

# FREEZER MEALS

*to feed the hungry*



**#LightTheWorld**

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# Feed the Hungry

This recipe book was compiled by Jodi and Julie at Food Storage Made Easy using recipes submitted by our blog readers over at <http://FoodStorageMadeEasy.NET>.

The goal of this book is to provide people with freezer meal recipes they can use to bring people meals in times of need or for their own families. The inspiration for this project came during the December 2017 #LightTheWorld campaign found on Mormon.org. The campaign included daily challenges to “Light The World” with Christ-like service during the Christmas season. On day 21 the challenge was to “FEED THE HUNGRY”. Often times when people need meals it comes without much notice. If your freezer is stocked with a few freezer meals you are in a position to be able to quickly help ease someone’s burden and feed the hungry.

Thank you to Food Storage Made Easy readers for submitting your tried and true recipes that make up the contents of this “Freezer Meals: Feed the Hungry” recipe book. A special thanks goes to Mitzi Peterson who wrote much of the introductory sections and shared so freely.

## #LightTheWorld



# Freezer Meals 101

When it comes to creating meals that will be stored in the freezer, it might feel a little overwhelming—especially if you’ve heard of the once-a-month freezer meals where you spend an entire Saturday making meals that last an entire month. Although the idea is great, finding one Saturday a month to devote to cooking and only cooking sounds a bit daunting for most (especially if you have things like soccer games and dance rehearsals and cleaning to do).

Luckily, there’s no rule that says you have to follow one prescribed method for freezer cooking. Here are some tips that might help if you’re a beginner.

## Tips for Beginners

To prevent being completely overwhelmed, start slowly. Pick a couple of meals that you know your family will like and try them out as freezer meals. One great way to do this is when you’re cooking dinner, just cook twice as much and freeze one. If you’re not sure of what things freeze well, start with recipes that are recommended for freezing.

Another great way to ease into freezer cooking is just freezing individual ingredients. So many things can be frozen including browned meat, raw hamburger patties, marinated and grilled chicken, many fruits and vegetables, cooked beans, rice, and more. By freezing individual ingredients, you can add them to many recipes quickly and easily. For example, if you were to brown ground beef and freeze, it can then be quickly and easily added to many recipes including tacos, pizza, soups/stews, spaghetti sauce and more. By browning a few pounds of ground beef all at once, you can freeze the meat in individual portions and then quickly add it to recipes to save a step.

Freeze extra muffins, breads, waffles, cinnamon rolls, etc. to be warmed & eaten as individual servings. You can also cook batches of make-ahead breakfast burritos, egg mcmuffins, etc. to save time on busy mornings. Get in the habit of freezing all kinds of things and you will learn what works well and what doesn’t.

## Tips When Bringing Meals

- Ask about allergies, preferences, and foods they just don't like.
- Bring food in disposable dishes so they don't have to clean or return them.
- Consider including paper plates, napkins, and cutlery so clean up is easy.
- If it works for you make extra food so they have leftovers for lunch.
- Think about bringing lunches or breakfasts depending on the situation.
- Include heating/cooking instructions if necessary.
- If you're concerned about making a meal you're confident they will like, offer 2-3 options that work for you and have them pick one.

## Tips When Bringing Freezer Meals

- Have your meal frozen beforehand when delivering a freezer meal, unless you know they will be eating it within 1-2 days after you have delivered it.
- Freeze soups in freezer bags and double-bag them so they don't leak. Also, freeze them lying flat, so it is easy to store in their freezer.
- Always label all your meals with a magic marker. Include name of the meal and baking or re-heating instructions.
- Deliver the meal during the day, or anytime that isn't a mealtime. It is nice for the recipient to have the meal ahead of time so they can decide when they want to cook it, and not have to wait on you if they will be eating it that night.

## Who May Enjoy Freezer Meals

- People who have busy lives and don't always have time to cook a nice meal.
- People who eat fast food a lot but want better healthy meals quickly.
- Brand new mothers who just had a baby and need to rest or enjoy every precious minute with their new little one.
- Folks who are sick, elderly or injured and cannot cook.
- Service: It's nice to have an extra meal in the freezer if you want to help someone out who is in need of a meal that day. Sometimes making a meal that day isn't possible, but pulling it out of your freezer is doable!

