

Frozen Food to Fresh Feasts



Are you tired of buying fresh fruits and vegetables from the grocery store, just for it to spoil in your fridge a day or two later? Fresh produce has become expensive and seems to not have the same quality we would expect for its price. There is a simple solution waiting for you in the frozen aisle of your grocery store! Buying frozen fruits and vegetables is a cheaper and less wasteful option.

Frozen vegetables can be used to make much more than just a stir fry and frozen fruit can be added to more than just a smoothie. Frozen produce is versatile, one bag can serve in a variety of meals. For example, a bag of frozen corn could be used in a homemade

salsa, warm mealie bread, a crockpot chili, or a fresh out of the oven chicken pot pie. Buying a frozen vegetable or fruit medley also gives you more variety in one bag rather than buying each individual item fresh!

If you need meal inspiration or want to reduce waste, consider using AI to meal prep with the ingredients that have been in your freezer for a while. Simply list all the frozen ingredients you have in your freezer and ask AI what healthy meals you can make from them. Use up any okra in your freezer with the Shrimp and Okra Gumbo recipe below!

Shrimp and Okra Gumbo Recipe

Serves 12 | Prep time: 55mins | Total time: 1hr 30min

Ingredients:

- 6 tbsp of extra virgin olive oil
- 2 cups finely chopped onion
- 1 ½ cups of chopped green bell pepper
- 1 ½ cups of chopped celery
- 5 garlic cloves, minced
- 1 ½ tsp thyme
- 1 tsp salt and 1 tsp black pepper
- 3 cans (14.5oz) diced tomatoes
- 16oz of thawed **frozen** cut okra
- 32oz of low-sodium chicken broth
- 2 bay leaves
- 2lbs thawed **frozen** raw shrimp, peeled
- 1 tbsp hot sauce
- 1 tsp filé powder
- portion of cooked brown rice

Directions:

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add onion, green bell pepper, celery and garlic to the pot. Sauté for 15 minutes.
3. Mix in thyme, salt, and pepper. Cook for 2 minutes.
4. Add in tomatoes, okra, broth, and bay leaves. Bring the pot to a boil over medium-high heat; cover the pot with the lid, reduce heat to low, and simmer for 30 minutes.
5. Add shrimp, hot sauce, and filé powder to the pot and cook 3 to 5 minutes or just until shrimp turn pink. Remove the pot from heat and discard the bay leaves.
6. Serve the gumbo over cooked brown rice.



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