FREEZE-IT CONTAINERS **FREEZER MEALS**

- simple, and
- having to stand over the stove to make



DO'S AND DON'TS THE BASICS

WHY DO YOUR FOODS SPOIL?

It's all about enzyme activity. Enzymes are what cause your food to go bad BUT when you place them in the freezer, the low temperature actually slows down that activity which can preserve your food longer. (yay!)

WHY SHOULD YOU CARE ABOUT ICE **CRYSTALS FORMING ON YOUR FOOD?**

Because the larger the ice crystal, the more cellular damage is being done to your food which means it WILL spoil faster.



- Cool hot dishes on the counter, not in the fridge or freezer. Why? A hot pot of soup can cause the temperature in your refrigerator to rise to an unsafe level for the other foods in there, and in the freezer could even potentially thaw some of the other frozen foods, degrading their quality through multiple re-freezes.
- Use Freeze-It PLUS Containers. Specifically designed for fast freezing to preserve food's texture, nutrients and taste-without staining!
- Keep track of the temperature in your freezer. The optimal temperature for food safety is -18°C/-0.4°F or
- Place your foods that have been in the freezer the longest up front. This will help you consumes your oldest foods

Don't seal your food to store it until completely cool. Doing so can slow the cooling process.

- Don't thaw on the counter: instead, thaw in the refrigerator. This keeps food from reaching unsafe temperatures as the outside fully defrosts and reaches room temperature but middle remains frozen.
- Don't thaw and refreeze your foods unless there is a cooking process in between. Cooked meals that have been frozen should be reheated to 165° F/75° C.
- Don't freeze these items as their structure causes them not to freeze properly: Gelatin, milk-based sauces, mayonnaise, raw potatoes and yeast.

Key Features and Benefits

- · Freezer-safe containers organize your freezer and make food removal easy. Firmness prevents food from being crushed and is even flexible at freezer temperatures.
- . Gently twisting the containers releases frozen food easily. The sturdy, yet flexible construction "pops" out frozen foods for reheating.
- · Features innovative stain-guard technology that helps reduce product staining and marking over the life of the product. Products containing the stain-shield technology will have the symbol on the bottom of the container.
- . Modular shape saves space in the freezer, helping to keep it less cluttered and working more efficiently.
- · Containers nest when not in use.
- · Easy-to-remove seals feature rounded tabs.

USE AND CARE

- . Clean and dry Freeze-It Plus Containers before first use.
- Cool hot foods and liquids before storing in the Freeze-It . Plus Containers, including oils, cooking grease, soups, sauces, etc. in order to minimize staining.
- Rinse containers in cold water to help lift any stains and soak them if necessary. Don't use hot water as this will cause set-in stains.
- . If staining does occur, rub the surface with a baking soda and water paste on a damp cloth or sponge and wash the container in warm, soapy water. Repeat as needed.
- . It is important to rinse product after use in cold water, Any highly-acidic foods could stain your Tupperware container. Staining will not affect the performance of your product and is not covered by the Limited Lifetime Warrantv.

- Leave head space above food for the expansion of water content during freezing. This is especially important with foods containing liquids, including fruits that are packed
- · After you remove the container from the freezer, allow the containers to sit at room temperature for a few minutes before removing the seals.
- Dishwasher, freezer and refrigerator safe.
- Not recommended for microwave, oven or convection oven use. Freezing Tips
- · Do not re-freeze food that was previously frozen.
- · Label, date and keep an inventory of all frozen foods for easy reference.

