Back-to-School Meal Kits

Ingredients
- Bell Peppers (red, green, yellow)
- Onion
- Tomatoes

Equipment
- Quart and Gallon sized freezer bags or other reusable freezer containers
  - A quart size bag/container holds about 2 servings
  - A gallon size bag/container holds about 4-6 servings
- Permanent marker to label bags
- Cutting boards and knives

Fajita Kit: 4-6 servings

Ingredients
- 4 Bell Peppers (red, green, yellow)
- 1 Onion
- 2-4 Tomatoes

Spice Blend
- 2 tbsp. Garlic powder
- 2 tbsp. Onion powder
- 2 tbsp. Paprika
- 2 tbsp. Chili powder
- 2 tsp. Salt (to taste)

Optional pre-cooked proteins for this starter kit: diced chicken meat, thinly sliced beef skirt or flank steak, shrimp, or drained and rinsed beans.

Instructions
1. Label a quart or gallon sized freezer bag: Fajita Kit
2. Core and remove seeds from bell peppers and cut into strips
3. Cut onions into strips
4. Fill freezer bag with a mix of peppers and onions
5. Mix spices together to create the spice blend
6. Add 2 tbsp. of the combined spice blend and 2-3 tbsp. of lime juice to bag
7. Squeeze air out of bag before sealing
8. Shake to combine all ingredients in the bag
9. Store in the freezer for up to a year
10. When ready to use, allow approximately 2 hours to defrost

Use this starter kit to make:
- Stir fry by adding proteins like shrimp, chicken, black beans, or sweet potatoes.
- Steak sandwiches by adding meat, a bun, and melted cheese.
Marinara Kit: 4–6 servings

**Ingredients**
- 2–4 Tomatoes
- 1 Onion
- 3–4 Cloves of fresh chopped garlic (or add garlic powder to the spice blend)
- 2 tbsp. Olive oil
- 2 tbsp. Balsamic vinegar or ¼ cup red wine

**Spice Blend**
- ½ cup Dried parsley
- ½ cup Dried basil
- ¼ cup Dried oregano
- 1 tbsp. Salt

**Optional:** 2 tbsp. Garlic powder if not using fresh garlic

**Instructions**
1. Label quart or gallon sized freezer bag: Marinara Kit
2. Cut tomatoes into quarters
3. Cut onions into quarters
4. Mix spices together
5. Add in crushed or chopped fresh garlic
6. Fill freezer bag with 2 parts tomatoes to 1 part onion
7. Add in garlic, oil and vinegar or wine
8. Squeeze air out of bag before sealing
9. Shake to combine all ingredients in the bag
10. Store in the freezer for up to a year
11. When ready to use, allow approximately 2 hours to defrost

**Use this starter kit to make:**
- Marinara sauce, a zesty pizza sauce, a bruschetta, or even a salsa.
- Pour into a roasting pan with chicken or other veggies and bake.
Indian Inspired Curry Kit: 4-6 servings

Ingredients

- 2 cups Squash (summer or winter squash i.e. zucchini, butternut)
- 2 cups Cauliflower
- 1 large Onion
- 2 - 3 Cloves chopped garlic

Optional: Add cubed chicken meat or 2 cups of green or yellow lentils, uncooked and rinsed

Spice Blend

- 2 tbsp. Ground coriander
- 2 tbsp. Ground cumin
- 1½ tbsp. Ground turmeric
- 2 tsp. Ground ginger
- 1 tsp. Dry mustard
- ½ tsp. Black pepper
- 1 tsp. Cinnamon
- ½ tsp. Cardamom
- ¼ tsp. Cayenne pepper

Instructions

1. Label quart or gallon sized freezer bag: Indian Inspired Curry Kit
2. Cut up squash and cauliflower in to medium pieces
3. Mix spice blend and add it to the bag
4. Squeeze air out of bag before sealing
5. Shake to combine all ingredients in the bag
6. Store in the freezer for up to a year
7. When ready to use, allow approximately 2 hours to defrost

Use this starter kit to make:

- Curry coconut Ramen
- Indian lentil Curry
# Back-to-School Meal Kits

## SHOPPING LIST

### Recipe Key

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- **Onions**
- **Fresh garlic**
- **Tomatoes**
- **Garlic powder**
- **Cumin**
- **Cayenne pepper**
- **Chili powder**
- **Bell Peppers (any color)**
- **Onion powder**
- **Paprika**
- **Olive oil**
- **Balsamic vinegar or red wine**
- **Dried parsley**
- **Dried basil**
- **Dried oregano**
- **Squash (summer or winter squash i.e. zucchini, butternut)**
- **Cauliflower**
- **Coriander**
- **Turmeric**
- **Ground ginger**
- **Dry mustard**
- **Black pepper**
- **Cinnamon**
- **Cardamom**