



## Recipe Book

Congratulations! Welcome to the new **Homemade Gourmet® "Four Meals Four Minutes"** Recipe book and there are a lot more than just 4 meals! Now that you've invested in one or more Homemade Gourmet products you are on your way stocking your freezer with quick and healthy dinners that your entire family will enjoy!

### **Freezer cooking is as easy as 1,2,3...**

1. Label a one-gallon Ziploc® freezer bag with the name of the recipe you are about to make.
2. For each recipe fill your Ziploc® bag with the type of meat and amount of meat (1-2 ½ lbs per Ziploc) you want to use for that recipe along with the remainder of the ingredients in the recipe.
3. Seal and SMOOSH -- place in your freezer to use anytime!

### **How do I prepare my freezer meals?**

The great thing about cooking with Homemade Gourmet® is that your cooking options are limitless. Our products are designed for use in the crock pot (slow cooker), oven, stove top or grill. The following guidelines are a little "cooking 101" that you can refer to before you make your meals.

#### **Slow Cooker:**

- Homemade Gourmet® can be taken directly from the freezer to the slow cooker.
- If your meal is frozen, slow cook on low for 6-8 hours
- If your meal is thawed, slow cook for at least four hours
- This method of cooking tends to make meals a little more juicy. To thicken meals made in the crock pot, feel free to add Instant Tapioca to your meals when you put them in the crock pot, or thicken with cornstarch before serving.

#### **Basic Baking**

- Chicken breasts should bake in a 325° oven for one hour or a 350° oven for 45 minutes.
- Pork Chops and pork tenderloin should be baked the same way or until the internal temperature reaches 170°.

#### **Grilling**

- Grill red meat to the following internal temperature - 145° medium rare, 160° medium, 170° medium-well.
- Grill pork to an internal temperature of 170°.

- *Meat thermometers are inexpensive and are available at hardware stores and super centers such as Target, Wal-Mart and Meijer.*

### **Cooking Fish**

- The first rule of thumb when cooking fish is to leave it alone! Let fish cook undisturbed for 2-4 minutes before you touch it so that it develops a nice crust and will release when you are ready to turn.
- The best fish to grill include grouper, salmon, tuna, swordfish and shark. Rub the fish with olive oil and your favorite Homemade Gourmet® seasoning. Put on the grill and leave alone. The fish will automatically release when fully cooked. More delicate fish should be put in a grill basket.
- Broiling fish is quick and easy. Preheat the broiler before adding the fish. Make sure the fish is 4-6" away from the broiler and watch carefully. Thinner fish filets (under ½") do not need to be turned. Thicker fish filets need to be turned after 2 minutes.
- Baking fish at a high oven temperature really concentrates the flavor of the fish and helps the sugars on the surface caramelize for superior flavor. Bake at a temperature above 400°F.
- On the stove top, preheat the pan with 2 tablespoons of olive oil. Let the fish cook undisturbed for 2-3 minutes to develop a nice crust. The best way to cook thin filets is to cook over medium high heat for 2-3 minutes, then turn and cook for another two minutes. Cook thick fillets 5-6 minutes on the first side, then reduce heat to medium and cook for 4-5 minutes longer.

### **Get Your Kids Involved!**

Your kids will love to help make meals, even the little ones with mini smooches! If you involve them in the process, they are more likely to eat what has been fixed since they have ownership in the project. And, you can let them write notes on the meals too or draw a picture, etc. Make it a fun, family time and also teach your kids healthy eating practices and how to cook easy meals which is a gift that lasts a lifetime!

### **How Can I Make These Meals Healthy?**

I always use frozen or canned no-salt vegetables in all of our meals as well as low sodium/low fat products, i.e. cream soups, broth, and olive oil. We choose leaner meats as well. This is the key to it all since most restaurants use quite a bit of salt plus the ingredients include a lot of salt, etc.

### **Let the Smooshing Begin!** – Keep in mind:

- You can adjust the seasoning to your own preference and also,
- Most meats will go with any of these meals so if you see a recipe for chicken, chances are a pork option is just fine too.

- Most Homemade Gourmet Mix recipes are based upon the use of our Pantry Staples and list Tablespoons (this may be an entire small mix or ½ package)
- These are just to help you with ideas – have fun! 😊

## **The Original Four Minute Meals (based upon our 4 Meals 4 Minutes Collection)**

### Grandmothers Sunday Roast

- 2 T of **Homemade Gourmet® Grandmothers Sunday Roast Seasoning**
- 1 can low-sodium cream of mushroom soup
- 1/2 can water or 1 can beer (stout beer is recommended)
- *Add veggies when you put into the crock pot or oven. Serve over rice or noodles.*

### Southwest Chicken

- 1-2 T of **Homemade Gourmet® Southwest Seasoning**
- 1 can of diced tomatoes with green chilis (regular or mild version or just plain no salt tomatoes is fine too)
- *Serve with a side of Spanish rice and steamed veggies or salad.*

