

The background is a solid mustard yellow color, decorated with a detailed black line-art pattern of various flowers and foliage. The pattern includes large daisies, smaller five-petaled flowers, and various leaves and stems, creating a dense, garden-like feel. At the top and bottom of the page, there are decorative dark blue scalloped borders.

Freezer Cooking **RECIPES** by Ashley Buffa



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BARBEQUE SHORT RIBS

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by Ashley Buffa

Ingredients

- 4 pounds pork short ribs
- 2 tablespoons minced garlic
- 2 cups bottled barbecue sauce

Meat Rub

- 2 tablespoons salt
- 2 tablespoons garlic powder
- 2 tablespoons smoked paprika
- 1 tablespoon onion powder
- 1 teaspoon chili powder

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. In a small bowl, combine all ingredients for meat rub.
2. Pour into pie pan (or other shallow dish).
3. Dip each piece of pork in rub to coat, then place in gallon-sized freezer bag or other baking dish.
4. Combine barbecue sauce and garlic.
5. Pour half over ribs.
6. Place the other half in a separate bag.
7. Freeze.

To Cook

1. Thaw in fridge overnight.
2. Place ribs in slow cooker.
3. Cook on low for 6-8 hours until meat is falling off bone.
4. Add rest of the barbecue sauce.
5. Serve as is, or shred meat for pork sliders.



BUFFALO CHICKEN CHILI

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by Ashley Buffa

Ingredients

- 4 large boneless, skinless chicken breasts
- 2 tablespoons oil
- 2 - 15 oz canned white navy beans
- 14.5 oz can diced tomatoes
- 2 cups chicken broth
- 1/4 cup Franks Red Hot Sauce
- 1 package ranch dressing mix
- 1 cup frozen corn kernels
- 1 teaspoon garlic salt
- 1/2 teaspoon celery salt
- 8 oz cream cheese

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. Chop the chicken into bite size pieces and cook in frying pan until cooked through.
2. Set aside to cool.
3. Add the following ingredients directly to gallon sized freezer bag or freezer container: Navy beans (drained and rinsed), diced tomatoes, chicken broth, Franks Red Hot Sauce, corn, garlic salt, celery salt
4. Once chicken is cooled, add it to container.
5. Thaw overnight in refrigerator.
6. Place in slow cooker.
7. Add in ranch dressing mix and cream cheese.
8. Cook on low for 4-6 hours or on high for 2 hours.
9. Serve with chips, cheese, sour cream, and cilantro.

Note: If using freezer bag, freeze it flat on a cookie sheet. It takes up less space, makes it easier to store, and thaws faster.



CILANTRO LIME CHICKEN

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by Ashley Buffa

Ingredients

- 6 boneless, skinless chicken breasts
- 2 tablespoons oil
- 4 tablespoons minced garlic
- 1 teaspoon garlic salt
- ½ teaspoon cumin
- ⅛ teaspoon ground pepper
- 3 limes (more for serving day)
- 1/2 bunch cilantro, chopped

For Serving Day

1 bunch cilantro, 4-6 limes, and 2 tablespoons oil

Note: If using a freezer bag, freeze it flat on a cookie sheet. It takes up less space, makes it easier to store, and thaws faster.

Directions

1. Cut chicken breasts in half so they aren't so thick (you may want to pound them a bit to flatten them).
2. Place in freezer bag or freezer container.
3. In small bowl, combine oil, garlic, garlic salt, cumin, pepper, and chopped cilantro.
4. Add the juice from the limes and mix well.
5. Pour mixture over chicken breasts in freezer container.
6. The meat will marinate and the flavors will blend while in the freezer and during thawing.

Serving Day

Thaw in fridge overnight. Preheat oven to 425 degrees F. In large skillet or cast iron, heat 2 tablespoons oil. Sear both sides of chicken breast. Place seared chicken in large baking dish and cook for 10-12 minutes or until meat is no longer pink and has internal temperature of 165 degrees. Garnish with limes and fresh cilantro. Perfect served with rice or potatoes.

