

MealsAGoGo.Com

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Thank you for this opportunity to show you how to prepare easy, delicious and healthy meals for your family.

I started doing this in November 2005. I am a busy working mom and found a method to minimize my time in the kitchen, minimize the cost of feeding my family and minimize the mess that cooking makes. I love to cook. I truly believe cooking is more method than recipes. Many of the best recipes are simple, the method to which you prepare the food makes all of the difference.

I have learned several things when figuring out how to do meal assembly at home. I tried it at a store, we hated most of the items and it was twice as much money as preparing it at home.

Don't worry about cooking these items before you freeze them. Just assemble the dishes and freeze them. LABEL WELL! Most things are unrecognizable when frozen. A date helps you know when you froze it. I try to rotate everything within a 3 month period. I keep about 15 different recipes in my freezer at all times

Vegetables must either be bought frozen or blanch them quickly for 3 minutes before assembling the dishes. Also, cornstarch and water can be added at the time you are cooking the item. Cornstarch goes weird and slimy and doesn't mix in well if you freeze it with uncooked meals.

I use Sams Club and Wal-Mart for purchasing my ingredients. Costco has gotten away from the large 1 gallon cans I like to use for economics. They carry more of the multi single can packs. I usually shop at Sams Club first and then go to Wal-Mart to pick up the rest of my shopping list.

Try to use fresh meat whenever possible. DO NOT USE INDIVIDUALLY FROZEN CHICKEN. It has been sprayed with water and will ruin your sauces. If you want to use this kind of chicken, thaw first and drain the excess liquid and then combine with the sauces at the time of cooking. Do not refreeze meat. It breaks it down and really lessens the quality

I like to watch for sales on meat. I see boneless chicken breasts on sale for as little as .99 per pound. I buy 40-80 pounds and make my meals. I only use pork tenderloin (about \$1.59 per pound). Since all beef is slow cooked, I buy what ever is cheapest.

Someone asked the question about raised bread products, I did some research and found this out, bake the items until done but not fully browned, freeze and then cook in an oven until browned.

Label everything. Put cooking directions on each item. If there are multiple bags, put bag 1 of 2 and place them inside of each other.

If you have any questions, please feel free to call me or email me with questions.

I have learned to adapt many of my recipes and use www.allrecipes.com to look for new recipes.

Beef Fajitas

Assembly: 2 Ziplock Bags

Bag 1 1 Pound Chicken or Beef
 6 whole green chilis
 3 whole tomatoes
 1/3 cup tomato liquid
 1 TBL Tace Seasoning
 1/3 c carmelized onions
 1 TBL Chopped Garlic

Bag 2 6 flour tortillas

Cooking: Slow Cook 3-4 hours on high, 7-8 on low
Serve with Warm Flour tortillas

Raspberry Chicken

Sauce:

2 Pints (16-18 oz jars) Raspberry Jam (I prefer Seedless)
1 Can Frozen OJ Concentrate
3/4 Can Balsamic Vinegar (Use OJ Can to Measure)

Assembly: In Ziplock Bag combine the following:

1/4 tsp thyme
1/4 tsp sage
1/4 tsp salt

1/2 cup raspberry sauce
1 Pound chicken or pork

Cooking: Slow Cooker: 7-8 on low or 2-3 on high
Oven: 350 Degrees for 45-50 min
Stove Top: Cook on med low heat for 20 minutes
Grill: Brush with marinade and cook on med low heat for 15-20 min

BBQ

Sauce: 1 jug BQ Sauce (About 64 oz)
1 pint (16-18 oz) Peach, Apricot or Orange Marmelade Jam
1 cup Honey

Assembly: 1 Pound Meat (Chicken, Beef, Pork)
1 cup sauce

Cooking: Slow Cooker: 7-8 on low or 2-3 on high
Oven: 350 Degrees for 45-50 min
Stove Top: Cook on med low heat for 20 minutes
Grill: Brush with marinade and cook on med low heat for 15-20 min

Sportsman Stew

Assembly: In Ziplock Bag Combine:

1 pound Beef
1/2 cup bacon (cooked and crumbled)
1/2 cup mushrooms
3 whole tomatoes
1/2 cup frozen green beans
1/2 cup frozen corn
1/2 cup frozen carrots
sauce 1/3 cup carmelized onions
1 TBL Beef Base
1 TBL Chopped Garlic
1/2 Cup Red Wine

OR 1 tsp beef base and 1 cup Water
1 TBL Grill Seasoning
1/2 C tomato liquid

Cooking: Add 2-3 potatoes and slow cook
2-3 hours on high or 7-8 on low
if adding more potatoes, DOUBLE sauce portion of receipe
Also good over rice

Sombrero Pie

Assembly: 1 Box Cornbread Mix (small box or bag)
Sandwich bag and 9 in pan
Sandwich Bag: 3/4 cup Cheddar Cheese
1 TBL Tace Seasoning

