

Everyday Meals

Freezer Meal Workshop

Southwest Chicken or Turkey Burgers (#1)

- 1 lb ground chicken or ground turkey
- 1 Tbsp Wildtree Roasted Garlic Grapeseed Oil
- 2 Tbsp Wildtree Fiesta Salsa Blend
- 1 Tbsp Wildtree Rancher Steak Rub

Combine all ingredients in a freezer Ziploc and smush to blend. Freeze. When ready to serve, heat a large non-stick skillet over medium-high heat. If using chicken, spoon into the hot pan as the meat will be difficult to form into patties and pan fry or grill for about 5 min per side. If using turkey, form into patties and cook 5 min per side. Serve on buns with mayo, avocado, and green leaf lettuce. **OPTIONAL:** add Provolone cheese slices during the last 3 min of cooking, and melt by making an “aluminum foil tent” over the skillet.

Crock Pot Chicken Quesadillas (#2)

- 4 boneless skinless chicken breasts
- 10 oz can Rotel Brand diced tomatoes
- 4 oz can diced green chiles
- 2 tsp Wildtree Chicken Bouillon Soup Base
- ¼ cup Wildtree Fiesta Salsa Blend

At Cooking Time:

- ½ cup water
- ½ cup sour cream
- 1 bag grated cheddar/jack cheese
- 1 bag flour tortillas, large

Combine all ingredients in a large Ziploc freezer bag. When ready to cook, empty thawed bag into crock pot, add ½ cup water, cover, and cook on low for 8 hours. At serving time, shred the chicken with a fork, add ½ cup sour cream, and stir. Let simmer an add'l 10 min. Heat a skillet over medium heat and add 1 Tbsp Wildtree Roasted Garlic Grapeseed Oil. Place one tortilla in the skillet, top with shredded cheese, and 3 to 4 spoonfuls of the chicken mixture. Spread evenly, then top with a 2nd tortilla. Cook for 3 to 4 min per side until golden. Flip and cook 2nd side. Serve with salsa.

Oven Roasted Lemon Rosemary Salmon (#3)

- 4 Salmon filets
- 3 Tbsp Wildtree Roasted Garlic Grapeseed Oil
- 1-2 Tbsp Wildtree Lemon Rosemary Blend (depending on preference for strength in flavor)
- ½ Tbsp kosher salt

Combine all ingredients in a Ziploc freezer bag. Smush to coat. When ready to serve: heat oven to 400 degrees. Place Salmon filets on a foil lined baking sheet. Bake uncovered for about 15 minutes. Serve with wild rice and asparagus. (Asparagus can be easily prepared using the same blend and oil as the Salmon, and roasted alongside the Salmon in the oven).

Lemon Rosemary Pork Tenderloin (#4)

2 lb whole pork tenderloin – rinsed and patted dry with paper towels
3 Tbsp Wildtree Roasted Garlic Grapeseed Oil
3 Tbsp Wildtree Lemon Rosemary Blend

Place all ingredients in a large Ziploc bag, seal, and shake to combine. When ready to serve, heat a large skillet over medium high heat. Sear the loin for about 3 min per side – to lock in moisture. Transfer to a Pyrex or other oven safe roasting pan, and bake at 375 for about 35-40 minutes – until internal temperature reaches 170. Slice to serve. Side suggestions: roasted zucchini/yellow squash/red onion (recipe included), or roasted potatoes (recipe included).

Crock Pot Shredded Beef Burritos (#5)

2-3 lb beef roast
4 oz can green chiles, diced
10 oz can Rotel Brand diced tomatoes
¼ cup Wildtree Fiesta Salsa Blend
1 Tbsp Wildtree Rancher Steak Rub

At Cooking Time:

½ cup water
1 can refried beans – any variety
1 bag shredded cheddar cheese
1 bag large burrito size flour tortillas
1 can green chile enchilada sauce

Place all ingredients in freezer bag. For meal prep, empty freezer bag contents into a crock pot and add ½ cup water. Cook on low for 8 hours. Shred with a fork to prep burritos.

For serving – preheat the oven to 375. Heat the refried beans for 2 min in the microwave. Place a spoonful of beans into each large tortilla, then 2-3 spoonfuls of the beef mixture, and a little cheese. Roll and place in a large Pyrex. Pour green chile sauce over the burritos, and top with more cheese. Cover the pan with foil and heat for about 10 minutes to melt the cheese and heat the sauce. Uncover and bake 5 min more.