### Garlic Basil Chicken

- 2 T of **Homemade Gourmet® Garlic Basil Seasoning**
- 1 can diced tomatoes
- *Serve over pasta with a side salad and a piece of garlic bread made with **Homemade Gourmet's® Basic Bread Mix** and two T of **Homemade Gourmet's® Garlic Basil Seasoning**.*

### Garlic Lemon Pork Chops

- 2 scoops of **Homemade Gourmet® Garlic Lemon Seasoning**
- 1 cup of chicken broth
- *Serve with a side of yellow rice and steamed veggies.*

## **Fall/Winter Favorites**

### Picante Chicken

- 2 scoops of **Homemade Gourmet® Chicken Enchilada Seasoning**
- 1 cup picante sauce – I use mild version. Medium version adds a little heat!
- 1 cup water
- *Serve over rice.*

### Garlic Lemon Chicken/Pork (variation)

- 3-4 T **Homemade Gourmet® Garlic Lemon Seasoning**
- ½ cup lemon juice
- ¼ cup molasses
- 1 tablespoon Worcestershire sauce
- 1 can chicken broth

- *Serve with baked new potatoes and steamed broccoli.*

### Balsamic Chicken

- 2 T **Homemade Gourmet® Garlic Basil Seasoning**
- ½ bottle balsamic vinaigrette salad dressing
- *Serve over pasta with mixed veggies.*

### Garlic Basil Sausage and Peppers

- 2 T **Homemade Gourmet® Garlic Basil Seasoning**
- 1 can diced tomatoes
- 1 bag frozen bell pepper strips and onions

### Hawaiian Chicken

- 3-4 scoops **Homemade Gourmet® BLT Seasoning**
- 2 tablespoons olive oil
- 1 cup sweet and sour sauce
- 4 dashes hot sauce (optional)
- *Serve with Homemade Gourmet's® Easy Fried Rice and steamed veggies.*

### Salsa Pork Chops

- **Homemade Gourmet®** Maria's Salsa (prepared)
- 8 oz. can crushed pineapple, undrained
- *Please note: This dish is **not** spicy! Serve with yellow rice.*

### Sherry Beef Tips

- 2 T **Homemade Gourmet® Grandmothers Sunday Roast Seasoning**
- 3 tablespoons butter or margarine
- 1 ½ cups cooking sherry
- 1 can cream of mushroom soup or beef broth
- *Add fresh mushrooms before cooking (optional). Serve over egg noodles.*

### Traditional Pot Roast

- 2-3 T **Homemade Gourmet® Grandmothers Sunday Roast Seasoning**
- 1 jar chili sauce
- 1 can beer
- 2-3 tablespoons Worcestershire sauce
- *Add potatoes, onion, carrots to pot before cooking.*

### Burgundy Beef Tips

- 2 T **Homemade Gourmet® Grandmothers Sunday Roast Seasoning**
- 1 can cream of mushroom soup
- ¾ cup burgundy cooking wine
- *Serve over egg noodles*

### Italian-Seasoned Chicken in Wine Sauce

- ¾ cup white wine
- 2 T **Homemade Gourmet® Garlic Lemon Seasoning**
- 1 cup cold water
- 5 T Homemade Gourmet® Home style Spaghetti Sauce Mix
- *If desired, add one large onion and bell pepper (chopped) and one pound fresh mushrooms before cooking. Serve over rice or couscous.*

### Italian Chicken

- 4 T **Homemade Gourmet® Home style Spaghetti Sauce Mix**
- 2 cans diced tomatoes
- *Serve with pasta.*

### Pork Chops with a Plum Glaze

- 2 T **Homemade Gourmet® Garlic Basil Seasoning**
- 1/3 cup plum preserves or jam
- *Serve with yellow or brown rice.*

### Chicken Tacos

- 4-6 T **Homemade Gourmet® Taco Soup Seasoning**
- 1 can diced tomatoes with green chilies
- *To serve shred chicken and put in taco shells with lettuce, cheese and salsa. Serve with Homemade Gourmet® Mexican Black Beans.*

### Pork Tenderloin/Chicken in Mushroom Sauce

- 2-3 T **Homemade Gourmet® Grandmother's Sunday Roast Seasoning**
- 1 can cream of mushroom soup
- 1 can French onion soup
- 1 4 oz. can sliced mushrooms - drained
- *Serve over rice or noodles or Homemade Gourmet's® Mom's Smashed Potato mix*

## **Spring/Summer Favorites**

### Southwest Summer Marinade

- 1-2 T **Homemade Gourmet® Southwest Seasoning**
- ¼ cup soy sauce
- ¼ cup Worcestershire sauce
- 2 tablespoons vegetable oil
- *Serve with mixed veggies. Shred leftovers and roll with rice and cheese in a tortilla for a great burrito!*

