

Easy Fried Rice

Ingredients

- 3 cups cold leftover cooked rice
- 1/2-1 cup butter
- 1 medium onion (chopped)
- 2 stalks celery (chopped)
- 2 carrots (diced)
- 1 cup frozen peas
- 3 eggs (beaten)
- 1/4-1/2 cup soy sauce, to taste
- pepper

Directions

1. Melt butter in large non-stick skillet.
2. Add onion, celery, and carrots.
3. Saute until onions are transparent and carrots are crisp tender, about 5 minutes.
4. Add peas and cook one minute more until peas are thawed.
5. Push veggies to one side of skillet.
6. Scramble eggs in empty side of skillet after the butter spreads from veggies.
7. Mix eggs into veggies and season with pepper.
8. Add soy sauce.
9. Then slowly mix in rice by the spoonful until all rice is added and all ingredients are well blended.
10. Fry until steamy hot stirring often.

Sticky Honey Chicken

Ingredients

- 3/4 cup butter, divided - 1/2 cup melted
- 1 cup all-purpose flour
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 2 teaspoons paprika
- 1 chicken (2-1/2 to 3 pounds), cut into 8 pieces
- 1/2 cup honey
- 1/4 cup lemon juice

Directions

1. Preheat oven to 400 ° F.
2. Melt 1/2 cup of butter in a 9 x 13" baking pan in oven; remove baking pan from oven.
3. In a shallow bowl, mix together flour, salt, pepper, and paprika, dip chicken pieces into flour mixture. Add chicken pieces to pan, coat completely with butter, bake 30 minutes, skin side down, single layer.
4. Meanwhile, in a small bowl, mix together 1/4 cup melted butter, 1/2 cup honey, 1/4 cup lemon juice to make sauce.
5. Turn chicken, then cover with sauce. Bake an additional 30 minutes, or until chicken is fork-tender and no pink remains. Spoon sauce over chicken again and serve.

ORANGE CHICKEN

*Not even Panda Express
can beat this homemade orange chicken!*

Yield 4 servings

Prep Time 40 minutes

Cook Time 10 minutes

Total Time 50 minutes

INGREDIENTS

- 1 ½ pounds boneless, skinless, chicken breasts, cut into 1-inch chunks
- 1 cup 2 tablespoons cornstarch, divided
- 2 large eggs, beaten
- 1 cup vegetable oil
- ½ teaspoon sesame seeds
- 1 green onion, thinly sliced

MARINADE

- 1 cup chicken broth
- ½ cup freshly squeezed orange juice
- ½ cup sugar
- 1/3 cup distilled white vinegar
- ¼ cup soy sauce
- 2 cloves garlic, minced
- 1 tablespoon orange zest
- 1 teaspoon Sriracha, or more, to taste
- ¼ teaspoon ground ginger
- ¼ teaspoon white pepper

INSTRUCTIONS

- To make the marinade, whisk together chicken broth, orange juice, sugar, vinegar, soy sauce, garlic, orange zest, Sriracha, ginger and white pepper in a large bowl.
- In a gallon size Ziploc bag or large bowl, combine chicken and 2/3 cup of the marinade; marinate for at least 30 minutes, turning the bag occasionally. Drain the chicken from the marinade, discarding the marinade.
- Heat remaining marinade in a medium saucepan over medium heat. Bring to a boil and stir in 2 tablespoons cornstarch combined with 2 tablespoons water. Cook, stirring frequently, until thickened about 1-2 minutes; keep warm.
- Working one at a time, dip the chicken into the eggs, then dredge in remaining 1 cup cornstarch, pressing to coat.
- Heat vegetable oil in a large saucepan. Working in batches, add chicken and fry until golden brown and cooked through, about 1-2 minutes. Transfer to a paper towel-lined plate; discard excess oil.
- Serve chicken immediately, tossed or drizzled with the marinade, garnished with sesame seeds and green onion, if desired.

