

Wildtree™



October '13
Freezer Meals

Be sure to check your cupboard
before shopping for these items!

Grocery list

Your Wildtree Products Shopping List "Freezer Meals" Menu Planner Bundle

Garlic Galore Seasoning Blend
Sloppy Joe Blend
Hearty Spaghetti Sauce Blend
Chicken Bouillon Soup Base
Stroganoff Skillet Meal Seasoning
Apple Balsamic Vinegar
Kickin' Asian Stir-Fry Sauce
Asian Skillet Meal
Nut-Free Mole Sauce
Natural Grapeseed Oil
Taco Seasoning
Blazin' Buffalo Blend
Pineapple Jalapeño Jam

Vegetables:

Onion, 2
Bell pepper, 2
Carrot
Cilantro, 4 tbsp
Baby spinach, 6 oz bag
Roasted red peppers, 1/2 cup
Red onion, 3/4 cup
Scallions, garnish
Corn, 2 cups
Potatoes, diced, 4 cups

Fruits:

Lime zest, 2 tsp
Pineapple, chopped, 1/4 cup
Pineapple juice, 1/4 cup

Bread/Pasta/Rice/Flour:

Whole wheat buns, 19
Bread crumbs, 1 1/4 cups
Egg noodles, 4 cups dry
Flour tortillas, 6 (8in)
Flour, 1 tbsp

Proteins:

Ground beef, 2 lbs
Rib end pork roast, 2 1/2 lbs
Chicken breast, 7 1/2 lbs
Ground turkey, 1 lb
Pork spare-ribs, boneless, 1 lb

Misc. Items:

Tomato sauce, 3 (8oz) cans
Tomato paste, 2 tbsp
Sugar, 1/2 cup
Light soy sauce, 1 tbsp
Crushed red pepper, 1/2 tsp
Ketchup, 1/4 cup
Light mayo, 1/4 cup
Rice vinegar, 4 tsp
Sriracha (hot sauce), 1 tsp
Coleslaw mix, 3 cups
Honey, 1/2 cup
Sesame seeds, garnish
Salt
Pepper

Dairy:

Eggs, 2
Light sour cream, 1/2 cup
Cream, 1 1/2 cups
Blue cheese crumbles, 1/3 cup





Super Sloppy Joes

Serves 5

- 1 pound ground beef
- ½ onion, diced
- 1 bell pepper, diced
- 1 carrot, diced
- 1 tablespoon Wildtree Garlic Galore Seasoning Blend
- 3 tablespoons Wildtree Sloppy Joe Blend
- 2 (8 ounce) cans tomato sauce
- 2 tablespoons tomato paste
- 5 whole wheat buns

In a zip top freezer bag, add the ground beef, onion, bell pepper, and carrot. Whisk together the remaining ingredients in a small bowl, until combined. Pour the mixture into the zip top bag with remaining ingredients. Remove air from bag and seal. Use your hand to work together all the ingredients in the bag. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of the bag into a slow cooker. Cook on high 3-4 hours or until beef is cooked through; stir occasionally. Remove lid, continue cooking on high for about 30 minutes or until the liquid in the slow cooker has reduced. Serve on buns with shredded cheese if desired.

Calories 280; Fat 6 g; Saturated Fat 1.5 g; Carbohydrate 35 g; Fiber 6 g; Protein 34 g; Cholesterol 50 mg; Sodium 910 mg



Meatball Stroganoff

Serves 5

- 1 pound ground beef
- 1 tablespoon Wildtree Hearty Spaghetti Sauce Blend
- 2 teaspoons Wildtree Garlic Galore Seasoning Blend
- 1 egg, beaten
- ½ cup bread crumbs
- ¼ cup diced onion
- 2 cups Wildtree Chicken Bouillon Soup Base, prepared according to package directions
- ½ cup light sour cream
- 1 packet Wildtree Stroganoff Skillet Meal Seasoning
- 4 cups dry egg noodles, prepared according to package directions

Combine the ground beef, Hearty Spaghetti Blend, Garlic Galore Seasoning Blend, egg, bread crumbs, and onion in a bowl. Divide and shape into 15 equal meatballs. Place meatballs in a zip top freezer bag. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty contents of bag into a slow cooker along with Chicken Bouillon. Cook on high for 5-6 hours or until meatballs are completely cooked through. Remove meatballs from slow cooker. Reduce heat to low, and leave cover off for liquid to cool slightly. Whisk in the sour cream and Stroganoff Skillet Meal seasoning until completely combined. Return the meatballs to the slow cooker and roll around in the sauce. Cover and cook another 30 minutes or until the sauce has thickened. Serve over egg noodles.

