

## Quick-Prep Starters

VEGETABLES	IDEAS	+
ONIONS	COOKING, CASSEROLES, SOUPS, CHILI	
CARROTS/ONIONS/CELERY	SOUPS, CASSEROLES, POT PIE	
PEPPERS	STIR FRY, COOKING, CASSEROLES	
CORN	ON OR OFF THE COB	
ZUCCHINI	SHREDDED FOR MUFFINS, BREADS, SAUCES	
STIR FRY MIX	SIDE VEGGIES, MAIN DISHES	
SQUASH	CUBES OR WHIPPED FOR QUICK SIDE DISH	
<b>FRUIT</b>		
APPLES	MUFFINS, QUICK BREADS, PIES, SAUCE	
CRANBERRIES	MUFFINS, QUICK BREADS	
PEACHES	SMOOTHIES, EATING, BAKING	
BERRIES	SMOOTHIES, EATING, BAKING	
MANGO	SMOOTHIES, EATING, BAKING	
PINEAPPLE	SMOOTHIES, EATING, BAKING	
JUICE CUBES	SMOOTHIES, DRINKS	
<b>BREADS</b>		
MUFFINS	QUICK BREAKFASTS, LUNCHES	
PIZZA DOUGH	THAW FOR QUICK PIZZA OR CALZONES	
BREAD MIXES	COMBINE DRY INGREDIENTS IN A FREEZER BAG	
BREADS AND ROLLS	RAW DOUGH PRE-FORMED OR BAKED	
<b>POULTRY</b>		
MARINATED CHICKEN	USE FAVORITE MARINADE/THAW/GRILL FOR QUICK DINNER	
ROTISSERIE CHICKEN	CUBE OR SHRED FOR TACOS, SALADS, QUESADILLAS	
GROUND TURKEY	BROWN FOR LASAGNA, TACOS, CHILI, CASSEROLES	
SLICED TURKEY	WARM AND HEAT WITH GRAVY FOR A HOMEY MEAL	
STOCK	USE FOR SOUP BASES	
<b>MEAT</b>		
GROUND BEEF	BROWN FOR LASAGNA, TACOS, CHILI, CASSEROLES, BURRITOS	
MARINATED BEEF	THAW AND BROWN FOR STIR FRY AND FAJITAS	
SHREDDED BEEF	HEAT IN CROCK POT FOR SANDWICHES, BURRITOS	
SHREDDED PORK	HEAT IN CROCK POT FOR SANDWICHES, BURRITOS	
<b>FISH</b>		
SALMON, STEELHEAD	QUICK THAW FOR NUTRITIOUS DINNER	
SHRIMP	TOSS WITH VEGGIES/PASTA FOR STIR FRY, SALAD, PASTA	