

# Labels

## 3 Suggested Labeling Methods

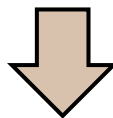
(Printable freezer bag labels are provided for all recipes in our  
“Meals in Minutes” membership)

**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 : Chimichurri Steak & Potatoes

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## *Slow Cooker Directions*

**Step 1:** Thaw freezer meal in the 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 8-10 hours.

**Step 4:** Shred beef, or cut against the grain, serve with additional chimichurri sauce and enjoy.

**Optional:** Mash up cooked potatoes and season with salt and pepper.

## *Instant Pot Directions*

**Step 1:** Dump the contents of the freezer bag, plus ½ cup water, into the Instant Pot.

**Step 2:** Set the Instant Pot to High Pressure for 60 minutes, then allow a natural release for 10 minutes before doing a quick release for any remaining pressure.

**Step 3:** Shred beef, or cut against the grain, serve with additional chimichurri sauce and enjoy.

**Optional:** Mash up cooked potatoes and season with salt and pepper.

**Expiration date:** \_\_\_\_\_



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