

1 HOUR FREEZER PREP

Session 18: Dump-and-Go Meals FOR THE CROCKPOT OR INSTANT POT



VEGETARIAN TORTILLA SOUP (X2)



FRENCH DIP SANDWICHES (X2)



KILLER CARNITAS (X2)

- INCLUDES:**
- Meal Prep Menu with Serving Suggestions
 - Shopping and Prep Lists
 - 1 Hour Step-by-Step Instructions
 - Recipes Used in This Prep Session
 - Freezer Labels

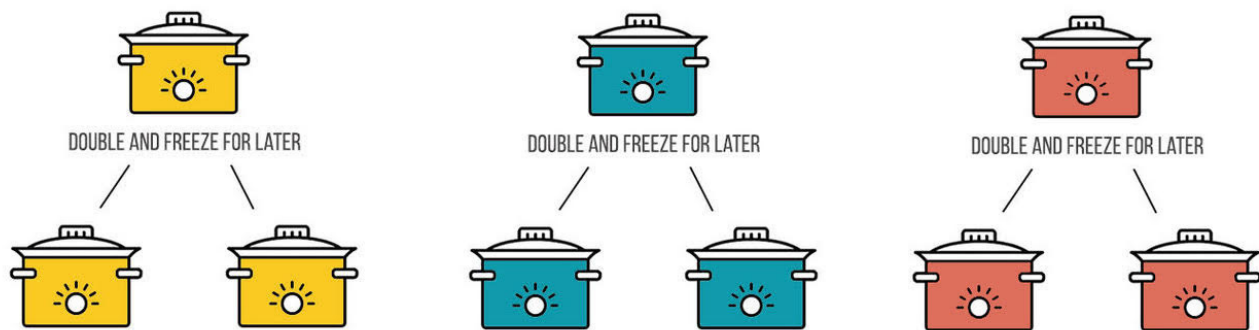
Start Here!

WHAT TO EXPECT

Get ready to stock your freezer with healthy, delicious meals in no time!

This prep session's all about meals you can simply drop in the crockpot or Instant Pot and go! Your absolutely family will love these practically hands-free dinners. Bonus #1: This prep session is fast! Bonus #2: This session makes a lot of food, so enjoy leftovers throughout the week.

Here's the concept: 3 doubled recipes = 6 freezer meals in about 1 hour*!



Each freezer meal will provide at least 4-6 servings and sometimes more (hurray for leftovers!).

Our recipes provide flexibility for your needs. We'll show you:

- What side dishes go well with each meal
- How to tweak the menu for a gluten-free or dairy-free diet, when applicable
- Ways to change up how you serve them

When you're ready to use one of your meals, just follow the freezer meal instructions on the individual recipes or the included freezer labels. We recommend using them within 3 months for optimal flavor and texture, but your meals are safe to eat anytime after that as long as they've remained fully frozen.

We're excited to help make your life easier and dinnertime healthier and more enjoyable for you and your loved ones. Let's get started!

-Polly Conner and Rachel Tiemeyer

Share Your 1 Hour Prep!

If you complete this session, snap a photo, post it, and tag us @thrivinghome.

*Note: Each prep session will take about 1 hour for the step-by-step meal prep instructions. All setup and cleanup will take additional time.

MENU AND SERVING SUGGESTIONS

You'll find all the hyperlinked recipes mentioned below on ThrivingHome.org.

RECIPE #1: VEGETARIAN TORTILLA SOUP (P. 7)

This one-pot wonder may be lighter fare, but your appetite will be more than satisfied thanks to hearty beans, brown rice, veggies, and bold flavors.

Serving Suggestions:

- Top with your favorite Mexican toppings, like crushed tortilla chips, diced avocado or red onion, cilantro, fresh lime juice, shredded cheddar, etc.
- Serve with [cornbread](#).
- Freeze leftovers in single-serving glass bowls with lids or mason jars. Thaw overnight and warm up for a healthy lunch. Works great to send in a thermos in a lunchbox, too.

Mix It Up:

- Replace the brown rice with cauliflower rice for lower carbs and more veggies.
- Replace the corn with raw, diced sweet potato. It's tasteless but adds nutrition.
- Stir in shredded rotisserie chicken or leftover seasoned taco meat at the end.



