

All Cook Sets Shopping List

Every recipe across all 3 GC Freezer Meals Cook Sets, 15 recipes total

BEFORE YOU SHOP

Kosher salt, black pepper, olive oil, and neutral oil repeat across almost every recipe in this system. Check your pantry before you shop, most kitchens already have these on hand in the quantities needed here.

COOK SET 1 — BOLD & SAUCY

Bourbon Chicken

Makes 6 servings · Post #89633

FOR THE CHICKEN

- | | |
|--|---|
| ☐ 2 pounds chicken thighs, boneless, skinless, cut into 1-inch pieces | ☐ 1 teaspoon black pepper |
| ☐ 1 teaspoon kosher salt | ☐ 2 tablespoons neutral oil, divided |

FOR THE SAUCE

- | | |
|--|---|
| ☐ ½ cup brown sugar, packed | ☐ 2 tablespoons hoisin sauce |
| ☐ ½ cup low sodium soy sauce | ☐ 3 garlic cloves, minced |
| ☐ ¼ cup bourbon | ☐ 2 teaspoons ginger paste |
| ☐ ¼ cup chicken broth | ☐ 1 teaspoon onion powder |
| ☐ 2 tablespoons apple cider vinegar | ☐ ½ teaspoon red pepper flakes |

FOR THE SLURRY

- | | |
|--|---|
| ☐ 1 tablespoon tapioca starch | ☐ 2 tablespoons cold water |
|--|---|

Pork Adobo

Makes 6 servings · Post #89636

FOR THE PORK

- | | |
|--|---|
| ☐ 3 pounds boneless pork shoulder, trimmed, cut into 1½-inch pieces | ☐ 1 teaspoon kosher salt |
| | ☐ 2 tablespoons avocado oil, divided |

FOR THE BRAISE

- | | |
|--|--|
| ☐ ½ medium red onion, thinly sliced | ☐ 1 cup water |
| ☐ 8 garlic cloves, smashed | ☐ 1 teaspoon Better Than Bouillon chicken paste |
| ☐ ¾ cup low sodium soy sauce | ☐ 3 tablespoons brown sugar |
| ☐ 2 tablespoons dark soy sauce | ☐ 2 teaspoons whole black peppercorns |
| ☐ ¾ cup white vinegar | ☐ 3 bay leaves |

Stick of Butter Rice

Makes 8 servings (½ cup per portion) · Post #89637

RICE

- ☐ 1 cup parboiled long-grain white rice, dry, unrinsed
- ☐ 1 can (10½ oz) French onion soup
- ☐ 1 can (10½ oz) beef consomme
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon black pepper
- ☐ ½ cup unsalted butter, cut into thin pats

FOR REHEATING (AS NEEDED)

- ☐ 2 to 4 tablespoons low-sodium beef broth

Boursin Mashed Potatoes

Makes 8 servings (½-cup portions) · Post #89634

POTATOES

- ☐ 2 pounds Yukon Gold potatoes, peeled and cut into 1-inch chunks
- ☐ 2 teaspoons kosher salt, for the boiling water

BOURSIN MIXTURE

- ☐ 4 tablespoons unsalted butter, cubed
- ☐ ½ cup whole milk, plus more if needed
- ☐ 1 package Boursin Garlic and Fine Herbs cheese
- ☐ ½ teaspoon kosher salt
- ☐ ¼ teaspoon black pepper

Lemon Garlic Broccolini

Makes 4 servings (1 cup per portion) · Post #89635

FOR THE BROCCOLINI

- ☐ 1 pound broccolini, trimmed
- ☐ 2 tablespoons olive oil
- ☐ 3 garlic cloves, thinly sliced
- ☐ ½ teaspoon kosher salt
- ☐ ¼ teaspoon black pepper
- ☐ ¼ teaspoon red pepper flakes, optional
- ☐ ¼ cup water
- ☐ 1 lemon, zested before freezing and juiced after reheating

FOR FINISHING (AFTER REHEATING)

- ☐ 1 tablespoon unsalted butter, optional

COOK SET 2 — WEEKNIGHT STAPLES

Crockpot Mississippi Chicken

Makes 6 servings · Post #89970

- ☐ 2½ pounds chicken thighs, boneless, skinless
- ☐ ½ cup pepperoncini brine
- ☐ 1 packet ranch seasoning mix
- ☐ 1 packet au jus mix
- ☐ 4 tablespoons unsalted butter
- ☐ ½ cup sliced pepperoncini peppers

Cuban Picadillo

Makes 6 servings · Post #89977

- ☐ 1 tablespoon olive oil
- ☐ 1 medium yellow onion, finely diced
- ☐ 1 medium green bell pepper, finely diced
- ☐ 1½ teaspoons kosher salt, divided
- ☐ ½ teaspoon black pepper
- ☐ 4 garlic cloves, minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon dried oregano
- ☐ 2 tablespoons tomato paste
- ☐ 1½ pounds ground beef, at least 85/15
- ☐ ⅓ cup dry white wine or cooking wine
- ☐ 1 (15-ounce) can crushed tomatoes
- ☐ ½ cup pimento-stuffed green olives, sliced
- ☐ 2 tablespoons capers
- ☐ 1 tablespoon olive brine or caper brine
- ☐ ⅓ cup raisins, optional