### Sweet Garlic Basil Chicken

- 1 T **Homemade Gourmet® Garlic Basil Seasoning**
- 1 cup apple juice
- *Dice and serve with pasta.*

### Kansas City BBQ with a "Pop"

- 3 T **Homemade Gourmet® Kansas City Rub Seasoning**
- 1 cup ketchup
- 1 cup cola
- *Serve with **Homemade Gourmet® Coleslaw Mix** and baked beans made Seasoned with brown sugar and **Homemade Gourmet® Bonnie's Blue Ribbon Chili Mix.***

#### Lemon Grilled Chicken or Pork

- 5 T or ½ package **Homemade Gourmet® Lemon Poppy Seed Seasoning**
- 2 tablespoons butter/margarine - melted
- ¼ cup water
- ½ cup vegetable oil
- ¼ cup vinegar
- *Serve with roasted potatoes made from **Homemade Gourmet® Italian Mozzarella Seasoning.** Leftovers are great over a green salad.*

#### Honey-Citrus Chicken or Pork

- 3 T **Homemade Gourmet® Cilantro Citrus Seasoning**
- ¼ cup honey
- ¼ cup orange juice
- *Dice leftovers and mix with mayonnaise for great chicken salad.*

#### Lemon Poppy Seed Chicken Marinade

- 4 T or ½ package **Homemade Gourmet® Lemon Poppy Seed Seasoning**
- ½ cup vegetable oil
- 1/3 cup lemon juice

#### Kansas City BBQ (variation)

- 3 T **Homemade Gourmet® Kansas City Rub Seasoning**
- 1 cup ketchup
- 1 cup water
- 1 tablespoon brown sugar

#### Tropical Garden Herb Chicken or Pork

- 2 T **Homemade Gourmet® Tropical Seasoning mix**
- 1 cup orange juice or pineapple juice
- *If using pineapple juice, add one can of pineapple tidbits.*
- Other liquid options are V-8 juice and chicken broth

#### Hot Chicken Subs

- 1 T **Homemade Gourmet® Garlic Basil Seasoning**
- 4 tablespoons vegetable oil
- 2 teaspoons red wine vinegar
- *Serve on sub buns with melted cheese and sautéed peppers and onions (optional).*

#### Garden Herb Chicken or Pork

- 2 T **Homemade Gourmet® Tropical Seasoning**
- ½ cup chicken broth

### Shrimp Scampi

- 1 pound frozen, clean, de-veined, shrimp
- 2 T **Homemade Gourmet® Garlic Basil Seasoning**
- *Sauté shrimp in hot skillet with olive oil. Toss and serve over pasta. Shrimp may also be placed on skewers for the grill!*

### Raspberry/Chipotle Chicken or Pork

- 1-2 T **Homemade Gourmet® Chipotle Rub** (1 is recommended for milder flavor)
- 1 jar raspberry preserves – I use sugar free
- ½ cup water
- *Kick this dish up a notch with another scoop of the Chipotle rub. Shred leftover chicken for chipotle enchiladas.*

### Kansas City Orange Chicken

- 2 T **Homemade Gourmet® Kansas City Rub**
- 1 jar orange marmalade
- *Serve this meal with Homemade Gourmet® Easy Fried Rice and Homemade Gourmet® Spice Dip carrots.*

### Southwest Steaks

- 4 T **Homemade Gourmet® Southwest Seasoning**
- ¼ cup vegetable or canola oil
- *Serve with Homemade Gourmet® Moms Smashed Potatoes, green beans seasoned with Homemade Gourmet® Garlic Lemon Seasoning and Homemade Gourmet® Texas Cornbread.*

### Garlic Lemon Salmon/Tilapia/Grouper

- 2-3 T **Homemade Gourmet® Garlic Lemon Seasoning**
- *Rub on salmon and place in your Ziploc® bag*
- *Serve with brown rice and steamed veggies*

### **Tips to Remember**

- Have fun – this is very easy!
- Make up your own recipes!
- Make a mental or written note of how much you have saved (time and money) with these meals – they can make a difference.
- Try your mixes on meat, veggies and starches such as potatoes and rice.
- Just because recipes are classified as fall/winter or spring/summer does not mean they can't be used all year long!