RECIPE #2: FRENCH DIP SANDWICHES (P. 8)

My kids cheer when they see this meal on the menu plan. It's fall-apart tender by dinnertime.

Serving Suggestions:

- Use a hearty bread like ciabatta or steak rolls for your sandwich. A sourdough baguette sliced lengthwise and cut into sandwich-size portions would also work.
- Give each person a small ramekin of the au jus that's leftover in the cooker for dipping (the best part!).
- Side dish ideas include: [Autumn Chopped Salad](#) or [Cranberry Spinach Salad](#), raw veggie sticks with your favorite dip, sweet potato chips, apple slices, or grapes.

Mix It Up:

- Serve this shredded beef and its juices over mashed potatoes or polenta.
- Enjoy it a la carte with a hearty side dish like [Ultimate Twice-Baked Potatoes](#) or [Easy Hash Brown Casserole](#).
- Use the meat on a grilled cheese sandwich and dip in the au jus. Yum!



RECIPE #3: KILLER CARNITAS (P. 9)

In this versatile big-batch recipe, pork shoulder is slow cooked (or pressure cooked) in a complex, citrus-infused marinade. Then, it's shredded and broiled until slightly crisp. Enjoy it in myriad ways for a delectable Mexican-inspired dinner.

Serving Suggestions:

Serve a la carte or in warm corn tortillas. We suggest topping with shredded cabbage, diced avocado, pico de gallo, Cojita or Queso Fresco cheese crumbles, chopped cilantro, lime wedges, [Quick Pickled Red Onions](#), and [Cilantro Lime Aioli](#).

Mix It Up:

Use the meat in burritos, quesadillas, burrito bowls, or on top of nachos or a salad.



SHOPPING AND PREP LISTS

Before starting, make sure you have all of these ingredients and equipment on hand. It's important to read through our last minute tips, too.

**Dairy-free or gluten-free dietary substitutions available on p. 4.*

INGREDIENT SHOPPING LIST: (FOR ALL 6 MEALS!)

Bakery:

- 12 ciabatta rolls or French steak rolls

Canned/Dry/Pantry:

- ½ cup (4 fluid ounces) bottled lime juice (or juice of 4-6 limes)
- 2 (15 ounce) cans vegetarian refried beans
- 2 (15 ounce) cans black beans (Sub: kidney or pinto beans)
- 2 (15 ounce) cans corn (Sub: 3 cups frozen corn)
- 2 (15 ounce) cans petite diced tomatoes (or fire-roasted diced tomatoes)
- 2 (4 ounce) cans diced green chiles
- 2 cups mild or medium salsa (at least 24 ounce jar)
- 2 (1 ounce) packets taco seasoning (or 4-6 T of [our homemade version](#))
- 2 (32 ounce) boxes vegetable stock (Sub: chicken stock or broth)
- 6 cups (48 ounces) beef broth or stock
- ¼ cup low-sodium soy sauce
- 2 tablespoons hot sauce (or more to taste)
- 2 tablespoons dried minced onion
- 2 teaspoons garlic powder
- 3 teaspoons dried oregano
- 4 teaspoons ground cumin
- 2 teaspoons chili powder
- ½ teaspoon ground thyme
- 2 bay leaves
- Red pepper flakes (2 pinches)

Refrigerated/Dairy:

- 1 cup (8 fluid ounces) orange juice (or juice of 4 oranges)
- 12 Provolone cheese slices (or 24 if you want two slices per sandwich)

Produce:

- 2 medium onions
- 5 teaspoons pre-minced garlic (or 10 cloves)

Meat:

- 2 (approx. 2.5 pound) boneless beef chuck roasts, trimmed of excess fat
- 2 (3-4 lb each) boneless pork shoulder roasts (aka Boston Butt), trimmed of excess fat

Make Sure You Have These Pantry Staples:

- Salt & Pepper

WANT TO MAKE ONE OF YOUR FREEZER MEALS THIS WEEK?

Add the following fresh ingredients to your list. Check p. 2 for serving and side dish ideas to add to your grocery list, too.

