

# FREEZER TO CROCKPOT COOKING

## shopping list

THIS LIST INCLUDES ALL THE INGREDIENTS TO  
MAKE **ONE** OF EACH RECIPE INCLUDED IN THE POST.

### MEAT:

12 bonless skinless chicken breasts  
2.5 pounds of strip steak

### PRODUCE:

1 red pepper  
5 green peppers  
5 yellow or white onions  
1 carrot  
2.5 pounds mushrooms  
2 lemons  
1 lime  
fresh parsley  
2 cloves garlic  
1 can water chestnuts  
1 can pineapple slices

### CONDIMENTS & SPICES

1 cup soy sauce  
1/3 cup brown sugar  
1/4 cup white sugar  
1/2 cup creamy peanut butter  
1/2 cup vegetable broth  
2 TBS ketchup  
2 TBS cornstarch  
1 TBS all-purpose flour  
1 TBS rice vinegar (sub white vinegar)  
sriracha  
ground ginger  
ground cumin  
hot mustard  
salt & pepper

### DAIRY:

1 TBS butter  
2 cups whole milk  
1 cup grated provolone  
1/4 cup grated parmigiano-reggiano

### ON THE DAY YOU MAKE EACH RECIPE, YOU WILL ALSO NEED:

#### Hawaiian Chicken:

brown rice  
fresh pineapple (optional)

#### Thai Chicken:

crushed peanuts  
red thai peppers  
fresh cilantro  
brown rice or thai noodles

#### Lettuce Wraps:

Iceberg lettuce (one head)  
ramen noodles, toasted  
crushed peanuts  
dipping sauce  
rice

#### Cheesesteak Sandwiches:

6 fresh hoagie rolls  
provolone cheese slices (optional)

RECIPE LINKS AND DIRECTIONS AT

[WWW.KOJO-DESIGNS.COM](http://WWW.KOJO-DESIGNS.COM)