

Freezer Cooking Session Instructions- Beef/Pork Month 3

**Remember, if you do not eat pork, you can substitute bone in skin on chicken thighs in the pork recipes and they will turn out just fine. Simply use 2 chicken thighs in place of 1 pound of pork shoulder. You can also substitute ground turkey for the ground beef if you don't eat red meat.*

1. BEEF

- 1 If you are following the serving size of 2 people for each meal, you should have 6 pounds of ground beef, one pound per meal. Divide the meat between two large cooking vessels; I use my sauté pan and my stock pot for this. Brown the meat over medium heat, crumbling with a wooden spoon. Turn off the heat, drain off the fat, and allow the meat to cool.
- 2 Once cooled, divide the meat between 6 quart size freezer bags. It will freeze together into a clump, but that's okay because each bag is exactly the amount you need for one meal.

2. **PORK- PREP THE SAUCES.** Mix together a triple batch of each of the 2 pork sauces (*the amounts below are already calculated to be triple the original recipe, so no need for you to calculate anything*). I like to mix everything right in glass measuring cups so that I can measure, mix, then pour while only dirtying one dish.

1 Salsa Fajitas

- i. 6 cups salsa
- ii. 3 tablespoons Southwest seasoning (or store-bought Taco seasoning)
- iii. 3 cups Recipe Base vegetable mix (diced onion and bell pepper)
 1. Whisk together the salsa and Southwest seasoning and pour the sauce into the freezer bags with the meat. Then add 1 cup of the Recipe Base vegetables to each bag.

2 Tomato Parmesan Pork

- i. three (15 oz.) cans of tomato puree/sauce
- ii. 1 ½ cups grated parmesan
- iii. 3 tablespoon minced garlic (9 cloves)
- iv. 1 tablespoon Italian seasoning
- v. 6 tablespoons balsamic vinegar
- vi. 1 tablespoon black pepper
 1. Simply whisk all ingredients together.

3. **PREP THE PORK BAGS.** Get out 6 plastic gallon freezer bags. Label your bags with a black permanent marker; each recipe name goes on 3 of the bags. Once that is done open the bags wide and roll the zippered opening of the bag down so that you can easily place the pork inside the opening without getting liquid on the rim of the opening or having to touch the outside of the bag with your pork juice covered hand.
4. **PREP THE PORK** Once the bags are ready, go ahead and divvy out the boneless pork shoulder between the bags. If you are following the serving size of two people for each meal you should have 6 pounds of pork shoulder, one pound for each of the 6 bags. If you weren't able to find

boneless meat that's okay, just cut the meat off the bone (and make sure to buy more than 6 pounds since you'll be losing the weight that came from the bones). Be sure to pour off any excess liquid from the meat, you don't want to add that to the bag as it will make your sauces too watery.

5. **PUT IT ALL TOGETHER** Once each bag has 1 pound boneless pork shoulder inside then go ahead and pour the sauces into the appropriately labeled bags. No need to be too exact, just eyeball splitting each sauce between 3 of the bags. Don't forget to add the Recipe Base vegetables to the fajita bags. Press out as much air as possible, seal the bags tightly, and place in the freezer. Then stand back and admire the fruit of your labors, 3 months worth of beef and pork dinners, ready to go. Not bad for an afternoons work!