

FREEZER pleaser PARTY

OCTOBER 2019
Menu Ingredient List

● BEEF RAGU

- 6 cloves garlic
- 1 cup mirepoix
- 2 pounds flank steak or beef chuck
- 2 tsp salt
- 1 (28-ounce) can crushed tomatoes
- ½ tsp thyme
- 2 bay leaves

● HONEY SOY PORK TENDERLOIN

- ½ cup Olive Oil
- ¼ cup Soy Sauce
- ½ cup Honey
- 4 Tbsp Steak Seasoning
- ½ tsp Garlic Powder
- 1/8 tsp Ground Ginger
- 1/8 tsp Red Pepper Flakes
- 2-3 lb Pork Tenderloin

● PINEAPPLE-TERIYAKI CHICKEN

- 4 chicken breasts
- 1 cup teriyaki sauce
- 1 cup water
- 2/3 cup brown sugar
- 1 pounds of carrots
- 1 can pineapple tidbits or chunks
- 2 bell peppers
- 3 garlic cloves
- 4 ounces canned water chestnuts {optional}

● CHICKEN & SPINACH STUFFED MANICOTTI

- 1 lb shredded chicken
- ½ yellow onion
- ½ tsp salt
- ½ tsp garlic powder
- 1 (24 oz) jar of spaghetti sauce
- 2 cups cooked spinach leaves
- ½ cup grated Parmesan cheese
- 1 (16 oz) tub cottage cheese {or substitute ricotta}
- 2 Tbsp parsley
- 9 manicotti noodles
- 1 ½ - 2 cups shredded mozzarella cheese

● BBQ CHIPOTLE BONELESS RIBS

- 1 package country style pork ribs (boneless)
- ¾ bottle of BBQ sauce
- 2 tsp minced garlic
- 1.5 tsp chipotle seasoning

● HERB ROASTED CHICKEN & VEGETABLES

- 2 lbs. bone-in chicken pieces
- 1 pound baby red potatoes
- ½ pound carrots
- 1 onion
- 1 Tbsp olive oil
- ½ tsp minced dried onion
- ½ tsp minced dried basil
- ½ tsp minced dried parsley
- ½ tsp minced dried garlic
- ½ tsp salt

Please Note: This list is only a guide for referencing food allergies and picking menu items to your taste. Actual recipes will be provided for the meals you order.

Questions? Contact RWASHABAUGH@ARMBRUSTCHRISTIAN.COM