Chicken Teriyaki: (Crock-Pot Recipes for the Freezer; Split into 2 bags = 2 meals)

Ingredients

- Large bag of baby carrots
- Red Onion sliced into large chunks
- 2 Cans of crushed pineapple 20 oz.(un-drained)
- 4 Garlic cloves
- 4-6 Boneless Chicken Breasts
- 1 Cup Teriyaki Sauce

Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 resealable gallon-sized freezer bag. Mix together in bag and zip closed.
3. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on LOW for 6-7 hours.
4. Server over rice.

Crock Pot Teriyaki Pork Chops: (Crock-Pot Recipes for the Freezer)

Ingredients

- 4 pork chops, about 1 in thick
- 2 garlic cloves, minced
- 2 tbsp brown sugar
- ¼ cup soy sauce
- ⅓ cup chicken broth
- salt & pepper to taste

Instructions

Sprinkle salt & pepper on pork chops if desired, place in a gallon-sized freezer bag. In a small bowl mix garlic, brown sugar, soy sauce, and chicken broth together, add to bag. Place flat in freezer, when ready to use thaw in fridge overnight. Empty contents into crock-pot and cook on high 4-5 hours or low 6-7 hours.

Pineapple Chicken: (Crock-Pot Recipes for the Freezer)

Ingredients

- 3-4 boneless skinless chicken breasts
- 1¼ cup white sugar
- ¼ cup soy sauce
- ½ cup pineapple juice (can use juice from crushed pineapple can)
- ½ cup ketchup
- 2 tbsp Red Wine Vinegar
- 1 tbsp mustard
- 1 16oz can crushed pineapple or pineapple tidbits

Instructions

1. In a small saucepan over medium heat, mix together sugar, soy sauce, pineapple juice, ketchup, vinegar, and mustard. Bring to boil and cook until well combined, about 3-4 minutes. Set in fridge to let cool.
2. Once cooled combine all ingredients in a gallon sized ziplock bag. Seal closed and place in freezer.
3. When ready to use thaw in fridge for 24 hours, place thawed contents in crock-pot and cook on low for 7-8 hours or high for 4 hours.
4. Serve over rice.

Thai Peanut Chicken:

(Crock-Pot Recipes for the Freezer)

Ingredients

- 4 boneless, skinless chicken breasts
- 1 red pepper, diced
- 1 white onion, chopped
- ½ cup creamy peanut butter
- 1 lime, juiced
- ½ cup vegetable broth
- ¼ cup soy sauce
- ½ tsp cumin
- crushed peanuts
- chopped scallions
- cilantro

Instructions

1. In a bowl mix together peanut butter, lime juice, vegetable broth, soy sauce, and cumin, place in gallon sized ziplock bag. Add in chicken and peppers, seal closed, and place in freezer.
2. When ready to use, thaw in fridge for 24 hours. Empty thawed contents into crock-pot and cook on low for 3-4 hours.
3. Remove from slow cooker and serve over rice.
4. Top with peanuts, scallions, and cilantro.

Cashew Chicken:

(Crock-Pot Recipes for the Freezer)

Ingredients

- 4 boneless, skinless chicken breasts
- ½ cup flour
- ½ tsp black pepper
- 1 tbsp canola oil
- 3 tbsp honey
- ¼ cup soy sauce
- 2 tbsp rice wine vinegar
- 1 tbsp brown sugar
- 1 garlic clove, minced
- ½ tsp grated ginger
- ¼ tsp red pepper flakes
- ½ cup cashews

Instructions

1. Combine flour and pepper in large plastic bag, add chicken and toss to coat.
2. Heat oil in skillet over medium heat and brown chicken for 2 minutes on each side, set aside to cool.
3. Whisk together honey, soy sauce, rice wine vinegar, brown sugar, garlic, ginger, and red pepper flakes and place in gallon sized ziplock bag, add in chicken and seal closed. Place in freezer.
4. When ready to use thaw in fridge for 24 hours. Empty thawed contents into crock-pot and cook on low for 3-4 hours. Slice chicken and stir in cashews.
5. Serve over rice.