GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

GINGER BEEF

PAGE 105 • BEST BY:

Directions Thaw in refrigerator or cook straight from freezer. Put beef and broth into a slow cooker. Cook on low until beef is fork-tender, 5 to 6 hours.

Recipe from *Fix, Freeze, Feast,* 2nd Edition
© 2018 Kati Neville and Lindsay Ahrens, Storey Publishing