For Vegetarian Tortilla Soup:

- 1 ½ cups cooked brown rice (or 3 cups for both freezer meals; look for pre-cooked, packaged rice in pantry or frozen food sections)
- 1-2 cups broth (to thin out soup, if desired)

For French Dip Sandwiches: See p. 2

For Killer Carnitas: See p. 2

*DIETARY INGREDIENT SUBSTITUTIONS:

GF GLUTEN-FREE SUBSTITUTIONS:

Vegetarian Tortilla Soup:

- Make sure store-bought taco seasoning is labeled gluten-free.

French Dip Sandwiches:

- Instead of ciabatta rolls: Either omit this item or buy gluten-free rolls.
- Instead of soy sauce: Use coconut aminos or gluten-free Tamari soy sauce.

Killer Carnitas:

- Use hard or soft corn tortillas or gluten-free flour tortillas, if making tacos.

DF DAIRY-FREE SUBSTITUTIONS:

Vegetarian Tortilla Soup:

- Naturally dairy-free.

French Dip Sandwiches:

- Instead of Provolone cheese: Omit this item or use dairy-free cheese slices.

Killer Carnitas:

- Naturally dairy-free.

EQUIPMENT NEEDED:

Visit "[Shop Our Favorites](#)" on [ThrivingHome.org](#) to see our top equipment picks.

- 6 one-gallon freezer bags, plus more if double bagging the soup or using for the rolls
- 1-2 small baggies (if needed for Provolone cheese slices)
- 2 grocery sacks (or two 2-gallon freezer bags)
- Tape (packing tape works best)
- 2 freezer bag holders (or mixing bowls to hold bags will work instead)
- Colander
- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Chef's knife

LAST MINUTE TIPS BEFORE STARTING:

Take a few minutes to do these things to ensure your prep session only takes 1 hour.

1. Print out the freezer meal labels (single-sided) and cut them apart (pp. 10-12).
2. Write out any side dish or serving ideas on the labels using ideas on p. 2.
3. Read through the 1 Hour Step-by-Step Instructions (p. 5-6).
4. Gather and lay out all the required equipment (p. 4).
5. Gather and lay out all ingredients by recipe (p. 3).
6. During the prep session, be sure to wash your hands well after touching raw meat to avoid cross-contamination on other surfaces.

1 HOUR PREP SESSION: STEP-BY-STEP INSTRUCTIONS

□ STEP 1: Prep the Freezer Bags

Affix the 6 freezer meal labels to 6 one-gallon freezer bags with tape.

□ STEP 2: Prep the Tortilla Soup

1. Set up the 2 Vegetarian Tortilla Soup freezer bags in bag holders or inside bowls for stability.
2. Drain 1 can black beans and 1 can corn in a colander, rinse, and add to a freezer bag. Repeat with the other can of black beans and corn and add to the second bag.
3. Add the following ingredients to EACH of the bags:
 - 1 (15 ounce) can vegetarian refried beans
 - 1 (15 ounce) can petite diced tomatoes, juice and all
 - 1 (4 ounce) can diced green chiles, juice and all
 - 1 cup mild or medium salsa
 - 1 (1 ounce) packet taco seasoning (or 2-3 T [homemade taco seasoning](#)).
 - 1 (32 ounce) box vegetable stock (Sub: chicken stock or broth)
4. Seal the bags, squeezing out as much air as possible. You may want to double bag the soup to prevent any leaks. Freeze.
(Tip: If freezing for Instant Pot, set the bag inside a round container that's about the diameter of the Instant Pot until frozen.)

Cook along with us!

[Watch our step-by-step video here](#) or use the QR code below.



□ STEP 3: Prep the French Dip

1. Set up 2 French Dip freezer bags in bag holders or inside bowls for stability.
2. Add 1 beef chuck roast to EACH bag.
Important: If making this meal for the Instant Pot, you MUST cut the roast into 2x2 inch pieces first.
3. Add the following ingredients to EACH of the bags:
 - 3 cups beef broth or stock
 - 1 tablespoon dried minced onion
 - 2 tablespoons low-sodium soy sauce
 - 1 teaspoon garlic powder
 - ½ teaspoon salt
 - ½ teaspoon ground black pepper
 - ½ teaspoon dried oregano
 - ¼ teaspoon ground thyme
 - 1 bay leaf
 - 1 pinch of red pepper flakes
4. Seal, removing as much air as possible, and squish around to combine.