## Tips on Preparing Freezer Meals

- Whatever you make, make 2. It takes the same effort to make 2 as to just making 1. It takes a lot less time to make doubles of 15 recipes than it does to make 30 different recipes. Plus, if you just put them in the freezer, you can have it again in a couple of weeks to months.
- Freeze meal-sized portions, not recipe-sized. In other words, freeze in a container that will work for your family.
- Keep foil baking tins and gallon-sized freezer bags on hand so you can make a freezer meal anytime you have extra ingredients.
- Use casserole tins for meals that can be put straight into the oven after it's frozen.
- Use freezer ziploc bags for meals like soups that will be re-heated in a pot after it has been frozen.
- If you have recipes that call for cooked chicken cook it the day before.
- Chop onions and other vegetables the day before. Shred your cheese the day before or buy shredded cheese
- Make your labels for the meals the day before. Write the name of the recipe, date made, and baking instructions including oven temperature if applicable. Do this **BEFORE** you put ingredients in the bag.
- Buy meat when it's on sale and store it in the freezer in preparation for cooking day. Thaw all meat before beginning.
- Layer tortillas in enchiladas instead of rolling them.
- Make lasagna with uncooked noodles. They will soften up during the freezing, thawing, and baking process. Manicotti does not have to be cooked first either. (Just add a little thicker layer of sauce above and below when freezing).
- Don't shop and cook on the same day. Shop on one day and cook the next.
- When filling a freezer bag, fold the top down so you don't get anything on the zipper part. This will save you a lot of mess and frustration.
- As packages are ready for the freezer, stack them on a cookie sheet. When cookie sheet is full, transport them to the freezer. Be sure they are completely cool before putting in the freezer. Put them in a single layer (if possible) in the freezer until they are frozen, then stack them.

- Make a list of what you have in your freezer and put it on the door so you can mark them off when you pull one out. This will always let you know what you have. You can also use a dry erase marker on your freezer door.

## Freezer Meal Shelf Life

### **Raw Meats**

- Chicken: 10 months
- Fish: 2-3 months
- Ground Beef: 3 months
- Pork Roast: 4-6 months
- Beef Roast and Steaks: 7-9 months
- Pork Chops or Ribs: 2-3 months
- Whole Chicken or Turkeys: 6 months

### **Cooked Meals**

- Meat and Poultry in Sauces: 5-6 months
- Pasta Dishes: 2-3 Months
- Sauces, Soups and Stews: 5-6 Months
- Side dishes: 2-3 months
- Quiche or Egg dishes: 3 months

## Foods Not to Freeze

| <b>Food</b>                 | <b>Reason</b>                 | <b>Comments</b>                                      |
|-----------------------------|-------------------------------|--|
| Mayonnaise                  | Separates                     | Use whipped salad dressing instead                   |
| Cooked egg whites           | Become tough and rubbery      | Uncooked egg white freezes well                      |
| Custard, cream fillings     | Becomes soggy, separates      |  |
| Egg white frosting          | Becomes foamy                 | Substitute butter icing                              |
| Sour cream                  | Becomes thin and watery       | May be stirred in upon thawing                       |
| Potato in soups/stews       | May discolor and become mushy | Add to recipe after thawing                          |
| Fried foods                 | Lose crispness                |  |
| Bread crumb toppings        | Become soggy                  | Reheat uncovered to crisp                            |
| Crisp vegetables and fruits | Lose crispness                | Use in cooked dishes where texture is less important |



## Some Items You May Need

- Disposable foil baking pans
- Heavy duty freezer aluminum foil
- Gallon freezer bags
- Quart freezer bags
- Permanent markers
- Wide masking tape for labels
- A large funnel
- 2 sets of measuring cups—(one metal and one plastic so you can tell them apart, one for wet measuring and one for dry)
- 2 sets of measuring spoons-- (one metal and one plastic so you can tell them apart, one for wet measuring and one for dry)
- Large mixing bowls, pans, and mixing spoons
- Kitchen scissors to cut up chicken, bacon, green onions, etc.
- Non-stick cooking spray
- Timers
- Food processor
- Crock pot
- A rice cooker

## Bulk Freezer Meals

Some people choose to make big batches of one meal as opposed to making multiple meals at a time to freeze. You can organize a freezer meal group where each person creates one meal in bulk and then share with everyone else in the group.

