Comfort Foods
Freezer Meal Workshop Recipes

Note: Dishes can be grilled (outdoor grill or stove top grill pan), sauteed or baked in the oven. When mixing the ingredients, if your family does NOT like spicy, then cut Wildtree’s spicy ingredients in half & omit the non-Wildtree products that are spicy.

**Spicy products in this workshop are:**
- Adobo (semi-spicy)
- Chipotle Lime Rub (semi-spicy)

*Suggested side dish recipes (asterik) are listed at end of the document.

Tbsp = Tablespoon    tsp = teaspoon

**Spanish Style Garlic Shrimp #1**
16 uncooked jumbo shrimp, peeled & deveined
Red bell peppers - 1” squares
1 tsp Wildtree Adobo Seasoning Blend
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
½ tsp Wildtree Rancher Steak Rub
¼ tsp crushed red pepper flakes (optional)
2 tsp lime juice

Combine all ingredients in freezer bag. Freeze.
Defrost. Add peppers to shrimp mixture to marinate a few hours. To Grill: Preheat grill to medium heat. Alternately skewer (pre-soak skewers in water) shrimp & pepper pieces and brush with marinade. Grill 2-3 minutes per side or until pink and firm.

**Italian Marinated Flank Steak #2**
1½ - 2 lbs strip steak, flank steak, skirt steak or flat iron steel.
1 bag frozen pepper strips
1 onion sliced
1 tsp Wildtree Rancher Steak Rub
2 Tbsp Wildtree Italian Salad Dressing Seasoning
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
¼ cup red wine vinegar
1 Tbsp dijon mustard

Combine all ingredients in freezer bag. Freeze.
Defrost. Preheat grill to medium heat. Cook steak until done (6-7 min. per side). OR can be broiled in oven (same cooking time). Let meat rest for a few minutes. Thinly slice meat on an angle, cutting across the grain. Veggies: Cook in skillet until desired tenderness.
Best Burger Ever #3
2 lbs lean ground beef
1 Tbsp Wildtree Chipotle Lime Rub
1 tsp Wildtree Rancher Steak Rub

Day of Cooking:
Hamburger buns
Sliced avocado or tomato
Choice of cheese and condiments

Combine all ingredients in freezer bag. Freeze.
Defrost. Shape into 4 patties. Grill over medium-high heat (Beef - 3 minutes each side / Turkey - 5 minutes each side), or fry in skillet, or broil in oven to desired doneness, turning once.

Smoked Mozzarella & Tomato Meatloaf #4
2 lbs ground turkey
1 egg, beaten
1 cup breadcrumbs OR 1 sleeve of Ritz crackers OR 1 cup oatmeal
½ onion diced
4 Tbsp Wildtree Smoked Mozzarella & Tomato Blend
1 tsp Wildtree Rancher Steak Rub
2 tsp Wildtree Garlic Galore or 1 minced garlic clove

Combine all ingredients in freezer bag. Freeze.
Defrost. Preheat oven to 350°. Grease loaf pan or 9x13 pan. Make sure all ingredients are mixed thoroughly, then place in pan (shape into rectangle if using 9x13). Bake 35 minutes. Spread tomato sauce on top, then bake additional 8-10 minutes or until internal temp is 165°.

Chipotle Lime Fajitas #5
3 chicken breasts, cut into ½” strips
1 (16 oz) bag frozen pepper strips
½ onion sliced
2 Tbsp Wildtree Chipotle Lime Rub
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil

Day of Cooking:
1 cup Monterey Jack cheese
Tomatoes
Lettuce
Sour cream
Tortillas (can serve on top of rice instead of tortilla)

Combine all ingredients in freezer bag. Freeze.

**Italian Medallions #6**
3 chicken breasts cut into 1” cubes
½ onion diced
2 Tbsp Wildtree Italian Salad Dressing Blend
1 tsp Wildtree Rancher Steak Rub
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil

Combine all ingredients in freezer bag. Freeze. Defrost. Preheat oven to 375°. Bake for 20 minutes. Or saute in skillet until cooked thoroughly. Serve with rice and grilled or roasted veggies. For a lighter fare, serve over salad.

**Honey Balsamic Chicken Drumsticks #7**
8-10 chicken drumsticks
½ cup honey
½ onion, diced
½ cup Wildtree European Dipping Oil - Mediterranean Balsamic
½ cup brown sugar
¼ cup low sodium soy sauce

Combine all ingredients in freezer bag. Freeze. Defrost. Preheat oven to 450°. Bake until the skin is caramelized and very dark in spots, about 30-40 minutes.

**Crockpot Chipotle Lime Chicken #8**
8 chicken thighs
½ onion, sliced
1 cup celery, diced
1 cup carrot, diced
15 oz. can tomato sauce
2-4 Tbsp Wildtree Chipotle Lime (2 Tbsp if family likes less heat)
1 tsp Wildtree Rancher Steak Rub
¼ cup lime juice

**Day of Cooking:**
Avocado
Cilantro


**Adobo Chicken #9**
3 chicken breasts sliced into 6 chicken cutlets
\( \frac{1}{2} \) onion, diced
2 Tbsp Wildtree Adobo Seasoning Blend
1 tsp Wildtree Rancher Steak Rub
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
1 Tbsp brown sugar
1 Tbsp red wine vinegar

Combine all ingredients in freezer bag. Freeze. Defrost. Preheat grill to medium heat. Cook chicken until done - 4 to 5 minutes on each side. Or can be baked in 350° oven for 20-25 minutes. Serve with brown rice and a green salad.

**Smoked Mozzarella & Tomato Chicken Pasta #10**
3 chicken breasts cut into 1” cubes
2 Tbsp Wildtree Smoked Mozzarella & Tomato Blend
1 tsp Wildtree Rancher Steak Rub
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil

**Day of Cooking:**
1 package of penne or bowtie pasta
1 (16 oz) bag of frozen vegetable - your choice (mixed veggies, or broccoli or zucchini)
1 cup half & half

Combine all ingredients in freezer bag. Freeze. Defrost. Saute chicken in skillet until cooked throughout (3 to 4 minutes), adding a little Grapeseed Oil if needed. Cook 16 ounces of penne pasta as directed. Rinse with cold water and drain. Defrost frozen vegetables in microwave. Combine cooked chicken, pasta, vegetables, 1 cup half and half, and \( \frac{1}{2} \) cup reserved pasta water. Top with parmesan cheese.