□ STEP 4: Create the French Dip Meal Kits

1. In 2 separate grocery sacks, add the following to EACH sack:
 - 1 freezer bag with the French Dip meat/sauce
(Tip: If freezing for Instant Pot, set the freezer bag inside a round container about the diameter of the Instant Pot until frozen.)
 - 1 package or small baggie with 6 provolone cheese slices
 - 1 package or freezer bag of 6 ciabatta or steak rolls.
2. Freeze these meal kits.

□ STEP 5: Prep and Freeze the Carnitas

1. Set up 2 Carnitas bags in bag holders or inside bowls for stability.
2. Place 1 pork shoulder roast in EACH bag.
Important: If making this meal for the Instant Pot, you MUST cut pork into 4 equal pieces first.
3. On a cutting board, dice 2 onions.
4. Add the following ingredients to EACH of the bags:
 - Half of the diced onions (1 onion per bag)
 - 1/4 cup lime juice (juice of 2-3 limes)
 - 1/2 cup orange juice (juice of about 2 oranges)
 - 1 tablespoons hot sauce
 - 1 teaspoon oregano
 - 2 teaspoons ground cumin
 - 1 teaspoon chili powder
 - 2 teaspoons salt
 - 1 teaspoons ground black pepper
 - 2 1/2 teaspoons of pre-minced garlic (or 5 minced garlic cloves)
5. Seal, removing as much air as possible, and squish around to combine. Freeze.
(Tip: If freezing for Instant Pot, set the freezer bag inside a round container that's about the diameter of the Instant Pot until frozen.)

CONGRATULATIONS ON MAKING 6 FREEZER MEALS TO ENJOY LATER!

VEGETARIAN TORTILLA SOUP

GF GLUTEN-FREE

DF DAIRY-FREE

Yield: 6-8 servings (1 freezer meal)

Hands-On Time: 10-15 minutes **Cook Time:** 6-8 hours (slow cooker); 7+ minutes (Instant Pot)

INGREDIENTS

- 1 (32 ounce) box vegetable stock (Sub: chicken stock or broth)
- 1 (15 ounce) can vegetarian refried beans
- 1 (15 ounce) can black beans, drained and rinsed (Sub: kidney or pinto beans)
- 1 (15 ounce) can corn, drained (Sub: 1 ½ cups frozen corn)
- 1 (15 ounce) can petite diced tomatoes, juice and all (Tip: Fire-roasted diced tomatoes are a delicious alternative!)
- 1 (4 ounce) can diced green chiles, juice and all
- 1 cup mild or medium salsa
- 1 (1 ounce) packet taco seasoning (or 2-3 T our [homemade version](#)) (GF Buy gluten-free seasoning.)
- 1 ½ cups cooked brown rice (Sub: cooked cauliflower rice or quinoa)
- Optional Toppings: crushed tortilla chips, jalapenos, diced avocado, lime wedges, diced red onion, shredded cheese, sour cream. (DF Omit cheese & sour cream)

MAKE IT NOW:

1. In a slow cooker or Instant Pot, combine broth, refried beans, black beans, corn, tomatoes, chiles, salsa, and taco seasoning. Stir and break up the refried beans as much as possible.
2. Cook the soup:
 - a. Slow Cooker: Cover and cook on Low for 6-8 hours.
 - b. Instant Pot: Lock and seal lid. Cook at high pressure for 7 minutes, then quick release the pressure.
3. Stir in cooked rice and serve warm with optional toppings.

FREEZE FOR LATER:

Tape freezer label on a gallon-sized freezer bag. To the bag, add broth, refried beans, black beans, corn, tomatoes, chiles, salsa, and taco seasoning. (Double bag, if desired.) Seal and freeze. (Tip: If freezing for Instant Pot, set bag inside a round container about the diameter of Instant Pot until frozen.)