### **What do I do if I have a problem?**

**Call Me!**  
**Cheri Semple 317-485-8169 or**  
[\*\*hoosiergourmet@earthlink.net\*\*](mailto:hoosiergourmet@earthlink.net)

**The following recipes were taken from our up and coming  
Homemade Gourmet Recipe Database. Distributors will be using  
this resource from April 1 forward. Customers should be able to  
access by August, 2008. The database is great, you can re-size  
a recipe, see nutritional information, create your monthly  
planner. And, you can create your own menu and grocery list!**

### Apple Pecan Pork Chops

#### Ingredients

- 7 boneless pork chops
- 1 **Homemade Gourmet® Apple Pecan Vinaigrette Mix (Spring Summer mix)**
- 1/4 cup apple cider vinegar
- 3/4 cup canola oil

#### Directions

1. Place all ingredients into a gallon sized zip top freezer bag and SMOOSH. After labeling, Apple Pecan Pork Chops, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

### Asian Lemon Pork Tenderloin

#### Ingredients

- 3 pounds pork tenderloin
- 1 **Homemade Gourmet® Lemon Poppy Seed Dressing Mix**
- 1/3 cup honey
- 3 tablespoons soy sauce
- 1/2 cup ReaLemon® juice

#### Directions

1. Place tenderloin in crock pot. In small bowl, combine remaining ingredients and pour into crock pot.
2. Cook on low for 6 hours or until tenderloin is no longer pink in the center.
3. Slice into ½-inch thick pieces; drizzle with juices and serve.

## Asian Pork Tenderloin

### Ingredients

3 pounds	pork tenderloin
2 tablespoons	<b>Homemade Gourmet® Garlic Lemon Seasoning Mix*</b>
1/3 cup	honey
3 tablespoons	soy sauce
1/4 cup	water

### Directions

1. Lightly spray slow cooker with nonstick cooking spray. Place tenderloin in slow cooker.
2. In small bowl, combine remaining ingredients and pour over tenderloin.
3. Cook 6 hours on low.
4. Slice tenderloin into ½-inch thick pieces; drizzle with juices.

This is another great 4 meals in 4 minutes™ meal. Place all ingredients in a gallon sized zip top bag, SMOOSH and seal. After labeling, place in freezer until ready to use.

## Cajun Pork Chops

### Ingredients

6	pork chops
1	<b>Homemade Gourmet® Louisiana Gumbo Mix</b>
1 14.5 ounce can	low sodium chicken broth

### Directions

1. Place all ingredients into a gallon sized ziptop freezer bag and SMOOSH. After labeling, Cajun Pork Chops, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

GRILL: Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

You may substitute the pork chops with 3 pounds chicken breasts for a variation on this recipe.

## Caribbean Round Steak

### Ingredients

- 1 15.5-ounce can low salt diced tomatoes
- 3 pounds beef round steak
- 1 **Homemade Gourmet® Creamy Caribbean Cheese Ball Mix (spring summer mix)**

### Directions

1. Place all ingredients into a gallon sized zip top freezer bag and SMOOSH. After labeling, Caribbean Round Steak, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

## Cheesy Mexican Chicken

### Ingredients

- 4 tablespoons **Homemade Gourmet® Taco Soup Seasoning**
- 3/4 cup shredded Monterey Jack cheese
- 1 **Homemade Gourmet® Spanish Rice Mix, prepared**
- 3 pounds boneless skinless chicken breasts
- 1 10-ounce can diced tomatoes with green chilies

### Directions

1. Spray inside of slow cooker with non stick spray. Combine chicken, tomatoes and seasoning in a slow cooker. Cover and cook on high for 3 hours or until chicken is tender.
2. Turn off slow cooker, remove cover; top chicken with cheese and leave

in slow cooker for 5 minutes or until cheese is melted.

3. Approximately 30 minutes before the chicken has finished cooking, prepare Spanish rice according to package directions. Serve chicken over bed of Spanish rice.

Make this a 4 meals in 4 minutes™ recipe to fill your freezer. Simply combine all ingredients except cheese and rice into a gallon sized ziptop freezer bag, label and keep in your freezer until you are ready to cook.

## Chicken Enchilada Marinated Chicken

### Ingredients

3 tablespoons	<b>Homemade Gourmet® Chicken Enchilada Soup Mix</b>
2 tablespoons	oil
1/2 cup	water
3 pounds	boneless, skinless chicken breasts

### Directions

1. Place all ingredients in freezer bag. Securely close bag and SMOOSH to mix ingredients. If freezing, label bag as "Chicken Enchilada Marinated Chicken" with cooking instructions. Cook chicken according to desired cooking options.

Baking options: if frozen, thaw. Preheat oven to 350 degrees. Place chicken mixture in a greased 13x9x2 baking dish; cover and bake 1 hour or until chicken is no longer pink in center.

Grilling options: if frozen, thaw. Preheat grill to medium heat and lightly brush grate with oil. Remove chicken breasts from bag and discard marinade. Grill 10 minutes on each side or until chicken is no longer pink in center.

Slow Cooker options: if frozen, thaw enough to empty contents in slow cooker. Lightly spray slow cooker with nonstick cooking spray or line with a slow cooker liner. Pour contents of bag with 1 cup water in slow cooker. Cover and cook on low 4 hours or until chicken is no longer pink in center.