Spanish Rice

Makes 6-8 servings · Post #89979

- ☐ 2 tablespoons neutral oil
- ☐ 2 cups parboiled long grain white rice
- ☐ ½ medium yellow onion, finely diced or grated
- ☐ 3 garlic cloves, minced
- ☐ 3 tablespoons tomato paste
- ☐ 4 cups chicken broth
- ☐ ½ cup water
- ☐ 1 teaspoon Better Than Bouillon chicken base
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon ground cumin
- ☐ ½ teaspoon black pepper

Cuban Black Beans

Makes 6 servings · Post #89981

- ☐ 2 tablespoons canola oil
- ☐ 1 medium yellow onion, diced
- ☐ 1 medium green bell pepper, diced
- ☐ 6 garlic cloves, minced
- ☐ 1 teaspoon dried oregano
- ☐ 2 teaspoons ground cumin
- ☐ ½ teaspoon black pepper
- ☐ 1 teaspoon kosher salt
- ☐ 3 (15-ounce) cans low-sodium black beans
- ☐ 1½ cups chicken broth
- ☐ 2 bay leaves
- ☐ 1 teaspoon granulated sugar
- ☐ 2 tablespoons white vinegar

Sauteed Peppers and Onions

Makes 6 servings (1 cup each) · Post #89983

- ☐ 3 tablespoons olive oil, divided
- ☐ 6 large bell peppers, mixed colors, seeded and sliced into ½ to ¾ inch strips
- ☐ 1 large sweet onion, sliced into ½ to ¾ inch strips
- ☐ 1 large red onion, sliced into ½ to ¾ inch strips
- ☐ ½ teaspoon black pepper
- ☐ ½ teaspoon crushed red pepper flakes, optional
- ☐ 1 tablespoon apple cider vinegar
- ☐ Kosher salt, to taste

Salisbury Steak Meatballs

Makes 4 portions (1-cup mold) · Post #92177

MEATBALLS

- | | |
|---|---|
| ☐ ½ cup plain panko breadcrumbs | ☐ 1 teaspoon garlic powder |
| ☐ 1 large egg | ☐ 1 teaspoon kosher salt |
| ☐ 1 tablespoon ketchup | ☐ ½ teaspoon ground black pepper |
| ☐ 2 teaspoons Worcestershire sauce | ☐ 1 pound ground beef |
| ☐ 1 teaspoon onion powder | ☐ 1 tablespoon avocado oil |

GRAVY

- | | |
|--|---|
| ☐ 8 ounces cremini or white mushrooms, sliced | ☐ 2½ cups beef broth |
| ☐ 2 tablespoons butter | ☐ 2 packets brown gravy mix |
| ☐ 1 medium yellow onion, diced | ☐ 2 teaspoons Worcestershire sauce |
| ☐ 2 cloves garlic, minced | ☐ ½ teaspoon ground black pepper |

Braised Beef Tips in Gravy

Makes 6 servings (1-cup portions) · Post #92179

FOR THE BEEF

- | | |
|--|--|
| ☐ 2 pounds beef chuck roast, boneless, trimmed, cut into 1½-inch pieces | ☐ 1 teaspoon black pepper |
| ☐ 2 teaspoons kosher salt, divided | ☐ 2 tablespoons avocado oil |

FOR THE BRAISING LIQUID

- | | |
|--|--|
| ☐ 1 medium yellow onion, finely diced | ☐ 1 teaspoon Better Than Bouillon beef base |
| ☐ 3 cloves garlic, minced | ☐ 1 tablespoon Worcestershire sauce |
| ☐ 2 tablespoons tomato paste | ☐ 2 teaspoons Italian seasoning |
| ☐ 2½ cups low sodium beef broth | ☐ 1 bay leaf |

FOR THE GRAVY

- | | |
|---|---|
| ☐ 2 tablespoons tapioca starch | ☐ 2 tablespoons cold water |
|---|---|

Stovetop Mac and Cheese

Makes 8 servings · Post #92178

PASTA

- ☐ 1 pound shellbow pasta
- ☐ 1 tablespoon kosher salt, for the pasta water

CHEESE SAUCE

- ☐ 4 tablespoons butter
- ☐ 3 tablespoons all-purpose flour
- ☐ 2 (12-ounce) cans evaporated milk
- ☐ ½ cup half-and-half
- ☐ 1½ teaspoons kosher salt
- ☐ 1½ teaspoons garlic powder
- ☐ 1 teaspoon mustard powder
- ☐ 1 teaspoon black pepper
- ☐ ½ teaspoon paprika
- ☐ 4 ounces American cheese, chopped or torn
- ☐ 8 ounces sharp cheddar cheese, shredded
- ☐ 8 ounces Colby Jack cheese, shredded

Cream Cheese Mashed Potatoes

Makes 8 servings (½-cup portions) · Post #92180

POTATOES

- ☐ 2 pounds Yukon Gold potatoes, peeled, cut into 1-inch chunks
- ☐ 2 teaspoons kosher salt, for the cooking water

CREAM CHEESE MIXTURE

- ☐ 4 tablespoons unsalted butter, cubed
- ☐ ¼ cup half and half
- ☐ 4 ounces cream cheese, softened and cubed
- ☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon black pepper

Cheesy Broccoli

Makes 6 servings (1-cup portions) · Post #92181

BROCCOLI

- ☐ 6 cups fresh broccoli florets, cut into 1-inch pieces

CHEESE SAUCE

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons all-purpose flour
- ☐ 1 (12-ounce) can evaporated milk
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon black pepper
- ☐ 2 ounces cream cheese, softened and cubed
- ☐ 6 ounces sharp cheddar cheese, freshly shredded