

# December Cooking Instructions

## **All-American Pot Roast**

If frozen, defrost in refrigerator. 24 hours—it is o.k. if food is still a bit frozen. Heat skillet over medium-high heat. Add 2 TBS vegetable or olive oil to skillet and brown meat on all sides. Transfer meat Crock-Pot. Pour marinade mixture over meat. Add vegetables and cover. Cook on low 5-8 hours. **OR** Brown meat in skillet as above. Place meat, marinade and vegetables in oven proof deep casserole dish with cover. Cover and cook in pre-heated 350F oven for 2 1/2 to 3 hours or until meat falls apart.

## **Apple Blueberry Crisp**

Heat oven to 375F. Spray 9 x 13 inch baking dish with cooking spray. Pour apple-blueberry mix into bottom of baking pan. Sprinkle sugar/oat/butter mix over the apple-blueberry mix. Place baking dish into oven and bake 30-40 min. Remove from oven and let stand 5 min before serving

## **Asian-Infused Flank Steak**

If frozen, defrost 24 hours in refrigerator: To BBQ: Place onto grill 3-4 min to sear each side. Cook on med. 4-5 min more on each side. To Broil: Heat broiler to hi. Place flank steak on sheet pan and place under broiler—Cook 5-7 min each side or to desired doneness.

## **Baked Chicken, Tilapia or Tofu with Chunky Olive and Tomato Sauce**

If frozen, defrost 24 hours in refrigerator: Pre heat oven to 350F. Remove chicken, tilapia or tofu from bag and place into a single layer into bottom of casserole dish sprayed with cooking spray. Pour tomato sauce mixture over it. Place into oven and bake 35 to 45 minutes until heated through and done. Remove from oven and sprinkle with Parmesan cheese. Serve over cooked pasta or rice.

## **Chicken di Tuscany**

If frozen, defrost 24 hours in refrigerator: Heat oven to 375F. Remove chicken from marinade and place on plate. Drain the marinade from Ziploc and reserve the solids. Place solids in bottom of roasting pan. Place chicken pieces, skin side up over solids. Roast for 35 minutes. Let stand 5 min before serving.

## **Greek Seasoned Pork Kabobs**

If frozen, defrost 24 hours in refrigerator: Place pork cubes onto skewers. Broil on hi 10 min—turning over twice during cooking. or BBQ-on hi turning frequently approx. 5 min.

## **Homestyle Chicken Pot Pie**

DO NOT DEFROST: Pre-heat oven to 400F. Remove lid from baking pan. Place baking pan onto baking sheet. Place in oven and cook 10 minutes. Reduce heat to 375F and bake 35 to 40 minutes more until pie is cooked through (test for doneness with knife inserted in middle) and is bubbly. Remove from oven and let stand 5 minutes before serving.

### **Mom's Sloppy Joes**

If frozen, defrost 24 hours in refrigerator. Empty contents of Ziploc Bag into crock-pot. Stir well. Cook on low 6-8 hours or on high 3-4 hours. Serve on hamburger buns.

### **Savory Stuffed Turkey Meatloaf**

If frozen, defrost 24 hours in refrigerator: Preheat oven to 350°. Remove lid. Place pan onto baking sheet. Bake in oven for 30-40 minutes. Remove from oven and let stand 5 minutes before serving.

### **Southwest Beef or Vegetable Fajitas**

If frozen, defrost 24 hours in refrigerator. Do not defrost vegetables. Heat skillet over hi heat. Add meat mix and cook 3-4 min. Set aside. Heat 1 Tbs. vegetable oil over med hi heat in large sauté pan. Add the onion/pepper mixture and cook 3-6 min. Reduce heat to med, stirring until soft & caramelized—about 10 min. Combine meat & vegetables.