We have added a bulk recipes section (submitted by Angela Higgs) at the end of this book with recipe ideas and bulk ingredient amounts listed out. This is a valuable resource if you are looking to do meals on a larger scale either for your own family or for a group sharing situation.

# Breakfast Foods

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## *Breakfast Quesadillas*

### **Ingredients:**

1/2 c. freeze-dried sausage  
4 eggs  
2 flour tortillas, burrito-sized  
shredded cheddar cheese

### **Optional Fillings:**

Spinach  
Tomatoes  
Onions  
Red or Green Peppers  
Mushrooms

### **Directions:**

1. Hydrate freeze-dried sausage.
2. In a skillet thoroughly cook the sausage, eggs, and vegetables.
3. Place 1/2 of the egg mixture in the center of a flour tortilla. Top with cheese, and fold the edges inward to form a sealed pocket.
4. Heat on a skillet, seam-side down. Flip and cook until golden brown.
5. Repeat with 2nd tortilla.

Make a big batch and freeze up to 1 month.

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## *Oatmeal Muffins*

### **Ingredients:**

1/2 c. mashed bananas  
1 egg  
1 tsp. vanilla extract  
1/2 c. almond milk  
1/4 c. maple syrup  
1/2 c. greek yogurt  
1 1/2 c. old-fashioned oats  
1 tsp. baking powder  
1 tsp. cinnamon

### **Optional Toppings:**

Thrive strawberry slices, hydrated  
Thrive blueberries, hydrated  
Thrive fuji apples, hydrated  
Thrive sweet cranberries, hydrated  
dark chocolate chips

**Directions:**

1. Preheat oven to 350°F.
2. Crush banana slices into a coarse powder and hydrate slightly. Mix in other wet ingredients.
3. Stir in dry ingredients.
4. Pour batter into greased muffin tin, each about 2/3 full.
5. Top each muffin with toppings. Hydrate Thrive freeze-dried fruits first.
6. Bake for about 30 minutes or until a toothpick comes out clean.

Makes 4 muffins, make a big batch and freeze up to 2-3 months.



## *Veggie Egg Cups*

**Ingredients:**

6 eggs  
salt, to taste  
pepper, to taste  
1/2 c. shredded cheese

**Directions:**

1. Preheat oven to 350°F.
2. In a greased muffin tin, place your desired combination of fillings into each muffin cup.
3. Spray freeze-dried veggies with water to slightly hydrate.
4. In a large measuring cup, add salt and pepper to eggs and beat the eggs until smooth.
5. Pour the beaten eggs into each muffin cup until liquid almost reaches the top.
6. Sprinkle cheddar cheese on top.
7. Bake for 20 minutes or until eggs are cooked through.
8. Makes 6 egg cups.

Freeze for 2-3 months and reheat in microwave when ready to eat.

**Mix and Match Fillings:**

Spinach  
Tomato Dices  
Onions  
Red or Green Peppers  
Mushrooms  
Broccoli

# Soups, Stews, Chilis

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## *Easy Soup*

### **Ingredients:**

2 cans bean & bacon soup  
2 cans vegetable soup  
2 cans water  
1 tsp. chili powder  
1-8 oz. can tomato sauce  
1 lb. ground beef or turkey browned with onion

### **Directions:**

1. Mix together, and heat! Yum!

To freeze: put in gallon-sized freezer ziploc bag with label. Freeze laying flat so it's easier to store.

*Recipe submitted by Mitzi Peterson (My Grandma Alta's recipe)*

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## *Four-Bean Taco Chili*

### **Ingredients:**

2 lbs. ground beef or turkey  
3 cups tomato juice (or 1.5 cups water + 2 cans tomato paste)  
1 16 oz. jar salsa  
1 can kidney beans rinsed and drained  
1 can great northern beans rinsed and drained  
1 can butter beans rinsed and drained  
1 can black beans rinsed and drained  
1 8 oz. tomato sauce  
1 6 oz. tomato paste  
1 4 oz. chopped green chilies  
1 envelope taco seasoning

**Directions:**

1. Cook beef until no longer pink. Stir in remaining ingredients. Bring to a boil.
2. Reduce heat; simmer uncovered for 15 minutes. Yields 12 cups.