Calories 360; Fat 10 g; Saturated Fat 4 g; Carbohydrate 40 g; Fiber 2 g; Protein 28 g; Cholesterol 130 mg; Sodium 1050 mg



Teriyaki Chicken Sandwiches

Serves 8

- 2 pounds chicken breast, boneless and skinless
- ½ cup Wildtree Kickin' Asian Stir Fry Sauce
- 1 packet Wildtree Asian Skillet Meal
- ¼ cup ketchup
- ¼ cup light mayo
- 2 teaspoons rice vinegar
- 1 teaspoon sriracha (hot sauce)
- 2 tablespoons fresh cilantro, chopped
- 3 cups coleslaw mix
- 8 whole wheat buns

Add the chicken to a zip top freezer bag. In a separate bowl, whisk together the Stir Fry Sauce, Asian Skillet Meal seasoning, and ketchup. Pour into the bag with the chicken. Remove air from bag and seal. Use your hands to work the sauce all over the chicken. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of the bag into a slow cooker. Cook on high for 2-3 hours or until chicken is cooked through and tender. Transfer chicken to a bowl or other working surface. Once cool enough to handle, shred the chicken. Return to the slow cooker and toss in the remaining liquid. In a separate bowl combine the mayo, rice vinegar, sriracha, and cilantro. Add the coleslaw mix and toss to coat. Serve the shredded chicken on the buns topped with the prepared coleslaw.

Calories 320; Fat 7 g; Saturated Fat 1 g; Carbohydrate 32 g; Fiber 4 g; Protein 31 g; Cholesterol 70 mg; Sodium 710 mg

Sweet Balsamic Pork

Serves 8

- 2½ pound rib end pork roast
- ½ cup sugar
- ¼ cup Wildtree Apple Balsamic Vinegar
- 1 tablespoon light soy sauce
- ¼ teaspoon crushed red pepper
- 1 tablespoon Wildtree Garlic Galore Seasoning Blend
- 1 cup Wildtree Chicken Bouillon Soup Base, prepared according to package directions

Add the pork to a zip top freezer bag. In a separate bowl, whisk together the brown sugar, Apple Balsamic Vinegar, soy sauce, crushed red pepper, and Garlic Galore Seasoning. Pour into the bag with the pork. Remove air from bag and seal. Use your hands to work the sauce all over the pork. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of the bag into a slow cooker. Add the Chicken Bouillon. Cook on high, turning once in a while, for 6-8 hours or until the pork is tender and shreds easily with a fork. Transfer pork to a bowl or other working surface. Once cool enough to handle, shred the pork. Return to the slow cooker and toss in the remaining liquid.

Calories 350; Fat 20 g; Saturated Fat 7 g; Carbohydrate 12 g; Fiber 0 g; Protein 29 g; Cholesterol 85 mg; Sodium 200 mg



Southwest Chicken & Corn Chowder

Serves 6

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| 1 pound chicken breast, boneless and skinless, diced | 3 cups Wildtree Chicken Bouillon Soup Base, prepared according to package directions |
| 2 cups corn | 4 cups diced potatoes |
| 1 bell pepper, diced | 1 1/2 cups cream |
| 1/2 onion, diced | 2 tablespoons fresh chopped cilantro |
| 1/4 cup Wildtree Taco Seasoning | 2 teaspoons lime zest |
| 6 tablespoons Wildtree Garlic Galore Seasoning Blend | |

In a zip top freezer bag add the chicken, corn, bell pepper, onion, Taco Seasoning, and Garlic Galore. Remove air from bag and seal. Use your hands to work the ingredients together. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of the bag into a slow cooker along with Chicken Bouillon and potatoes. Cook on low for 6-8 hours or until the chicken is cooked through and tender. Stir in the cream. Season with salt and pepper if desired. Divide soup among 5 bowls; finish with chopped cilantro and lime zest.

Calories 420; Fat 21 g; Saturated Fat 12 g; Carbohydrate 35 g; Fiber 5 g; Protein 24 g; Cholesterol 110 mg; Sodium 450 mg



Honey Sesame Chicken

Serves 6

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| 1 1/2 pounds chicken | 1 tablespoon Wildtree Garlic Galore Seasoning Blend |
| 1/2 cup honey | 1/4 teaspoon crushed red pepper |
| 1/4 cup Wildtree Kickin' Asian Sir Fry Sauce | 1 tablespoon flour |
| 1/2 cup diced red onion | 1 tablespoon water |
| 1/2 cup tomato sauce | Scallions and sesame seeds or garnish |
| 2 teaspoons rice vinegar | |
| 1 tablespoon Wildtree Natural Grapeseed Oil | |

Add chicken to a zip top freezer bag. In a separate bowl, whisk together the Stir Fry Sauce, red onion, tomato sauce, rice vinegar, Grapeseed Oil, Garlic Galore, and crushed red pepper. Pour into the bag with the chicken. Remove air from bag and seal. Use your hands to work the sauce all over the chicken. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of bag into a slow cooker. Cook on high for 2-3 hours or until chicken is cooked through and tender. Transfer chicken to a bowl or other working surface. Once cool enough to handle, shred the chicken. Whisk together the flour and water. Add to the remaining liquid in the slow cooker; whisk until combined. Cover and cook until sauce comes together, about 10 minutes. Add the shredded chicken back to the slow cooker and toss in the sauce. Garnish with chopped scallions and sesame seeds.