PREPARATION: 10MIN COOKING: 10MIN READY IN: 20MIN



CHILI VERDE SOUP

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by Ashley Buffa

Ingredients

- 2 pounds boneless pork ribs
- 2 tablespoons cooking oil 1 cup diced onion
- 2 cups chicken broth
- 2 teaspoons garlic salt
- 1/2 teaspoon celery salt
- 1 tablespoon cornstarch
- 1 tablespoon cumin
- 4 tablespoons chopped cilantro
- 1/2 tablespoon chili powder
- 1 16 ounce jar salsa verde
- 4 ounces can diced green chiles
- 2 cans white beans rinsed and drained

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. Cut pork into bite sized pieces.
2. Cook pork in vegetable oil and drain.
3. Set aside to cool.
4. In gallon sized freezer bag or freezer container, add all other ingredients.
5. When pork is cool, add to freezer container.

Cooking Day

Thaw overnight in refrigerator. Add to slow cook and cook on low for 4-6 hours. Serve with cheese, sour cream, chips and/or flour tortillas.

Note: If using a freezer bag, freeze it flat on a cookie sheet. It takes up less space, makes it easier to store, and thaws faster.

A top-down view of a light blue ceramic bowl filled with a meal. On the right side of the bowl is a portion of beef in a dark, glossy sauce, topped with white sesame seeds. To the left of the beef is a serving of steamed broccoli florets and small, diced red bell peppers. The bowl sits on a light-colored bamboo placemat. A blue cloth is partially visible on the right edge of the frame.

GINGER SESAME BEEF

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by Ashley Buffa

Ingredients

- 3-4 pound chuck roast
- 1 ½ cups water
- 1 cup chopped scallions
- ⅓ cup soy sauce 1 tablespoon beef soup base
- 3 teaspoons ground ginger
- 1 tablespoon minced garlic

For Cooking Day

1 tablespoon cornstarch

2 tablespoons sesame seeds

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. Cut beef into 3 or 4 pieces.
2. Place in gallon sized freezer bag (or freezer container).
3. Add all other ingredients to bag (except cornstarch and sesame seeds).
4. If using freezer bag, freeze it flat on a cookie sheet. It takes up less space, makes it easier to store, and thaws faster.

Cooking Day

Thaw in fridge overnight. Place in slow cooker and cook on low for 5-6 hours until beef is tender and easy to shred. Add cornstarch and turn on high for 15 minutes, or until sauce thickens. Remove from slow cooker and sprinkle with sesame seeds. Serve over rice.



JALAPENO POPPER MEATBALLS

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by Ashley Buffa

Ingredients

- 2 pounds ground beef
- 2 teaspoons garlic salt
- ½ teaspoon onion powder
- ¼ teaspoon pepper

Jalapeno Filling

- 1 8 ounce package cream cheese (softened)
- 4 jalapeno peppers
- 6 strips thick cut bacon

Directions

1. Combine ground beef, garlic salt, onion powder, and pepper.
2. Mix well (use your hands or stand mixer).
3. Set aside.

Reminder:

Be careful with jalapenos. Wear disposable gloves and thoroughly wash any surface they have touched. Slice jalapeno peppers in half, lengthwise. Remove seeds and stem. Dice. Cook bacon strips until they are slightly underdone (not crispy). Cool and crumble. Add peppers and bacon to cream cheese. Lay out a sheet of wax paper and place the cream cheese in the middle in a 1-inch wide strip. Roll into log and refrigerate for 10-15 minutes. Roll meat mixture into 24 uniformly-sized balls. Remove cream cheese mixture from refrigerator and slice into 24 pieces. Poke a hole in each meatball and insert cream cheese mixture. Roll a few more times to seal up edge. Freeze on cookie sheet covered with wax paper for 2 hours (or overnight). Once frozen, place in gallon-sized freezer bag until ready to use.

Cooking Day

There is no need to thaw these ahead of time. Preheat oven to 425 degrees and place frozen meatballs in baking dish. Bake for 15-18 minutes.

PREPARATION: 10MIN COOKING: 10MIN READY IN: 20MIN



ORANGE CHICKEN

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by Ashley Buffa

Ingredients

- 2 pounds boneless, skinless chicken breast, cubed
- 1 tsp sesame oil
- 6 tbsp rice vinegar
- 6 tbsp soy sauce
- 1/4 cup hoisin sauce
- 4 tbsp brown sugar
- 2 tbsp cornstarch
- 1/4 tsp ground ginger
- 2 tablespoon garlic
- 2 tablespoons sriracha sauce
- 1/4 tsp red pepper flakes

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

For Serving Day

Sesame seeds

1 chopped green onion

Place cubed chicken in bottom of gallon freezer bag or freezer container. In large bowl, combine the rest of the ingredients with a whisk. Freeze.

