

Back-to-School Meal Kits



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
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Spice Blend

2 tbsp.	Garlic powder	2 tbsp.	Onion powder	2 tbsp.	Chili powder
2 tbsp.	Cumin	2 tbsp.	Paprika	2 tsp.	Salt (to taste)
2 tbsp.	Cayenne pepper				

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 $\frac{1}{4}$ cup red wine

Spice Blend

- $\frac{1}{2}$ cup Dried parsley
- $\frac{1}{2}$ cup Dried basil
- $\frac{1}{2}$ 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
- ½ 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

F = Fajitas **M** = Marinara **C** = Curry

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|--------------|--------------------------|---|
| F M C | <input type="checkbox"/> | Onions |
| F M C | <input type="checkbox"/> | Fresh garlic |
| F M - | <input type="checkbox"/> | Tomatoes |
| F M | <input type="checkbox"/> | Garlic powder |
| F - C | <input type="checkbox"/> | Cumin |
| F - C | <input type="checkbox"/> | Cayenne pepper |
| F - C | <input type="checkbox"/> | Chili powder |
| F - - | <input type="checkbox"/> | Bell Peppers (any color) |
| F - - | <input type="checkbox"/> | Onion powder |
| F - - | <input type="checkbox"/> | Paprika |
| - M - | <input type="checkbox"/> | Olive oil |
| - M - | <input type="checkbox"/> | Balsamic vinegar or red wine |
| - M - | <input type="checkbox"/> | Dried parsley |
| - M - | <input type="checkbox"/> | Dried basil |
| - M - | <input type="checkbox"/> | Dried oregano |
| - - C | <input type="checkbox"/> | Squash (summer or winter squash i.e. zucchini, butternut) |
| - - C | <input type="checkbox"/> | Cauliflower |
| - - C | <input type="checkbox"/> | Coriander |
| - - C | <input type="checkbox"/> | Turmeric |
| - - C | <input type="checkbox"/> | Ground ginger |
| - - C | <input type="checkbox"/> | Dry mustard |
| - - C | <input type="checkbox"/> | Black pepper |
| - - C | <input type="checkbox"/> | Cinnamon |
| - - C | <input type="checkbox"/> | Cardamom |