

FREEZE-IT CONTAINERS CAPACITY AND DIMENSIONS

Freeze-It Plus **Small Container**: 1½ cup - 5 x 4¾ x 2"

Freeze-It Plus **Medium Shallow Rectangular Container**: 2½ cup - 9 x 5 x 1½"

Freeze-It Plus **Small Deep Square Container**: 3½ cup - 5 x 4¾ x 3½"

Freeze-It **Medium Rectangular Container**: 5 cup - 9 X 5½ X 2½"

Freeze-It Plus **Medium Deep Container**: 6 cup - 5 x 4¾ x 6"

Freeze-It Plus **Medium Deep Rectangular Container**: 3 quart - 9 x 5 x 5½"

Freeze-It Plus **Extra Large Square Container**: 6 quart - 11 x 9¾ x 5"



BAKED ZITI WITH SPINACH & GOAT CHEESE

- 8 oz. ziti, rigatoni, or penne
- 2 cups fresh spinach leaves, packed
- 1 cup shredded part-skim mozzarella
- ¼ cup asiago cheese, grated
- 1½ cups half and half
- 2 cloves garlic, peeled
- 1 tsp. Italian seasoning
- 1 tsp. salt
- ½ tsp. Black pepper
- ½ cup Goat cheese, crumbled



1. In the base of the Power Chef with blade attachment add spinach leaves and garlic cloves. Put the lid on and then pull cord to chop until it's as coarse chopped. Pour the spinach into your mixing bowl.
2. Place mixing bowl under Grate Master. Place mozzarella into the Grate Master hopper, and turn handle to grate mozzarella cheese into your bowl.
3. Add to the bowl, asiago cheese, Italian seasoning, salt, pepper, cooked rigatoni, and half and half to mixing bowl. Stir to combine.
4. Pour mixture into Freeze It Container, then top with crumbled goat cheese. Seal and label for freezing.
5. To cook, thaw, pour into an Ultrapro bakeware. Bake uncovered 25-30 minutes or until bubbly.
6. Allow to rest 5 minutes before serving.

FREEZE-IT CONTAINER FREEZER MEAL RECIPES

7. Baked Ziti with Spinach & Goat Cheese
8. Beef Stew
9. Breakfast Burrito
10. Breakfast Sandwich
11. Cilantro Lime Chicken Tacos or Nachos
12. Cranberry Dijon Pork Tenderloin
13. Croissant Sandwich
14. French Toast Sticks
15. Lentil Soup
16. Mongolian Beef
17. Salsa Chicken
18. Shrimp Stir Fry
19. Tandoori Chicken

BEEF STEW



- 1½ lbs. beef chuck, fat trimmed, cut in chunks
- 2 Tbsp. cornstarch in 2 Tbsp. water
- 1 medium onion, sliced thinly
- 4 stalks celery, sliced diagonally
- 4 carrots, sliced diagonally
- 1 teaspoons salt
- 1 bay leaf
- 2 baking potatoes, peeled and cut into ¾" cubes
- 1 tsp. sugar
- ½ cup tomato juice
- 2 cups beef broth

1. In the base 3 quart Freeze-It container, add all ingredients.
2. Label and place in the freezer.
3. To cook: thaw and place in the Microwave Pressure Cooker, cover and lock to seal.
4. Microwave for 20-25 minutes.
5. Allow to depressurize naturally.

BREAKFAST SANDWICH

4 English muffins
4 eggs or 1½ cup liquid egg whites
4 slices desired cheese
4 pieces desired breakfast meat
(Canadian bacon, sausage, bacon)



1. Cut muffins in half and toast them in toaster until lightly browned.
2. If using whole egg, add 3 Tbsp water into each Breakfast Maker insert, then add egg, cover. Microwave on high power for 50 –70 seconds, depending on microwave wattage and desired doneness of egg yolk.
3. If using egg whites pour ¼ cup of egg whites into Breakfast Maker insert and microwave at 70% power 3–4 minutes or until egg white is cooked through.
4. Allow both muffin and egg or egg whites to cool.
5. Place egg or egg white on half of English muffin. Add cheese and meat, then top with remaining muffin half. Repeat for each sandwich.
6. Place in Freeze It container until needed (up to one month).

To Reheat:

1. Place sandwiches in Microwave Breakfast Maker and cover.
2. Microwave on high power two minutes, flip and microwave on high power one minute longer.
3. Remove sandwiches from Microwave Breakfast Maker to towel to absorb any excess moisture. Serve immediately.