This recipe makes a lot!! You can freeze the extra chili and use in a recipe another day or it can be made into Four (9x13) pans if used with the Chili Manicotti Recipe (found on page X).

*Recipe submitted by Mitzi Peterson, originally given by Molly Brink*

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## *Sausage Lentil Soup*

**Ingredients:**

- 1 pound French green lentils (recommended: du Puy)
- 1/4 cup olive oil, plus extra for serving
- 4 cups diced yellow onions (3 large)
- 4 cups chopped leeks, white and light green parts only (2 leeks)
- 1 tablespoon minced garlic (2 large cloves)
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh thyme leaves
- 1 teaspoon ground cumin
- 3 cups medium diced celery (8 stalks)
- 3 cups medium diced carrots (4 to 6 carrots)
- 3 quarts Homemade Chicken Stock, or canned broth ( I just use canned broth)
- 1/4 cup tomato paste
- 1 pound kielbasa, cut in 1/2 lengthwise and sliced 1/3-inch thick
- 2 tablespoons dry red wine or red wine vinegar
- Freshly grated Parmesan, for serving

**Directions:**

1. In large bowl, cover lentils with boiling water, allow to sit for 15 minutes. Drain.
2. In a large stockpot over medium heat, heat the olive oil and sauté the onions, leeks, garlic, salt, pepper, thyme, and cumin for 20 minutes, or until the

vegetables are translucent and tender. Add the celery and carrots and sauté for another 10 minutes. Add the chicken stock, tomato paste, and drained lentils, cover, and bring to a boil.

3. Reduce the heat and simmer uncovered for 1 hour, or until the lentils are cooked through and tender. Check the seasonings. Add the kielbasa and red wine and simmer until the kielbasa is hot. Serve drizzled with olive oil and sprinkled with grated Parmesan.

**To freeze:** Label quart or gallon-sized Ziploc and freeze. Thaw and re-heat on stove top.

*Recipe submitted by Mitzi Peterson via Megan Anderton, recipe source:*

*<http://www.foodnetwork.com/recipes/ina-garten/lentil-sausage-soup-recipe/index.html>*

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## *Corn Chowder*

### **Ingredients:**

1 lb bacon  
1 onion  
1 pkg corn  
8 potatoes  
½ cube butter  
3 T flour  
2 C milk

### **Directions:**

1. Fry bacon with onion. Drain grease. Combine bacon and onion with corn in crock pot. Peel and dice potatoes. Boil to ‘almost’ tender and add to crock pot.
2. Combine butter, flour and milk to make white sauce. Mix and microwave. Check and stir sauce every 1-2 minutes as it heats and thickens. Stir white sauce in to crock pot. Salt and pepper to taste. You may double the white sauce for a more “soupy” result.

Freeze in gallon freezer bag - thaw to room temperature and re-heat - yummy!

*Recipe submitted by Robin Allen*

## *Best Ever Beef Stew*

### **Ingredients:**

- 2 pounds beef stew meat
- ½ cup all-purpose flour
- 1 tablespoon seasoning salt
- 2 tablespoons olive oil
- ½ teaspoon black pepper
- 1 large onion, diced
- 2 bay leaves
- ¼ cup Worcestershire sauce
- 2 cups water
- 2 teaspoons beef demi-glaze (or beef Swanson Flavor Boost / Better than Bouillon)
- 4 medium to large red skinned potatoes, washed & diced
- 3 large carrots, peeled & sliced
- 1 stalk celery, diced

### **Directions:**

1. Shake the beef stew meat in a re-sealable plastic bag with the flour & seasoning salt until evenly coated. Heat the olive oil in a skillet; add the floured stew meat to the pan & brown on all sides. Remove using a slotted spoon or tongs & place into the bottom of a slow cooker. Season with pepper.
2. Sauté the diced onion in the same hot skillet for 2 minutes. Don't worry about cleaning it out in between – that's added flavor! Transfer the onions into the slow cooker as well. Pour the Worcestershire sauce, water, & beef demi glaze (or Swanson Flavor Boost or Better than Bouillon) into the skillet and whisk until mixed, making sure you scrape up any browned bits in the bottom of the pan. Turn off the heat & set aside.
3. Add the diced potatoes, carrots, celery, & bay leaves to the slow cooker. Now, pour the broth/Worcestershire mixture in the crockpot as well. Cover; cook on low for 8 hours. Remove the bay leaves before serving.