## Chinese Pepper Steak

### Ingredients

1-1/2 pounds	boneless beef round steak
1/2 cup	water
1 clove	garlic, minced
1	<b>Homemade Gourmet® Sesame-Ginger Stir-Fry Mix</b>
1 14.5-ounce can	diced tomatoes
2	of any color bell pepper, sliced
1 cup	fresh bean sprouts, optional
4	green onions, finely sliced
3 cups	hot cooked rice

### Directions

1. Trim fat from steak, cut into very thin strips. Combine steak, water, minced garlic, and mix in a slow cooker, cover and cook on low for 4 hours.
2. Turn control to high, add tomato and bell peppers, cover and cook 15 minutes.
3. Stir in sprouts, sprinkle with onions. Serve over rice.

Make it a 4 meals in 4 minutes™ meal: Combine steak, water, garlic and mix in a gallon sized zip top freezer bag and SMOOSH. After labeling, store in freezer until ready to cook.

## Chipotle Rub – Pork, Chicken or Steak

### Ingredients

1	Chipotle Steakhouse Rub Mix
1/2 cup	vegetable or canola oil ( for marinade) you can use 1/2 can of chicken broth
3 pounds	boneless, skinless breast, pork or steak of choice

### Directions

For Rub: Shake the rub over the entire surface of the meat; pat on.  
For Marinade: Place Mix, oil, and meat in zip top freezer bag. Close bag securely and squeeze bag to mix ingredients thoroughly. Marinate 2 hours or overnight in refrigerator, or label and freeze until needed. Remove meat from bag and discard marinade.

1. Prepare meat according to desired preparation. Preheat grill to medium heat and lightly brush grate with oil.
2. Grill chicken breast or pork for 10 minutes or until meat is no longer pink in the center. Grill steaks for 5-10 minutes or until desired level of doneness is achieved.

## Chipotle Raspberry Pork Tenderloin

### Ingredients

- |                |   |
|----------------|---|
| 1              | Homemade Gourmet® Chipotle Steakhouse Rub Mix |
| 1 10-ounce jar | jar raspberry preserves                       |
| 1/2 cup        | water   |
| 3 pounds       | boneless pork tenderloin                      |

### Directions

1. In bowl, combine chipotle mix, preserves, and water; stir until well blended.
2. Lightly spray slow cooker with nonstick cooking spray or line with a slow cooker liner. Add meat and cover with chipotle mixture.
3. Cook on low for 4 hours or until tender.

Make this a 4 meals in 4 minutes™ recipe to fill your freezer! Add all ingredients into a gallon sized zip top freezer bag and label Chipotle Raspberry Pork Tenderloin and freeze until you are ready to pop in the slow cooker.

## Cilantro Citrus Chicken

### Ingredients

- |               |   |
|---------------|---|
| 6             | boneless, skinless chicken breast (3 pounds)    |
| 4 tablespoons | Homemade Gourmet® Cilantro Citrus Seasoning Mix |
| 1 16-ounce    | can pineapple chunks, undrained                 |
| 2 tablespoons | honey   |

### Directions

1. Place all ingredients into freezer bag. Seal and SMOOSH! Before freezing, label as Cilantro Citrus Chicken and list cooking options. You may substitute the chicken with 3 pounds Pork Chops or Fish for a variation on this recipe. Make all three and fill your freezer quick and easy.

Bake: Thaw and bake (covered) at 350 degrees for 1 hour.  
Grill: Thaw and Grill

Slow Cook: Defrost enough to empty contents into slow cooker and cook on low 4 – 6 hours.

## Creamy Tortilla Chicken

### Ingredients

- 2 lbs skinless boneless chicken strips
- 1 10 oz. can cream of chicken
- 1 10 ounce can water
- 7 tablespoons Homemade Gourmet® Tortilla Soup Seasoning

### Directions

1. In a bowl, mix together all ingredients but chicken, spray slow cooker with nonstick cooking spray.
2. Add chicken to mix and pour into slow cooker.
3. Cook on low approximately 4 hours. (If you use chicken breasts for this recipe, increase cooking time to 6-8 hours on low or 4-6 hours on high.

Make this a 4 meals in 4 minutes™ meal! Combine all ingredients into a gallon sized ziptop freezer bag, SMOOSH and label. Store in freezer until you are ready to cook.

BAKE: If you choose to bake this meal, pour combined ingredients into a large baking dish; cover and cook at 350 degrees for 30 minutes (longer if you use breasts) or until meat juices run clear.

## Enchilada Chicken

### Ingredients

- 6 boneless, skinless chicken breast 3 pounds
- 6 Tablespoons Homemade Gourmet® Chicken Enchilada Seasoning
- 1 10-ounce can diced tomatoes with green chilies, undrained. You can substitute plain diced tomatoes for a milder version
- 1 gallon sized zipper freezer bag

### Directions

This is another great 4 meals in 4 minutes™ recipe. Place all ingredients into the freezer bag. Seal and SMOOSH!! Before freezing, label as Enchilada Chicken and list cooking options:

BAKE: Defrost and place entire contents of bag into 13x9x2 baking dish;

cover. Bake at 350 degrees for 45-50 minutes or until juices run clear.