PREPARE FROM FROZEN:

Note: You'll need the cooked rice and favorite Mexican toppings on hand to complete.

- For Slow Cooker: Thaw soup. Follow Steps 2-3.
- For Instant Pot: Do not thaw. Sauté frozen soup for 5-10 minutes in Instant Pot. Follow Steps 2-3.

COOKING NOTES:

- Make on stovetop using [this recipe](#) on ThrivingHome.org.
- You can also fully cook, cool, and freeze this soup in individual portions.

NUTRITION INFO PER SERVING (1 ½ CUPS PER SERVING):

206 cal | 2.4 g fat | 0 mg cholesterol | 784.3 mg sodium | 37.2 g carbs | 9.7 g fiber | 5.8 g sugar | 11.2 g protein

FRENCH DIP SANDWICHES

GF GLUTEN-FREE OPTION

DF DAIRY-FREE OPTION

Yield: 6 large sandwiches (1 freezer meal)

Hands-On Time: 20 minutes **Cook Time:** 6-8 hours (slow cooker); 40+ minutes (Instant Pot)

INGREDIENTS

- 3 cups beef broth or stock
(GF Make sure it's labeled gluten-free.)
- 2 tablespoons low-sodium soy sauce
(GF Use coconut aminos or GF Tamari soy sauce.)
- 1 tablespoon dried minced onion
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- ¼ teaspoon ground thyme
- 1 bay leaf
- 1 pinch of red pepper flakes
- 1 (approx 2.5 pound) boneless beef chuck roast, trimmed of excess fat
- 6 slices (or more, if desired) Provolone cheese
(DF Leave out or use dairy-free cheese slices.)
- 6 steak rolls or ciabatta rolls
(DF Omit the bread or use gluten-free rolls.)

MAKE IT NOW:

1. In a slow cooker or Instant Pot, whisk together beef broth, soy sauce, minced onion, garlic powder, salt, pepper, oregano, ground thyme, bay leaves, and red pepper flakes.
2. Important: Cut roast into 2x2 inch pieces if making this meal for the Instant Pot! Add in roast, turning it around to coat in sauce.
3. Cook using one of these methods:
 - a. Slow Cooker: Cover and cook on Low for 8-10 hours (or High for 5-6 hours), until meat shreds easily.
 - b. Instant Pot: Lock and seal lid, and cook for 30 minutes at high pressure. Use a natural release for 10 minutes and then quick release the rest of the pressure.
4. Transfer roast to a cutting board and shred with two forks.
5. Preheat broiler. Cover a sheet pan in foil for easy cleanup. Lay rolls open on pan, insides facing up. Broil 1-2 minutes on top oven rack until browned. Remove tops of buns from pan and set aside (so they don't burn). Add an equal amount of shredded meat and a slice of cheese to bottom of each bun. Broil 1-2 minutes, until cheese melts.
6. Serve the sandwiches with small ramekins of au jus sauce for dipping.

FREEZE FOR LATER:

Tape freezer label on a gallon-sized freezer bag. To the bag, add broth, soy sauce, minced onion, garlic powder, salt, pepper, oregano, ground thyme, bay leaves, red pepper flakes, and roast (cut into 2x2 inch pieces for Instant Pot!). Seal and freeze along with buns and cheese slices as a meal kit.

(Tip: If freezing for Instant Pot, set bag inside a round container about the diameter of Instant Pot until frozen.)

PREPARE FROM FROZEN:

- For Slow Cooker: Thaw the meal. Follow Steps 3-6.
- For Instant Pot: Thaw rolls and cheese (but not the roast). Sauté frozen meal for 5-10 minutes in Instant Pot. Follow Steps 3-6.
(The frozen roast cooks in the same amount of time as fresh.)