**To Freeze:** label freezer bag with permanent marker. Add soup and freeze!

**To Eat:** When ready to eat, thaw and warm up on stove or in the microwave.

*Submitted by Mitzi Peterson from <http://www.mrshappyhomemaker.com/best-ever-beef-stew/>*

## *Very Easy Mushroom Wheat Soup*

### **Ingredients:**

1/4 cup olive oil  
1 cup chopped onion  
3/4 cup diced carrots  
1/2 cup chopped celery  
1 teaspoon minced garlic  
1 pound sliced fresh mushrooms  
6 cups chicken broth  
3/4 cup barley (I substituted wheat kernels)  
salt and pepper to taste

### **Directions:**

1. Heat the oil in a large soup pot over medium heat. Add the onion, carrots, celery and garlic; cook and stir until onions are tender and transparent.
2. Stir in mushrooms and continue to cook for a few minutes.
3. Pour in chicken broth and add barley. Bring to a boil, then reduce heat to low.
4. Cover and simmer until barley (or wheat) is tender, about 50 minutes. Season with salt and pepper before serving.

*Recipe submitted by Mitzi Peterson, adapted from [www.allrecipes.com](http://www.allrecipes.com)*

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## *Chicken and Black Bean Soup*

### **Ingredients**

2 cups cooked and shredded chicken  
1 (15 oz) can black beans, rinsed and drained  
1 (15 oz) can refried black beans  
1 (10 oz) can Rotel tomatoes with green chilies  
1 (15 oz) can diced tomatoes  
1 red bell pepper, minced  
4 oz can diced green chilies  
1 tbsp ground cumin  
1 tsp chili powder



1 tsp garlic powder  
1 tsp onion powder  
1/4 tsp oregano  
1 box (32 oz) chicken broth  
sour cream, for serving (optional)

**Instructions to freeze:**

Cook and shred chicken. In a Ziploc or other freezer safe container, add chicken, beans, tomatoes, bell pepper, chilies and seasonings. Freeze for up to 3 months.

**Directions:**

Thaw chicken mixture. In a stockpot, add the chicken mixture and chicken broth. Bring to boil, then reduce heat and let simmer 30 minutes. Serve with sour cream and breadsticks.

**Delivery to recipient:**

Include frozen chicken mixture, box of chicken broth, sour cream, breadsticks, and quick preparation instructions.

*Recipe submitted by Kendra Pitchford (modified from a recipe on Skinnytaste.com)*

# Casseroles

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## *3 Bean Casserole*

### **Ingredients:**

- 1 lb. bacon
- 1 lb. hamburger (or ground turkey)
- 1- 12 oz. can lima beans
- 1 can pork & beans
- 1 can kidney beans
- 2 Tbsp. vinegar
- ½ cup ketchup
- ½ cup or less brown sugar
- ½ tsp. dry mustard
- 1 cup onions, chopped

### **Directions:**

1. Brown bacon and ground turkey (hamburger) separately. Then add the rest of the ingredients and mix.
2. Place in two 8x8 foil pans, label, and freeze.

When ready to serve, thaw and bake at 350 degrees covered for 20 minutes and then uncovered 20 min. and Serve. Serve over rice, if desired.