CILANTRO LIME CHICKEN TACOS OR NACHOS

1½ pounds chicken breasts
salt and pepper
1 tsp. cumin
Juice from 2 limes
1 bunch fresh cilantro, chopped
1 (16 oz) bag frozen corn (or once can of corn, drained)
½ red onion, finely chopped
2 garlic cloves, minced
1 can black beans, drained and rinsed

Serving

Whole wheat tortillas or tortilla chips, for serving
Your favorite Mexican toppings, for serving (i.e. cheddar cheese, sour cream, guacamole, salsa, lettuce, and chopped tomatoes).



1. Season chicken with salt, pepper and cumin, place in the Freeze It Container, add lime juice, cilantro, corn, onion, garlic and black beans. Seal and freeze.
2. To Cook, thaw and place in slow cooker on LOW for 2½ – 3½ hours or in the Microwave Pressure cooker with 1 cup of chicken broth for 20 minutes.
3. Shred the chicken with two forks and stir back into the slow cooker. Taste and season with salt and pepper, to your preference.
4. Serve chicken with tortillas and toppings, such as with cheddar cheese, sour cream, guacamole, salsa, and lettuce.
5. Or to make nachos, spread chicken out over tortilla chips, top with cheese, and bake at 350°F for about 10 minutes (until cheese is melted).

BREAKFAST BURRITO

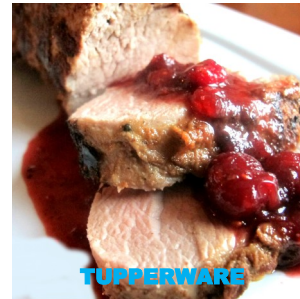
2 cups frozen tater tots
2 Roma tomatoes, diced
2 Tbsp. olive oil
¼ cup chopped fresh cilantro leaves
8 links breakfast sausage, casing removed
8 large eggs, lightly beaten
½ cup half and half
Kosher salt and freshly ground black pepper, to taste
1 (16-oz.) can refried beans
8 (8") flour tortillas
1 cup shredded cheddar cheese
1 cup shredded Monterey Jack cheese



1. Preheat oven to 400 degrees F. Place Wonder Mat on a baking sheet.
2. Place tater tots on Wonder Mat and cook according to package instructions; set aside.
3. Heat olive oil in a Chef Series Fry Pan over medium high heat. Add sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat, reserving 1 Tbsp. in the skillet.
4. Add eggs to the skillet and cook, whisking, until they just begin to set. Gently whisk in half and half; season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains, about 3-5 minutes; set aside.
5. Spread beans down centers of tortillas; top with tater tots, sausage, eggs, cheeses, tomatoes and cilantro. Fold in opposite sides of each tortilla, then roll up, burrito-style.* Place, seam-sides down on baking sheet with Wonder Mat; cover.
6. Place into oven and bake until heated through, about 12-15 minutes.
7. Serve immediately or freeze: Cover each burrito tightly with plastic wrap and place in the Freeze It Container, place in the freezer. Freeze up to 1 month. *To reheat*, (1) microwave for 4-6 minutes, turning halfway, or (2) bake at 400 degrees F for 30-40 minutes, or until completely cooked through.

CRANBERRY DIJON PORK TENDERLOIN

2 Tbsp. Dijon mustard
1 can of whole cranberry sauce (not jellied)
1 package of onion soup mix
1 (3-4 lb.) raw pork tenderloin (or pork roast)



1. Place pork tenderloin in the 3 quart Freeze it Container.
2. Mix together mustard, cranberry and soup mix, pour over pork.
3. Seal and label Freeze container and place in the freezer.
4. TO Cook: thaw ingredients and put in to the base of the Microwave Pressure Cooker, cover and lock cover.
5. Microwave for 20-25 minutes.
6. Allow to depressurize naturally,

FRENCH TOAST STICKS

- 4 eggs
- ¼ cup reduced-fat (2%) milk
- 1 tsp. ground cinnamon
- 2 tbsp. granulated sugar
- 6 slices bread



1. Preheat oven to 400° F/205° C. Place Wonder Mat on a baking sheet, set aside.
2. Whisk together eggs, milk, Cinnamon-Vanilla Seasoning and sugar.
3. Slice bread into thirds.
4. Dip bread in batter and lay onto Silicone Wonder Mat.
5. Bake 8–12 minutes, flipping once.
6. Let cool to room temperature, then place in freezer until sticks are individually frozen, about 30 minutes, and then place into Freeze It container until ready to eat.

To Reheat:

1. Microwave three sticks on high power 1 minute or until warm.

CROISSANT SANDWICH

- 1 Tbsp. olive oil
- 4 large eggs, lightly beaten
- ¼ cup half and half
- Kosher salt and freshly ground black pepper, to taste
- 8 mini croissants, halved horizontally
- 4 ounces thinly sliced ham
- 4 slices cheddar cheese, halved



1. Heat olive oil in Chef Series II Fry Pan over medium high heat. Add eggs to the skillet and cook, whisking, until they just begin to set. Gently whisk in half and half; season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains, about 3-5 minutes; set aside.
2. Fill croissants with eggs, ham and cheese to make 8 sandwiches. Wrap tightly in plastic wrap and place in the Freeze It Container and place in the freezer.
3. *To reheat*, remove plastic wrap from the frozen sandwich and wrap in a paper towel. Place into microwave for 1-2 minutes, or until heated through completely.