NUTRITION INFO PER SERVING (1 CIABATTA-SIZED SANDWICH):

570 cal | 21.1 g fat | 155.6 mg cholesterol | 1,699 mg sodium | 41.3 g carbs | 2.6 g fiber | 2.7 g sugar | 55.4 g protein

KILLER CARNITAS

GF GLUTEN-FREE

DF DAIRY-FREE

Yield: 8-10 servings (1 freezer meal)

Hands-On Time: 20 minutes **Cook Time:** 6-8 hours (slow cooker); 55+ minutes (Instant Pot)

INGREDIENTS

- 1 medium onion, diced
- 2 ½ teaspoons pre-minced garlic (or 5 minced garlic cloves)
- ¼ cup lime juice (juice of 2-3 limes)
- ½ cup orange juice (juice of about 2 oranges)
- 1 tablespoon hot sauce
- 1 teaspoon oregano
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 (3-4 pound) boneless pork shoulder roast, trimmed of excess fat

MAKE IT NOW:

1. In a slow cooker or Instant Pot, stir together onion, garlic, lime juice, orange juice, hot sauce, oregano, ground cumin, chili powder, salt, and pepper.
2. Important: Cut the roast into 4 equal pieces if making this meal for the Instant Pot! Add in roast, turning it around to coat in sauce.
3. Cook using one of these methods:
 - a. Slow Cooker: Cover and cook on Low for 7-9 hours (or High for 4-5 hours), until meat shreds easily.
 - b. Instant Pot: Lock and seal lid, and cook for 45 minutes at high pressure. Use a natural release for 10 minutes and then quick release the rest of the pressure.
4. Transfer pork to a cutting board, and shred with two forks. Discard any fat.
5. Optional: Preheat broiler. Line a rimmed baking sheet with parchment paper or foil. Place the meat on it in thin layer and broil 3 minutes. Using tongs, turn meat over and spoon about ¼ cup of the juices from the cooker over pork. Broil another 3 to 4 minutes, or until the edges of the meat start to crisp up and turn brown. Remove from oven and spoon another ¼ cup of the juices over the cooked pork.
6. Enjoy a la carte or serve warm in tacos, burritos, or on top of nachos or a salad.

FREEZE FOR LATER:

Tape freezer label on a gallon-sized freezer bag. To bag, add onion, garlic, lime juice, orange juice, hot sauce, oregano, ground cumin, chili powder, salt, pepper, and pork roast (cut into four equal pieces first if making for Instant Pot!). Seal and freeze.

(Tip: If freezing for Instant Pot, set bag inside a round container about the diameter of Instant Pot until frozen.)

PREPARE FROM FROZEN:

- For Slow Cooker: Thaw the meal. Follow Steps 3-6.
- For Instant Pot: Do not thaw. Sauté frozen meal for 5-10 minutes in Instant Pot. Follow Steps 3-6.
(The frozen pork cooks in the same amount of time as fresh.)

COOKING NOTES:

Make in the oven using [this recipe](#) on ThrivingHome.org.

NUTRITION INFO PER SERVING:

247 cal | 6.1 g fat | 102 mg cholesterol | 430 mg sodium | 7.2 g carbs | 0.8 g fiber | 3.4 g sugar | 39.1 g protein

VEGETARIAN TORTILLA SOUP

Yield: 6-8 servings

Fresh Ingredients Needed: 1 ½ cups cooked brown rice, 1-2 cups broth (optional), your favorite Mexican toppings (i.e. lime, avocado, shredded cheese, sour cream, tortilla chips)

Directions:

1. Cook, using one of these methods:
 - a. Slow Cooker: Thaw. Dump soup in the crock pot. Cover and cook on Low for 6-8 hours.
 - b. Instant Pot: Place frozen soup in the pot. Sauté 5-10 minutes. Lock and seal lid. Cook at high pressure for 12-17 minutes (for frozen, uncooked soup), then quick release the pressure. (If soup is thawed, skip sautéing and pressure cook for 7 minutes with quick release.)
 - c. Stovetop: Thaw. Dump in a large pot. Bring to a boil and reduce heat to a simmer. Cook 10-15 minutes, stirring occasionally.
2. Stir in cooked rice, thin out with more broth if needed, and serve warm with optional toppings.