Note: If using freezer bag, freeze it flat on a cookie sheet. It takes up less space, makes it easier to store, and thaws faster.

To Cook

1. Thaw overnight in refrigerator.
2. Pour into slow cooker and cook 4-6 hours until chicken is cooked through (internal temperature at least 165 degrees).
3. Garnish with sesame seeds and green onion.
4. Serve over rice.



RAVIOLI LASAGNA

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by Ashley Buffa

Ingredients

- 1 pound ground beef
- 1 28 ounce jar marinara sauce
- 20-25 ounces ravioli, fresh or frozen
- 15 ounce container ricotta cheese
- 3 cups shredded mozzarella, divided
- 1 tablespoon garlic salt

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. Cook ground beef in large skillet.
2. Drain and set aside to cool.
3. Combine ricotta cheese, 2 cups mozzarella, and garlic salt.
4. Spread $\frac{1}{4}$ cup marinara sauce on the bottom of a 9x13 pan.
5. In large, bowl combine remaining marinara sauce and meat.
6. Layer $\frac{1}{2}$ the ravioli on bottom of pan, already coated in marinara sauce.
7. Layer on $\frac{1}{2}$ the cheese mixture.
8. Layer on $\frac{1}{2}$ marinara sauce/meat mixture.
9. Repeat layers (ravioli, cheese, sauce).
10. Cover top layer with remaining mozzarella.
11. Cover with foil and freeze.

To Cook

1. Thaw in fridge overnight. Preheat oven to 375 degrees. Bake covered for 45 minutes. Remove foil and bake uncovered for an additional 15 minutes or until the cheese is melted and the sauce is bubbly. Serve with garlic bread and salad

A top-down view of a white plate containing a meal. On the left is a mound of white rice. In the center and right is a serving of teriyaki chicken, consisting of bite-sized pieces of chicken coated in a dark, glossy sauce. To the right of the chicken is a mix of stir-fried vegetables, including sliced carrots, broccoli florets, green snap peas, and a small portion of purple cabbage. The plate is set on a light-colored, textured placemat.

TERIYAKI CHICKEN

TERIYAKI CHICKEN

by Ashley Buffa

Ingredients

- 4 boneless, skinless chicken breasts
- ½ cup soy sauce
- ½ cup brown sugar
- ⅛ cup red wine vinegar
- ½ tablespoon vegetable oil
- 2 teaspoons minced garlic
- 2 teaspoons cornstarch
- 1 ½ teaspoons ground ginger
- 2 teaspoons sriracha sauce

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. Chop chicken into bite sized pieces.
2. In large pan, cook chicken breasts in vegetable oil.
3. Set aside to cool.
4. In a gallon sized freezer bag (or freezer container) add all other ingredients.
5. Once chicken is cool, add to bag.

Note: If using a freezer bag, freeze it flat on a cookie sheet. It takes up less space, makes it easier to store, and thaws faster.

To Cook

Thaw overnight in refrigerator. Heat on stovetop until sauce thickens slightly. Serve over rice.



FREEZER TACO BAKE

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by Ashley Buffa

Ingredients

- 2 pounds ground beef
- 1 package taco seasoning
- 2 cans black beans
- 2 cups corn
- 2 cans diced tomatoes
- 2 cups grated cheddar cheese
- 1 bag tortilla chips

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

1. Cook ground beef in frying pan, drain if necessary.
2. Add taco seasoning.
3. Rinse and drain black beans.
4. In large bowl, combine seasoned ground beef, black beans, corn, tomatoes, and ½ the grated cheddar.
5. Cover the bottom of 9x13 baking dish (or two smaller dishes) with crushed tortilla chips.
6. Add meat mixture, then one more layer of chips.
7. Top it off with the rest of the grated cheddar.
8. Cover with foil and freeze.

Cooking Day

Thaw in refrigerator overnight. Preheat oven to 375 degrees. Bake for 45 minutes, or until it is heated through. Serve with rice or extra chips. Garnish with sour cream, guacamole, salsa, and cilantro.