LENTIL SOUP

- 2 cups chopped butternut squash* Add after cooking
- ¾ cup each, chopped onions, ¼ cup olive oil
- carrots and celery* 1½ cups kale, *finely chopped*
- 1-2 cups chopped potatoes*
- 1 cup uncooked brown lentils
- 3 cloves garlic, minced
- 1 tsp. herbes de Provence (or other spices you like)
- ½ tsp. salt
- 4-5 cups vegetable or chicken broth
- * fresh or frozen



1. Place butternut squash, onions, carrot, celery, potatoes, lentils, garlic, spices and broth in a Freeze It Container, place in freezer.
2. Thaw soup and place in the Microwave Pressure Cooker, seal and lock and microwave for 20-25 minutes.
3. Allow pressure to release naturally and add olive oil and kale, cover and let sit for 5 minutes, stir and serve.

MONGOLIAN BEEF

- 1½ lb. flank steak, sliced across grain into strips
- ¼ cup cornstarch
- ¾ cup shredded carrots

- To Serve*
- Cooked rice
- 3 medium green onions, chopped (garnish)

Sauce

- 1 tsp. minced ginger
- 3 cloves garlic, minced
- ⅛ tsp. crushed red pepper flakes (optional)
- ¾ cup low sodium soy sauce
- ¾ cup water
- ¾ cup brown sugar



1. Coat flank steak pieces in cornstarch and place in a Freeze It Container.
2. Add carrots to the Freeze It Container.
3. Mix sauce ingredients together in the Quick Shake Container, cover and shake to combine, pour over meat. Label, and freeze.
4. To serve: Defrost beef mixture.
5. Add contents to the Microwave Pressure Cooker, cover and lock and microwave for 20 minutes.
6. Serve with rice and top with green onions.



SALSA CHICKEN

4-6 chicken breast
4 Tbsp. taco seasoning
1½ cups salsa

1 cheddar cheese, shredded
Sour cream



1. Sprinkle taco seasoning over chicken breast and place in the Freeze it Container, pour salsa over chicken, seal container, label and place in the freezer.
2. To cook: Thaw chicken and place in the Microwave Pressure Cooker, cover and seal.
3. Microwave for 20-25 minutes.
4. Allow Pressure Cooker to depressurize naturally, uncover and sprinkle cheese over chicken, serve with sour cream if desired

Can also be shredded for tacos.



SHRIMP STIR FRY

1½ pounds medium shrimp,
peeled and deveined
1 bell pepper, chopped
1 cup sugar snap peas
2 carrots, peeled and grated
16 ounces broccoli florets
1 Tbsp. olive oil
1 tsp. sesame seeds
1 green onion, thinly sliced

Sauce
3 Tbsp. reduced sodium soy sauce
2 Tbsp. oyster sauce
1 Tbsp. rice wine vinegar
1 Tbsp. brown sugar, packed
1 Tbsp. freshly grated ginger
3 cloves garlic, minced
1 tsp. sesame oil
1 tsp. cornstarch
1 tsp. Sriracha, optional



1. In the Quick Shake Container add soy sauce, oyster sauce, vinegar, sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, shake to combine.
2. In a Freeze-It Container, add shrimp mixture, pour sauce over shrimp, then add bell pepper, snap peas, carrots and broccoli. Place in freezer for up to 1 month.
3. Heat olive oil in a large skillet over medium high heat. Add shrimp mixture, and cook, stirring occasionally, until shrimp is cooked through and vegetables are tender, about 8-10 minutes.
4. Serve immediately, garnished with sesame seeds and green onion, if desired.



TANDOORI CHICKEN

2 lbs. boneless skinless chicken thighs
2 Tbsp. garam masala
2 Tbsp. honey
1 Tbsp. chili powder
1 Tbsp. garlic powder
1 Tbsp. ground cumin
2 tsp. salt
2 tsp. turmeric
½ tsp. ground ginger
½ tsp. cayenne pepper
1 (14-oz.) can coconut milk



1. Place all ingredients in the Freeze It Container, seal and label, place in the freezer.
2. To Cook, thaw mixture, place in the Microwave Pressure Cooker, cover and lock.
3. Microwave for 20 minutes.
4. Allow Pressure Cooker to depressurize naturally, stir and serve with cooked rice, if desired.