ASSEMBLY/DISASSEMBLY

- . To Seal: Place seal groove over the container's rim. Press down on one corner. Slide thumbs over top of seal edge to opposite corners.
- To Open: Lift seal at the corner with the rounded tab, then lift other three corners, one at a time.



eggs

Egg Substitute

DO DOT EDGGT

Egg Substitutes (opened

Egg Yolks (uncooked) Fresh (in shell)

Hard Cooked Eggs

THE ULTIMATE FREEZER GUIDE

AT O°F/-18°C OR BELOW



BREAD

Bread

Breads & Rolls

Muffins & Rolls Pancakes &

Pastries & Doughnut

Ground Meat

POULTRY

Cooked Meats & Casseroles

(breast, thighs-uncooked

BAKED GOODS

Poultry, whole

Fruit Pies (unhaked)

Angel Food Cake

Cookies (baked)

Cookies (homemade, store

bought-unbaked dough)
Fruit Pies (baked)

Layered Cakes (frosted) Pie Crust (unbaked)

Candy Cheesecake



All Fish

Lean Fish

Shrimp, Crayfish, Squid, (shucked, peeled-uncooked

Clams, Oysters & Mussels

Fatty Fish (salmon, bluefish, mackerel-uncooked)

Lobster Tails





COLD CUTS

Ham, whole, store wrappe

Hot Dogs

Racon

Luncheon Meats

Broth Chili Gravy Soup (broth based)

Cranberries Cherries **Dried Fruit** Frozen (store bought

Citrus Fruit & Juice

Grapes



Choose Eggnog Ice Cream & Sorbets

Pudding



VEGETABLE



Carrots Cauliflower Celery Chilies Corn Frozen (store hought Garlic (chopped) Green Beans Herbs Mushrooms

Bell Peppers (chopped

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: 31/3 cup - 5 x 43/4 x 31/2"

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"

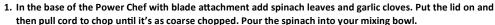
Freeze-It Plus Extra Large Square Container: 6 quart - 11 x 9% x 5"



BAKED ZITI WITH SPINACH & GOAT CHEESE



- 2 cups fresh spinach leaves, packed
- 1 cup shredded part-skim mozzarella
- 1/4 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



- 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
- 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 2 Tbsp. cornstarch in 2 Tbsp. water in chunks

1 medium onion, sliced thinly

- 4 stalks celery, sliced diagonally
- 4 starks cereily, sinced diagonal
- 4 carrots, sliced diagonally
- 1 teaspoons salt
- 1 bay leaf
- 2 baking potatoes, peeled and cut
- into 3/4" 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 eal.
- 4. Microwave for 20-25 minutes.
- 5. Allow to depressurize naturally.



BREAKFAST SANDWICH

- 4 English muffins
- 4 eggs or 11/3 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 ½ 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).

- Season chicken with salt, pepper and cumin, place in the Freeze It Container, add lime juice, cilantro, corn, onion, garlic and black beaks. Seal and freeze.
- 2. To Cook, thaw and place in slow cooker on LOW for $2\frac{1}{2} 3\frac{1}{2}$ 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 Tbsp. olive oil
8 links breakfast sausage, casing removed
8 large eggs, lightly beaten
1/3 cup half and half
Kosher salt and freshly ground black pepper, to taste
1 (16-oz.) can refried beans

1 cup shredded cheddar cheese 1 cup shredded Monterey Jack 2 Roma tomatoes, diced
% cup chopped fresh cilantro leaves

- 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.

cheese

8 (8") flour tortillas

- 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 ½ cup reduced-fat (2%) milk 1 tsp. ground cinnamon 2 tbsp. granulated sugar 6 slices bread



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



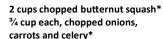
- 1. Heat olive oil in Chef Series II Fry Pan over medium high heat. Add eggs to the skillet and cook, whisking, until they just begin to set. Gently whisk in half and half; season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains, about 3-5 minutes; set 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.

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

3. Slice bread into thirds.

5. Bake 8–12 minutes, flipping once.

Lentil Soup



6. Let cool to room temperature, then place in freezer until sticks are individually frozen, about 30 minutes,

Add after cooking ¼ cup olive oil 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

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.

4. Dip bread in batter and lay onto Silicone Wonder Mat.

and then place into Freeze It container until ready to eat.

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

3/4 cup shredded carrots

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

Sauce

1 tsp. minced ginger

3 cloves garlic, minced

1/8 tsp. crushed red pepper flakes (optional)

3/4 cup low sodium soy sauce

3/4 cup water

3/4 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 ansd 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.



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.



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.