

## 1. Chicken Cordon Bleu w/ Roasted Vegetable Pilaf

THAW. REMEMBER TO THAW SAUCE AND CHEESE BAGS. Prepare Roasted Vegetable Pilaf according to instructions. Pre-heat your oven to 350°. Remove lid from baking dish and place the pan into your hot oven for 20 minutes. After 20 minutes, remove the chicken from the oven and place 2 Tablespoons of Alfredo sauce on the top of each breast. Next, place 1 slice of ham followed by 1 slice of Swiss cheese on top of each breast, and return the pan to the oven until the breasts are done (internal temperature of 165°) and the cheese has melted (8 minutes). Let chicken rest 5 minutes before serving with rice. Hands-on: 5 minutes/Total: 35 minutes

### **Serving Suggestion:**

Green Bean Almondine.

### **Roasted Vegetable Pilaf**

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

## 2. Philly Style Brisket Dip w/ Sweet Potato Fries

THAW. Prepare Sweet Potato Fries according to instructions. With 15 minutes remaining on fries, place a skillet over medium-high heat. Once hot, add 2 tsp of oil and bag of onions and peppers. Season with salt and pepper to taste and sauté until tender (5-7 minutes). Place a pot on the stove over medium heat. Add portion cup of Au Jus base and water (2 cups for 2-serving, 4 cups for 4 and 6 cups for 6). Heat until soup base is completely dissolved. Turn oven on to broil. Open and place hoagie rolls onto a sheet pan. Place sliced brisket on rolls, topped with sautéed onions and peppers and sliced Swiss cheese. Place in hot oven and heat for 2 minutes, or until cheese is melted. Remove from oven and serve immediately with fries. Hands-on: 10 minutes/Total: 35 minutes

### **Serving Suggestion:**

Dinners Ready Baked Beans.

### **Sweet Potato Fries**

Place the fries on a no-stick sprayed sheet pan into a hot 350° oven for 20 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Season with salt and pepper and serve immediately.

## 3. Fettuccine & Italian Sausage in Fennel Cream Sauce w/ Breadsticks

THAW. Prepare fettuccine and breadsticks according to instructions. Place a large skillet on the stove over medium high heat. Once hot add 2 tsp of oil and add the contents of the sausage/onion bag. Move them around the pan as they begin to brown (4 minutes) then add the contents of the sauce bag, stirring it in. Bring nearly to a boil, reduce heat to medium-low, let simmer, stirring occasionally for 6–8 minutes or until sauce has thickened. DO NOT BOIL. Add the cooked, drained fettuccine to the pan, toss lightly until well mixed, and remove from heat. Transfer fettuccine to a large serving platter, top with the parmesan cheese and serve with breadsticks. Hands-on: 10 minutes/Total: 20 minutes

### **Serving Suggestion:**

Serve with a Caesar salad.

### **Breadsticks**

KEEP FROZEN! Pre-heat oven to 350°. Place onto a sheet pan and into hot oven. Bake for 8-10 minutes. Serve immediately.

### **Fettuccine**

Fill a large pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt. Bring to a boil over high heat. Add noodles and cook for 8-10 minutes, stirring regularly. When noodles are done, remove from stove and drain in a colander.

## 4. Chicken & Caramelized Onions w/ Vegetable Sauté

THAW. Preheat oven to 350°. Remove chicken from bag and DISCARD MARINADE. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts and sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal

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temperature of 165° (10-12 minutes). While chicken finishes, prepare Vegetable Sauté according to instructions. Place a skillet on the stove over medium-high heat. Once hot, add 1 Tbsp of oil and the bag of onions. Stir-fry to cook evenly. After they begin browning lower heat to medium & cook for 10 minutes. Let chicken rest 5 minutes before topping with onions and serving alongside vegetables. Hands-on: 10 minutes/Total: 25 minutes

### **Serving Suggestion:**

Roasted Vegetable Pilaf.

### **Vegetable Sauté**

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add **half** the oil from the portion cup and swirl around pan and add bag of vegetables. Stir Fry for 5 minutes. Add the rest of the oil and seasoning and salt and pepper to taste. Mix and serve.

## **5. Classic Blue Plate Meatloaf w/ Garlic Mashed Potatoes**

THAW. Preheat oven to 375°. In a large bowl combine the ground chuck, breadcrumbs and egg mixture. Using your hands, mix to combine all ingredients evenly and form a tight 'loaf'. Place into a loaf pan or onto a sheet pan and place in hot oven. Meatloaf is done when it reaches an internal temperature of 155° (40-50 minutes for 3-servings, 70-80 minutes for 6-servings). Prepare Garlic Mashed Potatoes to finish with the meatloaf. Let the loaf rest 5 minutes before slicing and serving with potatoes. Hands-on: 10 minutes/Total: 40-80 minutes

### **Serving Suggestion:**

Dinners Ready Baked Beans.

### **Garlic Mashed Potatoes**

**Microwave:** Place potatoes into a baking dish. Cover and cook on high for 5 minutes. Remove from microwave and stir. Cook in 2 minute intervals until potatoes are hot and thick.

