

## Make and Freeze Cilantro Lime Chicken 6 Servings

½ cup salsa  
1 10-oz can Ro-Tel Tomatoes and Green Chilis  
4 cloves garlic, minced  
2 tsp cilantro  
2 tsp chili powder  
Zest from 2 limes

Stir together and pour into a gallon freezer bag. Then add the following ingredients one layer at a time:

1½ lbs boneless skinless chicken breast cut in chunks  
1 can black beans drained and rinsed  
1 cup frozen corn  
1 jalapeno, diced  
1 medium red onion, diced  
½ cup cilantro, chopped

(Note: Alternatively, you can combine all the ingredients into one mixture and place in a gallon freezer bag.)

Place the juice from 2 limes in a small baggie, seal, and slip into the gallon bag. Seal the gallon bag and freeze until ready to prepare.

To prepare for serving, thaw the meal bag completely. Remove the baggie of lime juice and set aside. Pour the thawed ingredients into a slow cooker and cook on low for 7-8 hours or on high for 3-4 hours. When done, stir in lime juice and season with salt and pepper to taste. Serve.

Video Link: <https://youtu.be/-T9Knmsfgag>

Make & Freeze Meatloaf Muffins  
Makes 24 small or 12 large muffins

3 lbs ground beef  
1 tsp Italian seasoning  
2 tbsp Worcestershire sauce  
1½ cups breadcrumbs (I use Italian style)  
¾ cup salsa and/or ketchup  
1 tsp minced garlic  
1 large onion, diced  
2 eggs  
Salt and pepper to taste

Stir ingredients together until completely mixed and press into greased muffin pans of desired size. Bake at 350°F for about 25 minutes until an instant read thermometer measures between 160-170°F. Place pans on a rack to cool until you can remove the muffins without them coming apart. Package in plastic bags or containers of desired size and freeze until ready to eat.

Video Link: <https://youtu.be/nIM75WDwRk0>

## Make & Freeze Chicken Primavera 6 servings

2½ lbs boneless skinless chicken thighs or breasts  
2 tbsp olive oil  
1 tsp minced garlic  
1 lb zucchini, cut in ¼-inch rounds  
1 lb asparagus, cut in 1-inch pieces on the diagonal  
1 cup frozen peas, thawed  
3 cloves garlic, minced  
1 pint cherry tomatoes  
1 tsp dried oregano  
Pinch red pepper flakes  
1 tsp salt  
½ tsp pepper  
1 cup heavy cream  
¾ cup chicken broth  
5 packed cups or handfuls of baby spinach

Season chicken on all sides with salt and pepper as desired. Heat oil in a large skillet. Add chicken in a single layer and sear until browned, 3 to 5 minutes per side. Transfer to a large plate and set aside.

Add the zucchini, asparagus, and cherry tomatoes to the skillet. Cook, stirring occasionally until the tomatoes begin to blister and the zucchini and asparagus start to brown in spots. Add the garlic, peas, salt, pepper, oregano, and red pepper flakes. Cook, stirring occasionally about 1 minute.

Add cream and chicken broth and stir to combine. Bring to a simmer, reduce heat to maintain a gentle simmer, and cook until the sauce is slightly thickened, 4 to 8 minutes. If more thickening is needed, add roux or flour as needed.

Add baby spinach a few handfuls at a time and cook until just wilted. Return the chicken and any accumulated juices on the plate to the pan. Cook until the chicken is cooked through and registers at least 165°F on an instant-read thermometer, about 5 minutes.

To freeze, allow to cool and spoon into bags or containers of desired size and freeze until ready to eat. For serving, thaw frozen packages completely, and warm in microwave.

Video Link: <https://youtu.be/uTyGVW0VhaA>

Note: This recipe made a total of 3 meals for us. We ate one the day we made the video, then I cut up the remaining chicken in bite-size pieces, mixed it back in to the veggies and sauce and packaged into 2 gallon freezer bags for freezing.