Calories 270; Fat 4.5 g; Saturated Fat .5 g; Carbohydrate 28 g; Fiber 1 g; Protein 27 g; Cholesterol 65 mg; Sodium 370 mg



Mole Chicken Tacos

Serves 6

- 1 1/2 pounds chicken breasts, boneless and skinless
- 3/4 cup Wildtree Nut Free Mole
- 6 (8 inch) flour tortillas

Combine chicken and Mole sauce in a zip top freezer bag. Remove air from bag and seal. Use your hands to work the sauce all over the chicken. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of the bag into a slow cooker. Cook on high for 2-3 hours or until chicken is cooked through and tender. Transfer chicken to a bowl or other working surface. Once cool enough to handle, shred the chicken. Return to the slow cooker and toss in the remaining liquid. Serve the chicken on tortillas with desired toppings.

Calories 310; Fat 8 g; Saturated Fat 2 g; Carbohydrate 27 g; Fiber 2 g; Protein 31 g; Cholesterol 65 mg; Sodium 430 mg



Buffalo Turkey Meatballs

Serves 5

- 1 pound ground turkey
- ¾ cup bread crumbs
- 1 egg, beaten
- 2 tablespoons red onion, minced
- 2 tablespoons Wildtree Blazin' Buffalo Blend
- 1 tablespoon Wildtree Garlic Galore Seasoning
- ⅓ cup blue cheese crumbles

Combine all ingredients except the blue cheese together in a bowl. Divide into 25 equal pieces. For each meatball, roughly form a ball, then place a few crumbles of blue cheese in the center, then push the cheese to the center so it's covered by meat on all sides, and shape into a round ball. Place all stuffed meatballs in a zip top freezer bag.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Preheat oven to 400°F. Arrange meatballs on a greased baking sheet. Bake for 20-25 minutes or until meatballs are cooked through. Serve as an appetizer or as a sandwich.

Calories 220; Fat 6 g; Saturated Fat 2.5 g; Carbohydrate 13 g; Fiber 1 g; Protein 29 g; Cholesterol 85 mg; Sodium 580 mg



Pineapple Jalapeño Pork Ribs

Serves 4

- 1 tablespoon Wildtree Natural Grapeseed Oil
- 1 tablespoon Wildtree Garlic Galore Seasoning Blend
- 1 teaspoon salt
- ½ tablespoon ground black pepper
- 1 pound pork spare-ribs, boneless
- ¼ cup Wildtree Pineapple Jalapeño Jam
- ¼ cup chopped pineapple
- ¼ cup pineapple juice

Add the ribs to a zip top freezer bag. In a separate bowl, combine the Grapeseed Oil, Garlic Galore, salt, and pepper. Add to the bag with the ribs. Remove air from bag and seal. Use your hands to work the ingredients all over the ribs. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Heat a nonstick skillet over medium-high heat. Place the ribs in the pan. Brown each side before turning, about 2 minutes per side. Transfer the spare-ribs to slow cooker and add the Pineapple Jalapeño Jam, chopped pineapple, and pineapple juice. Cover and cook until spare ribs are fork tender, about 4-6 hours on high or 6-8 hours on low.

Calories 420; Fat 29 g; Saturated Fat 10 g; Carbohydrate 10 g; Fiber 0 g; Protein 25 g; Cholesterol 105 mg; Sodium 680 mg



Italian Chicken Sandwiches

Serves 6

Combine the chicken, Hearty Spaghetti Blend, Garlic Galore, and Grapeseed Oil in a zip top freezer bag. Remove air from bag and seal. Use your hands to work the ingredients together and all over the chicken. Freeze.

To cook: Completely thaw contents of bag by transferring bag from freezer to refrigerator. Empty the contents of the bag into a slow cooker. Cook on high for 2-3 hours or until chicken is cooked through and tender. Transfer chicken to a bowl or other working surface. Once cool enough to handle, shred the chicken. Add the spinach, roasted red pepper, and chicken to the slow cooker with remaining liquid. Toss to combine. Cover and continue cooking, stirring often, until spinach is wilted. Season with salt and pepper if desired. Serve on buns with shredded cheese if desired.

Calories 310; Fat 8 g; Saturated Fat 1 g; Carbohydrate 28 g; Fiber 5 g; Protein 31 g; Cholesterol 65 mg; Sodium 530 mg