Pan: Mix well in pan
2 Cups Cooked Ground Beef (1 Pound raw)
1 Cup Frozen Corn
3/4 cup salsa

1/3 cup olives
1/3 cup carmelized onions
2 TB Taco Seasoning
2 Whole tomatoes crushed
1/3 cup tomato liquid
1 green anaheim chili diced (1/4 cup or 1 small can)

Cooking: Cook Pie filling in 350 Degree oven for 25 minutes
While pie is baking, mix cornbread according to box directions
Mix sandwich bag of cheese into cornbread.
top partially cooked pie ith cornbread.
cook another 25-30 minutes or until cornbread is cooked through
and filling is hot and bubbly

Orange Chicken

Assembly: Combine in Ziplock Bag
1/4 cup orange marmelade
2 TBL Soy Sauce
1 TBL Citrus Seasoning or Orange Rind
 Cirtus Seasoning is available at Sams Club
1 TBL Honey or Brown Sugar
1/4 tsp Ginger
1/3 C OJ Concentrate
1 cup water

Cooking: Add 1 TBL Cornstarch at beginning of cooking

Slow Cooker: 7-8 on low or 2-3 on high

Oven: 350 Degrees for 45-50 min
Stove Top: Cook on med low heat for 20 minutes

Garlic Chicken

Assembly: In Ziplock Bag
1 whole chicken or 1 pound boneless chicken
10-20 cloves of raw garlic
1 cup mushrooms
1 can cr of mushroom soup

Cooking: Slow Cooker: 7-8 on low or 2-3 on high

Beef and Broccoli

Assembly: 2 Bags
Bag 1: 2 cups frozen broccoli
Bag 2: 1 Cup Teriyaki Sauce
2 TBL Oyster Sauce
1/2 cup frozen carrots
1 pund beef sliced

Cooking: Crockpot bag 2 for 2-3 hours on high or 7-8 n low
add thawed broccoli last 30 minutes until just heated through
OR cook broccoli on stove top until just cooked and add to sauce

Cranberry Pork/Chicken

Assembly
In 9 inch pan for oven
in Ziplock for slow cooker
1 pound chicken or pork
1/3 CAN whole cranberry sauce
1/3 CAN Jellied cranberry sauce
1/3 CUP Catalina French dressing

Cooking
1/4 CUP carmelized onions
Slow Cooker: 7-8 on low or 2-3 on high
Oven: 350 Degrees for 45-50 min

Mexican Lasagne

Assmebly:
9 inch pan, layer as follows:
1/2 cup enchilada sauce

2 small flour tortillas cut in 1 inch pieces
1/4 cup mexi rice
1/2 cup refried or drained cooked black beans
2 TBL Olives
2 TBL Carmelized Onions
1 TBL Chopped Anaheim Chilis (very mild)
1/2 cup cooked shredded or ground meat (pork, beef or chicken)
1/3 cup cheddar cheese

2 small flour tortillas cut in 1 inch pieces
repeat layers
Top with 2 flour tortillas chopped in 1 in pieces
1/2 cup enchilada sauce
2 tbl olives

Cooking: 1/3 cup cheddar cheese
45-50 minutes at 350 degrees

Meatball Subs

Assembly: 2 bags plus a sandwich bag

Bag 1 cut 12 inch sub rolls in halves
Place 3 in bag

Sandwich Bag: Place 3/4 cup mozzarella cheese
OR 3 slices provolone cheese

Place Sandwich bag into bag with rolls

Bag 2 Combine in ziplock bag:
1 cup marinara sauce
18 meatballs
1/3 cup carmelized onions
1/4 cup mushrooms
1/4 cup olives
1 TBL garlic
1/4 cup parmesean cheese
1/4 cup water

Cooking: Stove Top: Place meat/sauce bag in pan on med low until hot and bubbly. Toast buns if desired
Top with meatballs and plenty of sauce, top with cheese ENJOY!

Dijon Chicken

Sauce: 16 oz jar Honey Mustard
16 oz jar dijon mustard
16 oz jar whole grain mustard
1/4 cup olive oil
1 cup mayo
1/2 cup honey
1 TBL Tabasco sauce

Assembly: 9 in pan
Place 2 cups frozen carrots in pan
Top with 1 pound chicken cut into chunks
top with 1 cup of sauce

Cooking: Oven: 350 Degrees for 45-50 min

Beef Wraps

Assembly: 2 ziplock bags

Bag 1 6 flour tortillas
Bag 2 1 pound beef
1/2 tsp beef base
3 cloves garlic
1 TBL Horseradish
2 tsp Grill Seasoning
2 TBL Lemon Juice

Cooking: Slow Cooker: 7-8 on low or 2-3 on high

Italian Lasagne

Cheese filling:

1 32 oz container Fat Free Cottage Cheese
1 egg
1 tsp Italian Seasoning

Marinara Sauce:

Mix well in food processor until cottage cheese is smooth
1 #10 can Crushed Tomatoes or Tomato Sauce
3/4 Cup Italian Seasoning
1/3 Cup Garlic Powder OR
1/2 Cup Chopped Garlic

Assembly:

2 TBL Salt

Layer in Pan

1/2 Cup Marinara Suace

2 Broken up Uncooked Lasagne Noodles

1 Cup Cheese Filling

1 cup cooked ground hamburger or Meatballs chopped in halves

2 TBL Mushrooms

2 TBL Olives

1/2 Cup Frozen Spinach or cooked and well drained

1/2 Cup Frozen Zuchini or blanched

1/2 Cup Mozzarella Cheese

1/4 cup parmesean cheese

1 cup marinara sauce

2 Broken up Uncooked Lasagne Noodles

2 TBL Olives

2 TBL Mushrooms

1/2 Cup Marinara Suace

Cooking:

1/2 Cup Mozzarella Cheese

Pour 1/3 cup water over the lasagne (Needs moisture for the noodles)

350 Degrees for 60 minutes. Tightly cover with foil for first 40 minutes, remove foil last 15 minutes

Honey Lime Chicken Sandwiches

Sauce:

Assemble Equal Parts Honey and Lime Juice

2 ziplock bags

Bag 1

3 boneless, skinless chicken breasts

1/2 cup sauce

Cooking:

Bag 2

3 6 inch hoagie rolls

StoveTop: Cook on med heat for 20 min until cooked

Grill: Cook on med heat for 20 min until cooked

Top with Ranch or Bleu Cheese dressing

Teriyaki

- Assembly:** For Oven use 9 in pan
For Stove or Slow Cook use Ziplock Bag
Combine ingredients in container:
1 pound meat (pork or chicken)
1 cup teriyaki sauce
1/2 cup pineapple (crushed or chunks)
1 bell pepper (blanched and cut in 1" chunks)
1/4 c carmelized onions
- Cooking:** Slow Cooker: 7-8 on low or 2-3 on high
Oven: 350 Degrees for 45-50 min
Stove Top: Cook on med low heat for 20 minutes

Chicken Pie

- Sauce** Make a thin white sauce substituting 1/4-1/2 of the milk with Fat Free Sour Cream. Also add 1/4 tsp poultry seasoning or sage for each cup of milk/sr cream added
- Assembly** 1 pan and 2 sandwich bags
in pan, layer in:
1/2 cup frozen carrots
1/4 cup frozen corn
1/4 cup frozen peas
1/4 cup frozen gr beans
1/4 cup carmelized onions
1 TBL Chopped garlic
1 pound boneless chicken cut in small pieces
mix well and combine with 1 1/2 cups sour cream white sauce
sandwich bag 1 1 cup bisquick
 1 tsp garlic powder
sandwich bag 2 1/2 cup cheddar cheese
- Cooking** cook pie mixture in 350 degree oven for 20 min
while pie is cooking, combine BOTH sandwich bags
and add 2/3 cup milk.
top warmed pie with biscuit misture and cook additional 30 min
or until biscuits are golden brown
- NOTE:** you can use homemade biscuits for topping and add the cheddar cheese and garlic powder.
You can make our homemade biscuits but don't add the liquid measure dry ingredients into bags and freeze
Shortening should be cut into homemade biscuit mix
use dry homemade mix and follow bisquick directions

Toast rolls, really good with avocados and cilantro, lettuce and tomatoes

Chili Verde

- Asembly:**
2 Ziplock Bags
Bag 1: 1 pound boneless chicken or pork
 1/2 cup carmelized onions
 3 TBL chopped garlic
 1 tsp cumin
 1 tsp Chili Powder
 1 TBL Chicken Base
 1 Cup Diced or whole tomatoes (with juice)
 1 Tsp oregano
 8 Whole Anaheim Chilis
 1 Adobo Chili (optional, HOT)
- Cooking:** Bag 2: 6 Flour Tortillas
Slow Cooker:
 Add 1 1/2 cups water and 2 TBL Cornstarch
 then cook 7-8 on low or 2-3 on high

Carmelized Onions

Chop each half of a peeled onion into about 9 pieces (just under 1" pieces)
toss in a pan with a little olive oil and salt
place on a **foil lined** cookie sheet, foil should hang off the
ends of the cookie sheet by about 6 inches
Roast on 500 Degree heat for 30 minutes.

Remove from oven and crunch up adges so onions kind of steam for a few minutes

please be careful adding these to recipes. They are extremely concentrated and can overpower things with their flavor.

You can also roast whole garlic cloves in this same manner.
Sams Club sells 32 oz jars of raw garlic cloves in the regrigerated veggie section