**SLOW COOKER:** Defrost and place entire contents of bag into slow cooker. Cook on high 4-6 hours or low 6-8 hours.

**GRILL:** Defrost and discard marinade. Preheat grill to medium high heat and grill 5-10 minutes per side until done and juices run clear.

You may substitute the chicken with 3 pounds pork chops for a variation on this recipe.

### Herbed Turkey Breast

#### Ingredients

- 1-1/2 pounds boneless turkey breast, defrosted and rinsed
- 2 tablespoons butter or margarine, melted
- 1/4 cup water
- 2 tablespoons **Homemade Gourmet® Garlic Lemon Seasoning Mix**

#### Directions

1. Remove and discard skin from turkey breast.
2. Place turkey breast in zip top bag and add butter, water, and seasoning. Close bag securely and **SMOOSH** bag to mix ingredients thoroughly. Marinate 2 hours in refrigerator or label and freeze until ready to use.

**BAKE:** Preheat oven to 350 degrees. Remove turkey from bag and discard marinade. Place turkey in a greased 9x9 baking dish. Cover and bake 45 minutes or until juices run clear and fork tender.

**SLOW COOKER:** Pour meat and marinade into slow cooker. Cook on high for 2-3 hours or on low for 4-6 hours.

### Hot Asian Pork Tenderloin

#### Ingredients

- 2 **T **Homemade Gourmet® Garlic Lemon Seasoning****
- 2 Tablespoons ****Homemade Gourmet® Chipotle Steakhouse Rub Seasoning****
- 1 Tablespoon Chili Powder
- 1 Can Chunk Pineapple
- 1/2 Cup Apricot Marmalade

### **Directions**

1 Place all ingredients into a gallon sized zipped top freezer bag and SMOOSH until blended completely. This can be labeled and placed in the freezer until ready to use.

Bake: Place meat and marinade into large baking dish and cover. Cook at 250 degrees till done. About 3 hours.

Slow Cook: Place all ingredients in slow cooker and cook on high for 4 hours or on low for 6-8 hours.

### Italian Mozzarella Chicken

#### **Ingredients**

- 6 boneless skinless chicken breast or pork chops
- 1 10.75-ounce can cream of onion soup
- 3 T of **Homemade Gourmet® Italian Mozzarella Seasoning** Mix
- 1 10.75-ounce can cream of chicken soup

### **Directions**

1. Place all ingredients into a gallon sized zip top freezer bags and SMOOSH until all ingredients are blended. Once labeled, this meal can be frozen until ready to use.

BAKE: Place meat and marinade into large baking dish and cover. Bake at 350 degrees for 45 minutes or until juices run clear.

SLOW COOKER: Pour meat and marinade in slow cooker and cook on high for 4 hours or on low 6-8 hours.

Serve over rice or pasta with some Mozzarella cheese on top or Parmesan. Yummy!!!!

### Italian Pear Chicken

#### **Ingredients**

- 8 boneless, skinless chicken breast
- 4 tablespoons Homemade Gourmet® Garlic Basil Seasoning

- 1 24-ounce can pear halves with juice, undrained

### **Directions**

1. Place all ingredients into the freezer bag. Seal and SMOOSH! Before freezing, label as Italian Pear Chicken and list cooking options:

**BAKE:** Preheat oven to 350 degrees. Defrost and place entire contents in a baking dish. Cover and bake for 45 minutes or until chicken juices run clear.

**SLOW COOKER:** Defrost and place entire contents in slow cooker. Cook on high 4-6 hours or low 6-8 hours.

+ You may substitute the chicken with 6-8 pork chops for a variation on this recipe... make both and fill your freezer twice as fast!

## Italian Slow Cooker Chicken

### **Ingredients**

- |     |  |
|-----|--|
| 1   | <b>Homemade Gourmet® Homestyle Spaghetti Sauce Mix</b> |
| 2   | 14.5-ounce cans diced tomatoes                         |
| 3   | pounds boneless, skinless chicken breasts (6 breasts)  |
| 1   | cup mozzarella cheese, shredded                        |
| 1/2 | cup parmesan cheese, shredded                          |
|     | Cooked rice or pasta                                   |

### **Directions**

1. Combine first three items in a slow cooker and cook on high for 2 ½ to 3 hours.
2. Serve over rice or pasta with cheeses sprinkled on top.

For a 4 meals in 4 minutes™ recipe, simply combine the first three ingredients in a gallon sized freezer bag and SMOOSH to combine. Label the bag Italian Slow Cooker Chicken and tuck away in your freezer until you are ready for the meal to be popped into the slow cooker.