Lemon Rosemary Chicken & Sundried Tomato Orzo (#6)

3 boneless skinless chicken breasts cut into bite size pieces
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
1 heaping Tbsp Wildtree Lemon Rosemary Blend
½ tsp kosher salt
OPTIONAL VEGGIES (we recommend 2):
1 cup sliced mushrooms
1 small bag sun dried tomatoes (**note, when sundried tomatoes are frozen, then thawed, they will slightly discolor your entrée upon cooking due to their dark pigment**)
1 can artichoke hearts, drained and sliced

At Cooking Time:

1½ cups orzo pasta
4 cups chicken broth (for boiling the orzo)

½ cup reserved pasta broth (from boiling the pasta)
shaved Parmesan cheese for topping
salt & pepper if desired

Combine all ingredients in a large Ziploc freezer bag and smush to combine. To serve: boil the pasta first. While the pasta is cooking (roughly 11 min), sauté the bag ingredients in a large skillet over medium high heat for about 15 minutes, stirring frequently, adding a little salt and pepper if desired. Add ½ cup reserved pasta water, and pasta after draining and toss to combine. Top with shaved parmesan cheese.

Cajun Shrimp & Red Pepper Fettuccine (#7)

2 lbs medium shrimp, peeled and deveined – UNCOOKED
3 Tbsp Wildtree Roasted Garlic Grapeseed Oil
1 Tbsp Wildtree Cajun Seasoning
1 red bell pepper, finely diced

At Cooking Time:

½ lb fettuccine noodles, boiled & drained
½ cup half & half
shaved Parmesan cheese

Combine all ingredients in a large Ziploc freezer bag and smush to combine. To serve: heat a large skillet over medium high heat, and sauté all ingredients for about 5-7 minutes. Add the Half & Half and stir, reducing heat to medium. Add the fettuccine noodles and toss to coat. Top with shaved Parmesan cheese.

Perfect Roast Chicken (#8)

1 whole chicken cut up -or- 1 package chicken thighs/drumsticks/breasts/wings etc.
3 Tbsp Wildtree Roasted Garlic Grapeseed Oil
1 Tbsp minced garlic (from the jar or fresh)
2 Tbsp Wildtree Hearty Spaghetti Sauce Blend
2 Tbsp Wildtree Rancher Steak Rub

Place all ingredients in a large Ziploc freezer bag, seal, and shake to combine. To prepare: in a large Pyrex (9x13) place thawed chicken pieces and bake at 350 for about 20-25 min per side, flipping half way through.

Easy Skillet Jambalaya (#9)

3 boneless skinless chicken breasts cut into bite size pieces
1 lb Andouille Sausage, sliced
½ medium white onion, chopped
2 stalks celery chopped (optional)
1 bag frozen tri-color peppers – or ½ cup each chopped red, green, and yellow bell pepper
4 tsp Wildtree Chicken Bouillon Soup Base
10 oz can Rotel Brand diced tomatoes
2 Tbsp Wildtree Cajun Seasoning (3 for extra spicy!)
1 Tbsp Wildtree Roasted Garlic Grapeseed Oil

In a separate bag:

$\frac{3}{4}$ cup white rice

At cooking Time:

1 $\frac{1}{2}$ cups water

Place all ingredients EXCEPT RICE in a large Ziploc freezer bag and ‘smush’ to combine. Double bag with small bag of rice, and freeze. When ready to cook, empty into a large/deep skillet, then add bag of rice, along with 1 1/2 cups water and stir. Bring to a boil over high heat. Reduce heat to medium and COVER. Simmer 25-30 minutes, until rice is tender. Let stand 5 min covered before serving. Fluff with fork, serve.

Hearty Italian Meatloaf w/ Marinara Sauce (#10)

2 lbs ground beef

$\frac{3}{4}$ cup oatmeal

2 Tbsp Wildtree Hearty Spaghetti Sauce Blend

2 Tbsp Wildtree Rancher Steak Rub

2 eggs, beaten

At Cooking Time:

1 can crushed tomatoes

1 Tbsp Wildtree Hearty Spaghetti Sauce Blend

$\frac{1}{2}$ tsp kosher salt

Mix all ingredients in a Ziploc bag, seal, and smush to combine. When ready to bake, form into a loaf and bake for 50-55 min on a foil lined baking sheet LIGHTLY GREASED. During the last 10 minutes of baking, add the sauce below to the top of the loaf.