Date Created: _____

Side Dish/Serving Ideas: _____

VEGETARIAN TORTILLA SOUP

Yield: 6-8 servings

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Directions:

1. Cook, using one of these methods:
 - a. Slow Cooker: Thaw. Dump soup in the crock pot. Cover and cook on Low for 6-8 hours.
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 - c. Stovetop: Thaw. Dump in a large pot. Bring to a boil and reduce heat to a simmer. Cook 10-15 minutes, stirring occasionally.
2. Stir in cooked rice, thin out with more broth if needed, and serve warm with optional toppings.

Date Created: _____

Side Dish/Serving Ideas: _____

FRENCH DIP SANDWICHES

Yield: 6 large sandwiches

Directions:

1. Cook using one of these methods:
 - a. For Slow Cooker: Thaw meal kit. Place roast and sauce in slow cooker. Cover and cook on Low for 8-10 hours (or High for 5-6 hours).
 - b. For Instant Pot: Thaw rolls and cheese. Place frozen cut-up roast and sauce in pot. Sauté 5-10 minutes. Lock and seal lid. Cook for 30 minutes at high pressure. Use a natural release for 10 minutes and then quick release the rest of the pressure. (If roast is fully thawed, skip sauteing step.)
2. Transfer roast to cutting board and shred with two forks.
3. Preheat broiler. Lay 6 rolls open on sheet pan, insides facing up. Broil 1-2 minutes on top oven rack until browned. Remove tops of buns from pan and set aside.
4. Add some shredded meat to bottom of each bun and top with a slice of cheese. Broil 1-2 minutes, until cheese melts. Place bun tops on each sandwich. Serve sandwiches with small ramekins of au jus sauce for dipping.

Date Created: _____

Side Dish/Serving Ideas: _____

FRENCH DIP SANDWICHES

Yield: 6 large sandwiches

Directions:

1. Cook using one of these methods:
 - a. For Slow Cooker: Thaw meal kit. Place roast and sauce in slow cooker. Cover and cook on Low for 8-10 hours (or High for 5-6 hours).
 - b. For Instant Pot: Thaw rolls and cheese. Place frozen cut-up roast and sauce in pot. Sauté 5-10 minutes. Lock and seal lid. Cook for 30 minutes at high pressure. Use a natural release for 10 minutes and then quick release the rest of the pressure. (If roast is fully thawed, skip sauteing step.)
2. Transfer roast to cutting board and shred with two forks.
3. Preheat broiler. Lay 6 rolls open on sheet pan, insides facing up. Broil 1-2 minutes on top oven rack until browned. Remove tops of buns from pan and set aside.
4. Add some shredded meat to bottom of each bun and top with a slice of cheese. Broil 1-2 minutes, until cheese melts. Place bun tops on each sandwich. Serve sandwiches with small ramekins of au jus sauce for dipping.

Date Created: _____

Side Dish/Serving Ideas: _____

KILLER CARNITAS

Yield: 8-10 servings

Directions:

1. Cook using one of these methods:
 - a. For Slow Cooker: Thaw. Place roast and sauce in a slow cooker. Cover and cook on Low for 7-9 hours (or High for 4-5 hours).
 - b. For Instant Pot: Place frozen cut-up roast and sauce in pot. Sauté 5-10 minutes. Lock and seal lid. Cook for 45 minutes at high pressure. Use a natural release for 10 minutes and then quick release the rest of the pressure. (If roast is fully thawed, skip the sauteing step.)
2. Transfer pork to a cutting board, and shred with two forks.
3. Optional: Preheat broiler. Broil meat on a rimmed baking sheet for 3 minutes. (Tip: Cover pan with foil for easy cleanup.) Using tongs, turn meat over and spoon about ¼ cup of juices over the meat. Broil another 3-4 minutes, or until the edges of the meat start to crisp up and turn brown. Remove from oven and spoon another ¼ cup of juices over the cooked pork.
4. Enjoy a la carte or serve warm in tacos, burritos, or on top of nachos or a salad.

Date Created: _____

Side Dish/Serving Ideas: _____

KILLER CARNITAS

Yield: 8-10 servings

Directions:

1. Cook using one of these methods:
 - a. For Slow Cooker: Thaw. Place roast and sauce in a slow cooker. Cover and cook on Low for 7-9 hours (or High for 4-5 hours).
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Date Created: _____

Side Dish/Serving Ideas: _____