## Orange BBQ Chicken

### Ingredients

3 pounds	boneless, skinless chicken breasts
4 tablespoons	<b>Homemade Gourmet® Kansas City Rub</b>
2 cups	orange juice

### Directions

Place all ingredients into a gallon sized zip top freezer bag and SMOOSH. After labeling, Orange BBQ Chicken, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

2. + You may substitute the chicken with 3 pounds pork chops for a variation on this recipe... Make both and fill your freezer quick and easy!

## Orange Vinaigrette Chicken

### Ingredients

6	boneless, skinless, chicken breast (3 pounds)
1	<b>Homemade Gourmet® Orange Vinaigrette</b> , prepared (use half)

### Directions

This is a 4 meals in 4 minutes™ meal!

Place all ingredients into the freezer bag. Seal and SMOOSH! Before freezing, label as Orange Vinaigrette Chicken and list cooking Options.

1. Bake: Thaw and empty entire contents of bag into baking dish. Bake (covered) at 350 degrees for 1 hour.
2. Grill: Thaw and Grill over medium high heat. Discard marinade.
3. Slow Cook: Defrost enough to empty contents into slow cooker and cook on low for 4- 6 hours.

## Peachy Chicken Thighs

### Ingredients

8	boneless, skinless chicken thighs
4 tablespoons	<b>Homemade Gourmet® Spiced Dip</b>
1 24-ounce can	peach halves with juice, undrained
1/4 cup	lemon juice
1 gallon	sized zipper freezer bag

### Directions

This is another great 4 meals in 4 minutes™ meal!

1. Place all ingredients into the freezer bag. Seal and SMOOSH! Before freezing, label Peachy Chicken Thighs and list cooking options:

**BAKE:** Defrost and place entire contents of bag into 13x9x2 baking dish; cover. Bake at 350 degrees for 45-50 minutes or until juices run clear.

**SLOW COOKER:** Defrost and place entire contents of bag into slow cooker. Cook 4-6 hours on high or 6-8 hours on low.

**GRILL:** Defrost and discard marinade. Preheat grill to medium high heat. Grill chicken for 5-10 minutes per side until done and juices run clear.

+ You may substitute the chicken with 6-8 pork chops for a variation on this recipe... make both and fill your freezer twice as fast!

## Pineapple Lemon Chicken

### Ingredients

- 8 boneless, skinless chicken breast
- 4 tablespoons **Homemade Gourmet® Garlic Lemon Seasoning**
- 2 cups pineapple juice

### Directions

1. Place all ingredients into a gallon sized zip top freezer bag and SMOOSH. After labeling, Pineapple Lemon Chicken, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

2. + You may substitute pork chops for the chicken for a variation on this recipe... make both and fill your freezer quick and easy!

## Pork Roast

### Ingredients

- 4 pounds pork roast
- 4 cups water
- 6-8 tablespoons **Homemade Gourmet® Grandmothers Sunday Roast Seasoning**

### Directions

1. Place roast, water and seasoning in 13x9x2 baking dish or Dutch oven. Cover pan and cook at 325° for 4 hours.
2. Slice and serve hot.

Slow Cooker Option: Place all ingredients in slow cooker and cook on high for 4-6 hours or on low for 6-8 hours.

Make it a 4 meals in 4 minutes™ recipe! Add all ingredients in a gallon sized zip top freezer bag, seal and SMOOSH! After labeling, place in freezer until you are ready to cook.

## Santa Fe Chicken

### Ingredients

- 6 chicken breasts, boneless skinless
- 1 cup **Homemade Gourmet® Maria's Salsa Mix, prepared**
- 1 can black beans, drained
- 1 can Mexi-corn, drained
- 1 10.5-ounce can tomatoes with green chilies
- 8 ounces cream cheese, cut in cubes

### Directions

. Combine all ingredients, except cream cheese in a gallon sized zip top freezer bag. After labeled, this meal can be frozen until your are ready to cook.

**BAKE:** Pour meat and marinade into a large baking dish and cover. Bake at 350 degrees for 35 minutes. Stir in cubed cream cheese and cook an additional 15 minutes or until chicken juices run clear.

**SLOW COOKER:** Pour meat and marinade into slow cooker. Cook on high for 2-3 hours or on low 5-7 hours. Then add the 8 ounces of cream cheese cut into cubes. Cook one more hour.

## Slow Cooker Meatloaf

### Ingredients

- 3 pounds ground beef
- 10 tablespoons **Homemade Gourmet® Old Fashioned Meatloaf Mix (or one package)**

1 egg  
1/4 cup ketchup or barbeque sauce  
1 slow cooker liner  
1 gallon sized zipper freezer bag

### **Directions**

1. Fully defrost meat. Place all ingredients in slow cooker bag and SMOOSH!
2. Place slow cooker bag in slow cooker and shape meat around bottom of slow cooker. Cook on high for 4 hours or low 8 hours.