*Recipe submitted by Mitzi Peterson, via Nancy Peterson*

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## *Chicken Ritz Casserole*

### **Ingredients:**

- 4 chicken breast, cooked & cubed
- 8 oz. wide noodles, cooked
- ½ lb. Velveeta cheese, cubed
- ½ cube butter
- 1 cup milk

**Topping Ingredients:**

1/2 cube butter

32 ritz crackers, crushed

**Directions:**

1. Alternate noodles and meat in a pan.

2. Combine velveeta, butter, and milk. Pour over noodles and chicken.

When out of the freezer, thaw. Crumble 32 Ritz crackers. Mix 1/2 cube melted butter and crackers together. Sprinkle cracker/ butter mixture on top. Bake at 350 for 25-30 minutes.

*Recipe submitted by Nancy Peterson*

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## *Chicken and Stovetop Casserole*

**Ingredients:**

1 medium yellow onion, coarsely chopped

6-8 mushrooms, sliced and sautéed in butter (optional)

4-6 chicken breasts, defrosted (can also be cubed)

6-8 slices Swiss cheese

1 can cream of mushroom soup

1/2 can chicken broth

1 box Stove Top Stuffing, any flavor

1-2 Tbsp. butter

Salt & Pepper

Seasonings of your choice (such as Chicken Montreal Seasoning)

**Directions:**

1. In a 9x13 baking dish, layer onions and mushrooms, then add chicken. Add seasonings of your choice, then top chicken with cheese.

2. In a separate bowl, mix soup and broth together and pour over chicken. Top with dry stuffing mix, sprinkle with seasoning packet, and dot with butter.

3. Cover and bake at 350 degrees for about 45 minutes, or until bubbly and chicken is done (if chicken is cubed, it will take about 30 minutes). Uncover the last 10 minutes of baking.

If freezing, don't put stuffing on until ready to bake. Place in a disposable dish and cover with foil. Let thaw, and bake as above.

*Recipe submitted by Julie Wright (adapted from recipe by Toni Wright)*

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## *Pinwheel Casserole*

### **Ingredients:**

- 1 lb. ground turkey
- 1 bag pinwheel noodles (or any other fun shape)
- 1 bag of colby jack cheese, shredded
- 1 bag of parmesan cheese, shredded, (I use Kraft grated in the bottle)
- 1 jar of prego 3 cheese Sauce
- 1 can cream of mushroom soup
- 1 can cream of chicken Soup
- salt, pepper & oregano to taste

### **Directions:**

1. Boil pinwheel noodles according to directions on package.
2. Brown ground turkey and season with salt, pepper, and a dash of oregano.
3. When meat is browned and drained of excess oil, add Prego, cream of mushroom and cream of Chicken soup. Let simmer for 10 minutes, stirring occasionally so that all the sauces blend.
4. Grease your 9x13 casserole dish (or 2 8x8 dishes). Start with making a layer of noodles, then add the meat sauce, then add a layer of each cheese. Repeat until all of your ingredients have been used. Once the layers have reached the top of the pan, you can sprinkle some extra Parmesan cheese on top. Write on aluminum foil with magic marker the baking instructions and freeze. Bake at 350 for 20-25 minutes, or until the top is melted and golden brown.

*Recipe submitted by Mitzi Peterson via America Ririe*

## *John's Casserole*

### **Ingredients:**

- 1 box rotelle pasta ("twirl" pasta as our kids called it)
- 1 pkg bulk sausage
- 1 jar pasta sauce - we used Prego, can use homemade if you have it on hand
- 1 can sliced mushrooms (optional)
- 1 green pepper, chopped (also optional)
- Parmesan as needed

### **Directions:**

1. In large pot, heat water and then boil the pasta according to instructions on the box.
2. In the meantime, brown the sausage, and peppers if using. Drain the pasta, return to same pot. Add in cooked sausage, green pepper, mushrooms, and pasta sauce. Stir. **\*\*Can be baked for 30 min to thoroughly heat all ingredients.**
3. Top with parmesan. We usually just serve it as soon as it is all heated through on the stovetop. Serves 4-6 people.

### **Freezing Directions:**

1. Boil the pasta **JUST UNDER** normal cooking time. If box states cook for 7 minutes, to freeze only cook the pasta 5 minutes. It will continue cooking slightly in the bag. If overcooked before freezing, pasta will be mushy. Drain and run pasta under cold water to cool it down. Then dump into a 1 gallon freezer bag.
2. Dump in the cooked and cooled sausage and veggies. Add in the pasta sauce.
3. Seal and label the bag before placing in freezer. On label, add directions to thaw frozen ingredients enough to stir them together. Place contents of bag in 9 x 13" pan, bake 30 - 45 min until heated through. Top with parmesan to serve.

