2 and 1 tablespoons apple cider vinegar
- 4 teaspoons Worcestershire sauce
- 2 teaspoons minced garlic
- Seasoned salt and pepper
- 1-2 full chipotle chile in adobo sauce (+ 4 tablespoons sauce surrounding chipotles)
- Sandwich buns

INSTRUCTIONS

Crockpot

1. Grease a large crockpot with nonstick spray. Line the bottom with the thinly sliced onions
2. Place the pork on top.
3. In a small bowl, whisk together the brown sugar, chili powder, minced garlic, seasoned salt, and ground cumin. Rub into the pork. Pour the chicken broth over the pork.
4. Cook for 6-8 hours on high or 9-11 hours on low.
5. Once the meat is completely cooked through, drain the liquid and discard the onions.
6. Using two forks shred the pork.

Sauce

1. In a blender combine the ketchup, brown sugar, honey, apple cider vinegar, Worcestershire sauce, minced garlic, salt, and a pinch of pepper.
2. Add in chipotle chili sauce (taste for heat with this addition) and then chipotle chiles (to taste and heat preference. Add VERY slowly because it's always easy to increase if you want more heat. If you are very sensitive to heat just add the sauce around the chiles in small quantities.)
3. Blend until smooth.
4. Pour the sauce over the pork and mix until combined.