Make this a 4 meals in 4 minutes™ meal. Place all ingredients in slow cooker bag and SMOOSH. Secure liner bag and place inside freezer bag, labeled Meatloaf with cooking options. Seal and freeze. Now it will be ready whenever you have a Meatloaf craving.

## Soft Fajita Tacos

### **Ingredients**

1-1/2 pounds beef or chicken fajita meat  
1 12-16 ounce package frozen Mexican corn with peppers and onions  
2 tablespoons oil  
1 tablespoon **Homemade Gourmet® Southwest Seasoning**  
6 large flour tortillas  
sour cream, optional  
shredded cheddar cheese, optional  
salsa, optional

### **Directions**

1. Place meat, oil frozen vegetables and seasoning in gallon sized ziptop freezer bag and SMOOSH the ingredients together. Label the outside Fajita Tacos. Freeze until needed.

This is a 4 meals in 4 minutes™ meal.

Slow Cooker: Defrost and place entire contents of bag into slow cooker and cook on high for 4 hours.

Stovetop: Defrost and place entire contents of bag into large skillet

or wok. Cook on medium high heat until meat is cooked through and vegetables are tender.

Spoon cooked fajitas into tortillas and top with cheese, sour cream and salsa. Also great served over rice.

## Spicy Tropical Round Steak

### Ingredients

3 pounds round steak  
2-4 tablespoons **Homemade Gourmet® Southwest Seasoning**  
2 15.25 -ounce cans tropical fruit juice

### Directions

1. Place all ingredients into a gallon sized zip top freezer bag and SMOOSH. After labeling, Apple Pecan Pork Chops, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

+ You may substitute 6-8 chicken breasts for a variation on this recipe... make both and fill your freezer twice as fast!

## Stroganoff Made Easy

### Ingredients

2-3 tablespoons **Homemade Gourmet® Grandmother's Sunday Roast Seasoning**  
1 cup water  
2 tablespoons flour

- 1 8-ounce carton sliced fresh mushrooms
- 1 8-ounce carton sour cream
- 1 12-ounce package noodles, prepared according to package directions
- 2 pound round steak, sliced in 3" lengths or cubed from leftover roast

 **Directions**

1. Place meat in a slow cooker. In a small bowl, combine all ingredients except sour cream and noodles; stir until well blended.
2. Pour mixture over meat and cook on high for 4 -5 hours or on low for 8 hours. During the last 1/2 to 1 hour of cooking time, stir in the sour cream.
3. Serve over cooked noodles.

Make this a 4 meals in 4 minutes™ meal. Place all ingredients, except sour cream and noodles in a gallon sized ziptop freezer bag, SMOOSH, and label Stroganoff Made Easy. Place in the freezer until ready to cook.

[Tangy Tejano Chicken](#)

**Ingredients**

- 5 pounds pork tenderloin (or two smaller size)
- 4 tablespoons **Homemade Gourmet® Chicken Enchilada Seasoning**
- 2 cups orange juice
- 1 4- ounce can dived green chilies, undrained

 **Directions**

1. Place all ingredients into a gallon sized ziptop freezer bag and SMOOSH. After labeling, Tangy Tejano Pork Tenderloin, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

2. + You may substitute with 3 pounds of chicken or pork chops for a variation on this recipe... make all three and fill your freezer twice as fast!

## Taco Roast

### Ingredients

5 pounds rump roast  
4 tablespoons **Homemade Gourmet® Taco Soup Seasoning**  
2 cups tomato juice

### Directions

1. Place all ingredients into a gallon sized zip top freezer bag and SMOOSH. After labeling, Taco Roast, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.

2. + You may substitute the roast with 3 pounds of chicken for a variation on this recipe. Make both and fill your freezer quick and easy!

## Teriyaki Chicken

## Ingredients

- 1 14.5-ounce can reduced sodium vegetable broth
- 6 boneless, skinless chicken breasts or thighs
- 1 **Homemade Gourmet® Teriyaki Mix (I use ½ package for this meal)**

## Directions

1. Place all ingredients into a gallon sized ziptop freezer bag and SMOOSH. After labeling, Teriyaki Chicken, freeze until the day of cooking. This is a 4 meals in 4 minutes™ recipe, so your cooking options are:

**BAKE:** Thaw meat and marinade. Preheat oven to 350 degrees. Pour entire contents of bag into baking dish and cover. Bake approximately 40 minutes or until steak has reached desired doneness.

**SLOW COOKER:** Thaw until meal can slide out of bag. Place entire contents of bag into slow cooker. Cook on high for 4-6 hours or on low 6-8 hours.

**GRILL:** Thaw and discard marinade. Preheat grill to medium high heat. Place meat on grill and cook about 3-5 minutes per side depending on desired doneness.