



Pork Chops with Apple-Cranberry Sauce

Thaw. Lightly oil the crock of your slow cooker. Place pork chops on the bottom of crock. Pour fruit mixture over chops. Cover with lid. Cook on low for 6 to 7 hours until pork is tender.

Date Made/Frozen:



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Date Made/Frozen:



Chicken Thighs with Cumin & Lime

Thaw. In a lightly oiled pan place chicken. Pour marinade over chicken. Bake in a preheated 375 oven for about 45 minutes until juices run clear and a meat thermometer registers 170 degrees F.

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Pork Roast w/Bacon, Onion & Spinach

Thaw. Preheat oven to 300 degrees F. Place stuffed roast seam side down in an oiled roasting pan. Rub with oil and sprinkle with salt, pepper and garlic powder. Place in oven. Drop temperature to 250 degrees. Roast for about 3 hours until pork is 160. Tent roast with foil and let sit for 10 minutes, then carve and serve.

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Spicy Honey Chicken

Thaw. Heat though and serve with sweet potatoes or quinoa, roasted veggies and a salad.

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Chicken & Broccoli Casserole

Thaw. Bake covered for 30 minutes at 350 degrees. Uncover and bake an additional 5-10 minutes.

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