Heat these ingredients in a medium saucepan while the meatloaf is baking. Simmer for at least 15 minutes. Then pour $\frac{1}{2}$ over the meatloaf just before serving. Serve the remaining sauce on the side for dipping.

****Variation**:** This meatloaf can easily be done as “mini-meatloaves” by baking in greased muffin tins @350 degrees for 20 minutes. Top each “mini meatloaf muffin” just before serving.

Additional Recipes

Easy Oven Roasted Potatoes (a side for the chicken or pork tenderloin)

4-5 red potatoes cut into wedges

3 Tbsp Wildtree Roasted Garlic Grapeseed Oil

2 Tbsp Wildtree Rancher Steak Rub

Preheat oven to 400 degrees. Combine all ingredients in a bowl and toss to coat. Line a baking sheet with aluminum foil. Spread the coated potato wedges evenly in a single layer on the baking sheet. Bake for 25-30 min or until tender. Serve.

Oven Roasted Asparagus (a side for the chicken or pork tenderloin)

1 bunch asparagus, or 1 bag frozen asparagus spears

2 Tbsp Wildtree Zesty Lemon Grapeseed Oil

1 Tbsp Wildtree Lemon Rosemary Blend

Preheat oven to 400 degrees. Combine all ingredients in a bowl and toss to coat. Line a baking sheet with aluminum foil. Spread the coated asparagus spears evenly in a single layer on the baking sheet. Bake for 15 minutes or until tender. Serve.

Southwestern Chicken Chili

(this one is done in 2 separate bags, then double bagged together)

In ONE BAG:

1 lb ground chicken
1 Tbsp Wildtree Roasted Garlic Grapeseed Oil
2 tsp Wildtree Rancher Steak Rub

Smush this all together, and seal the bag.

In the 2nd Bag:

15 oz can diced tomatoes
1 can black beans, RINSED AND DRAINED
15 oz can tomato sauce
½ of a medium onion, chopped
2 cups frozen corn
1 can diced green chiles
¼ cup Wildtree Fiesta Salsa Blend
4 tsp Wildtree Chicken Bouillon Soup Base
2 cups water

Smush to blend this bag. Place both bags sealed into a large Ziploc freezer bag.

When ready to cook: Empty the chicken ONLY into a large stockpot over medium high heat and sauté for 5 minutes – stirring to cook through. Add the 2nd bag of sauce/beans/vegetables etc. Bring to a boil over high heat. Cover and simmer for 20 minutes. Optional: top with sour cream and grated cheese.

Easy Sweet Potato Oven Fries (a side for the burgers)

4 sweet potatoes (yams) cut into wedges – skin ON
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
2 Tbsp Wildtree Rancher Steak Rub
1 tsp Wildtree Cajun Seasoning

Toss all in a bowl to coat the potatoes with the oil and seasonings. Bake at 350 degrees on a foil lined cookie sheet for about 20-25 min until tender. This is a fabulous side dish for the burgers.

Garlic & Italian linguine (a side dish for the meatloaf)

1 lb linguine noodles boiled and drained (**reserve ¼ cup of the pasta water**)
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
1 Tbsp Wildtree Hearty Spaghetti Sauce Blend
1 Tbsp minced garlic
¼ cup shaved Parmesan cheese

In a large skillet, heat the oil and add the garlic, Wildtree Hearty Spaghetti Sauce Blend, and ¼ cup reserved pasta water. Add the cooked pasta and toss to combine. Serve topped with shaved Parmesan pieces.

Simple Roasted Zucchini, Yellow Squash, and Red Onion

2 zucchini – sliced vertically into quarters, then cut in half
2 yellow squash – sliced vertically into quarters, then cut in half
1 red onion, cut into thin wedges
2 Tbsp Wildtree Roasted Garlic Grapeseed Oil
1 Tbsp Wildtree Rancher Steak Rub –OR- 1 Tbsp Wildtree Lemon Rosemary Blend & 1 tsp black pepper
Optional: 2 Tbsp shredded Parmesan cheese

Combine all ingredients in a large bowl and toss to coat with oil/seasonings. Spread evenly onto a foil lined cookie sheet and roast at 425 degrees for about 10-12 minutes. Top with Parmesan cheese if desired, and roast an additional 2-3 minutes to melt the cheese.