

Labels

3 Suggested Labeling Methods

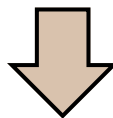
(Printable freezer bag labels are provided for all recipes in our
“Meals in Minutes” membership)

Method 1: Print off labels, cut, and tape onto bags, or aluminum lids, with packaging tape.

Method 2: Use a permanent marker to handwrite in the cooking directions for each recipe on the freezer bag.

Method 3: Print off labels onto full sheet sticker paper. Simply peel off your sticker label and stick them onto your freezer bags, or aluminum lids, before filling them with food. (This is my personal favorite method.)

Printable Sticker Paper: I recommend these sticker sheets for printable freezer labels.



RECIPE: Yellow Curry Meatballs

Slow Cooker Directions

Step 1: Thaw freezer bag in fridge for 12-24 hours before cooking.

Step 2: Dump the contents of the freezer bag into a slow cooker.

Step 3: Cook on low for 2-3 hours.

Step 4: When meatballs are almost done, cook rice according to package. Once rice is cooked, mix in $\frac{1}{4}$ cup fresh, diced cilantro, juice of 1-2 limes, and 1 tsp salt.

Step 5: Stir meatballs, serve over cilantro-lime rice with some hummus and enjoy.

Instant Pot Directions

Step 1: Dump the contents of the freezer bag, plus $\frac{1}{2}$ cup water, into the Instant Pot.

Step 2: Set to High Pressure for 5 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: While meatballs are cooking, cook rice according to package. Once rice is cooked, mix in $\frac{1}{4}$ cup fresh, diced cilantro, juice of 1-2 limes, and 1 tsp salt.

Step 4: Stir meatballs, serve over cilantro-lime rice with some hummus and enjoy.

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