**Oven:** Pre-heat oven to 350 degrees. Place potatoes in an oven-proof sprayed baking dish. Do not cover. Bake for 20-30 minutes. Remove from oven and stir. Continue to cook until hot and thick.

## **6. Chipotle Honey Mustard Pork Tenderloin w/ Garlic-Buttered Baby Bakers**

THAW. Pre-heat oven to 350°. Remove pork tenderloin from marinade and DISCARD MARINADE. Place a skillet over medium-high heat and once hot, add 2 tsp of oil. Sear all sides and ends for 2 minutes each. Place into a non-stick sprayed oven pan and into hot oven. After 10 minutes, open oven and brush pork with Chipotle Honey Mustard. Return to oven and cook until the pork reaches an internal temperature of 155° (5-10 additional minutes). While pork is finishing, prepare Garlic-Buttered Baby Bakers and heat remaining sauce over medium-high heat – DO NOT BOIL. Let pork rest 5 minutes before slicing and topping with sauce. Serve along side potatoes. **Note: You may also grill your pork over medium-high heat for 5-7 minutes per side.** Hands-on: 15 minutes/Total: 25 minutes

### **Serving Suggestion:**

Vegetable Sauté.

### **Garlic-Buttered Baby Bakers**

THAW. Place a skillet over medium-high heat. Once hot add 2 tsp of oil and bag of potatoes. Sauté for 10 minutes. Add portion cup of garlic and butter and cook another 2 minutes or until potatoes are cooked through. Serve immediately.

## **7. Sole & Seafood Cream Sauce w/ Whole Grain Rice**

THAW. Prepare Whole Grain Rice according to instructions. Place sauce into a saucepan, stir well and put on stove over medium heat. Stir often and reduce heat to low after 8 minutes. Take the bag of flour and spread on a plate. GENTLY remove the sole from bag and dry with paper towel. One at a time, place each fillet into the flour, dusting both sides. Place a large skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil, swirl and carefully lay the sole into the pan to cook. Cook each side for 3 minutes and remove from heat. Mix lobster meat into sauce and drizzle over sole fillets. Serve with rice. Hands-on: 15 minutes/Total: 30 minutes

### **Serving Suggestion:**

Vegetable Sauté.

### **Whole Grain Rice**

Cover rice and vegetable base from plastic portion cup with water (1 cup for 2-servings, 2 cups for 4, 3

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cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

### 8. Thai Red Curry Beef w/ Jasmine Rice

THAW. \*This meal contains peanuts!\* Prepare Jasmine Rice according to instructions. Place a skillet on stove over medium-high heat. Once hot, add 1 Tbsp of oil, swirl around then add the beef strips moving them around to cook evenly. Cook 5 minutes, stirring often and skimming off any liquid as they cook. Add the contents of the sauce/potatoes bag to the beef strips; stir in well to blend together. As the mixture begins to bubble, turn the heat down to low and let simmer until the potatoes are soft (about 15 minutes), stirring often. When the rice is done, add the portion cup of basil and lime juice to the red curry mixture and serve over the rice. Garnish with peanuts. Hands-on: 20 minutes/Total: 30 minutes

#### **Serving Suggestion:**

A nappa cabbage slaw with an Asian vinaigrette.

#### **Jasmine Rice**

Cover rice with water (1 cup for 2-serv, 2 cups for 4-serv, 3 cups for 6-serv) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-serv, 20 minutes for 4-serv and 25 minutes for 6-serv. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

### 9. Chicken Dijon w/ Cheesy-Broccoli Bake

THAW. Pre-heat your oven to 350°. Prepare Cheesy-Broccoli Bake according to instructions. Remove lid and place pan of chicken into the hot oven. Bake the chicken for approximately 25 minutes, or until the breasts reach an internal temperature of 165°. Let chicken rest 5 minutes before serving with Cheesy-Broccoli Bake. Hands-on: 5 minutes/Total: 30 minutes

#### **Serving Suggestion:**

Roasted Vegetable Pilaf.

#### **Cheesy-Broccoli Bake**

THAW. Preheat your oven to 350°. Once hot, place uncovered baking dish into oven and bake for approx. 25-40 minutes. Remove from oven when the outer edges begin to brown and cheese is thoroughly melted. Internal temperature should reach 150° before serving.

### 10. BBQ Bourbon Pulled Pork w/ Dinners Ready Baked Beans

THAW. Prepare Baked Beans according to instructions. Place a skillet on the stove over medium-high heat. Once hot, add the pulled pork mixture. Stir the mixture around the pan to mix and warm evenly. Once the mixture begins to bubble (about 4 minutes) turn the heat down to medium-low, cover and let simmer for 15 minutes, stirring occasionally. DO NOT BOIL THE MIXTURE. You may warm Ciabatta rolls if desired. Once the pork has warmed serve immediately on rolls with beans. Hands-on: 5 minutes/Total: 25 minutes

#### **Serving Suggestion:**

Serve with a side of coleslaw or potato salad.

#### **Dinners Ready Baked Beans**

Place baked beans into a pot and onto the stove over medium heat to warm. Stir occasionally and turn down heat if beans begin to bubble. The beans are done when the onions are tender (about 15 minutes).

### 11. Pork Filet Mignon & Peppercorn Demi w/ Green Bean Almondine

THAW. Pre-heat oven to 350°. Place a skillet over med-high heat and spray with non-stick spray. Place chops in the pan and sear 2 minutes on each side. Place into non-stick sprayed oven pan and into hot oven. Cook until pork reaches an internal temperature of 155°, approximately 8-10 minutes. Prepare Green Bean Almondine according to instructions. Warm Peppercorn Sauce in a saucepan over medium heat, stirring occasionally – DO NOT BOIL. Let pork rest 5 minutes before serving. REMOVE TOOTHPICKS! Top with peppercorn sauce and serve with Green Bean Almondine. Hands-on: 15 minutes/Total: 20 minutes

#### **Serving Suggestion:**

Garlic Mashed Potatoes.

## Green Bean Almondine

KEEP FROZEN! Place a large skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil, swirl around pan and add beans. Stir fry for 8 minutes until tender-crisp. Add the portion cup of butter and seasoning, sprinkle with almonds and serve.

## 12. Cajun Rubbed Flat Iron Steaks w/ Seasoned Cross-Cut Spuds

THAW. Preheat oven to 350°. Prepare Seasoned Cross-Cut Spuds according to instructions. Place a skillet over medium-high heat. Once hot add 2 tsp of oil, swirl and add steaks. Sear steak for 2 minutes per side, then place into a non-stick sprayed baking dish and into hot oven. Cook until the steak reaches desired doneness (135° for medium-rare), about 8-12 minutes. Remove steak from oven and let rest 5 minutes before serving with fries. **Note: You may also grill your steaks over medium-high heat for 4-6 minutes per side.** Hands-on: 15 minutes/Total: 30 minutes

### **Serving Suggestion:**

Vegetable Sauté.

### **Seasoned Cross-Cut Spuds**

Place fries in a single layer on a no-stick sprayed sheet pan into a hot 350° oven for 15 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Place finished fries into a large bowl and toss with seasoning in portion cup. Serve immediately.

## 13. Tequila-Lime Chicken Fajitas w/ Fiesta Rice

THAW. Prepare rice according to instructions. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken strips– DISCARD MARINADE. Stir fry for 5 minutes, then reduce heat to medium. Add the vegetables and cook 5 more minutes. Chicken should reach an internal temperature of 165°. Warm tortillas in microwave. Serve fajitas with rice. Hands-on: 20 minutes/Total: 30 minutes

### **Serving Suggestion:**

Serve with a green salad tossed with cucumbers and tomatoes in fiesta ranch dressing (ranch dressing w/ salsa mixed in).

### **Fiesta Rice**

Cover rice and bag of vegetables with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

## 14. Build Your Own Calzone

THAW. Be careful not to let sit out too long, as the yeast in the dough will activate! Pre-heat your oven to 350°. Once hot, remove calzone from pan and place on a sheet pan and into hot oven. Bake uncovered for 25 to 35 minutes or until crust is brown. Hands-on: 1 minute/Total: 35 minutes

### **Serving Suggestion:**

Toss together a salad of crisp greens, peppers, tomatoes, diced green onions and ranch dressing.

## 15. Cowboy Meatballs w/ Cheesy-Ranch Mashers

THAW. Place a skillet over medium-high heat. Once hot, add 1 tsp of oil and bag of Meatballs, onions and peppers. Sauté for 5-7 minutes, or until meatballs are browned and onions are tender. Add bag of BBQ sauce, turn heat to medium-low and simmer for 10 minutes. While meatballs are finishing prepare Ranch Style Mashers according to instructions. Serve meatballs along side mashed potatoes. Hands-on: 10 minutes/Total: 20 minutes

### **Serving Suggestion:**

Serve meatballs on Ciabatta rolls.

### **Cheesy Ranch Mashers**

**Microwave:** Place potatoes into a baking dish. Cover and cook on high for 5 minutes. Remove from microwave and stir. Cook in 2 minute intervals until potatoes are hot and thick. Stir in cheese to melt.

**Oven:** Pre-heat oven to 350 degrees. Place potatoes in an oven-proof sprayed baking dish. Do not cover. Bake for 20-30 minutes. Remove from oven and stir. Continue to cook until hot and thick. Stir in cheese to melt.



### **16. Sour Cream Chicken Enchiladas w/ Mexican Rice**

THAW. Preheat your oven to 350°. For 2 serving meal, remove lid and cover with foil. Once hot, place the covered pan into the oven. After 25 minutes, remove cover and return to oven. Prepare Mexican Rice according to instructions. Your enchiladas are finished when the cheese has melted and the internal temperature has reached 165° (about 15 more minutes). Let rest 5 minutes before serving. Hands-on: 1 minute/Total: 45 minutes

#### ***Serving Suggestion:***

Refried Beans.

#### **Mexican Rice**

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.