*Recipe submitted by Nora Stevenson*

# Main Courses

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## *Chicken Pot Pie*

### **Ingredients:**

1 pkg of 2 ready-made pie crusts  
1 can cream of chicken soup  
2 cans mixed veggies  
1-2 cups cooked chicken, cut into pieces  
½ can of milk  
Salt & pepper to taste

### **Directions:**

Preheat Oven to 425. Grease pie plate, place on pie crust in pie plate and form to plate and then set aside. In bowl, mix soup, veggies, chicken, milk, salt & pepper. Pour into pie shell. Top with 2nd pie shell, seal, and flute the edges.

**To freeze:** Place veggie/chicken mixture in a Ziploc bag and freeze. Give the recipient the package of ready-made pie crust separately. When ready to serve, place pie crusts in pan and add veggie/chicken mixture. Top with second pie crust.

**To serve:** Brush top with egg mixture (1 beaten egg with 1 tsp. water). Pierce top crust several times and cover edges of crust with aluminum foil to prevent burning. Bake 40-50 min. Let cool 5-10 minutes before serving.

*Recipe submitted by Mitzi Peterson via Erin Bailey*

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## *Nancy's Easy Enchiladas*

### **Ingredients:**

|                            |                        |
|----------------------------|------------------------|
| 1 lb. ground turkey        | 10-12 tortillas        |
| ¼ to ½ onion, chopped      | Grated cheese          |
| 1 can mild enchilada sauce | 1 can chili (optional) |

**Directions:**

Brown turkey. Then add onion, let onion cook for a few minutes. Add 1/2 can of enchilada sauce. Simmer for 10 minutes. Add meat and grated cheese into tortilla and roll up. Put in the pan and pour enchilada sauce over tortillas. Sprinkle cheese and top and add chili on top if desired. Bake @ 350 for 30 minutes.

**To freeze:** Add cheese to thawed enchiladas just before putting in oven.

*Recipe submitted by Nancy Peterson*

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## *Chili Manicotti*

**Ingredients:**

10 uncooked manicotti shells  
1 cups mozzarella cheese  
1 15 oz. ricotta cheese  
1/4 cup shredded Parmesan cheese  
1 egg slightly beaten  
3 cups of thawed four bean chili  
1 14 oz. jar meatless spaghetti sauce

**Directions:**

Cook manicotti. In a large bowl combine 1 cup mozzarella, ricotta, Parmesan and egg. Set aside. Combine Four-Bean Taco Chili (recipe above) and spaghetti sauce. Pour half of the bean mixture and spaghetti sauce into greased 13x9 baking dish. Rinse and drain manicotti. Stuff with cheese. Place over sauce. Top with remaining sauce; sprinkle with remaining cheese. Bake uncovered 350 for 40-45 minutes.

**To freeze:** Don't cook the manicotti shells. Stuff with cheese as normal and place over sauce. Reserve cheese to sprinkle on top just before baking. Place in disposable 9x13 pan and cover with foil. Freeze. When ready to eat, let thaw, and bake at 350 degrees for 40-50 minutes or until bubbly. Uncover the last 10 minutes of baking.

*Recipe submitted by Mitzi Peterson via Molly Brink*

## *“Cafe Rio” Salad*

### **Ingredients:**

- 1 pork roast, (butt roast is fine) - about 5-8 lbs. because it shrinks
- 1 medium sized jar favorite salsa
- 1 cup brown sugar

### **Directions:**

1. Mix salsa and brown sugar and pour over pork in a crock pot.
2. Cook in crock pot for 8-10 hours on low heat, then shred with 2 forks.
3. Take meat from juice and serve with lettuce, chips salsa, avocados, sour cream, cheese & tomatoes...your favorite taco salad condiments.

**For freezer meal:** shred pork and bag in Ziploc for use in later recipes!

*Recipe submitted by Mitzi Peterson*

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## *Chicken Enchiladas*

### **Ingredients:**

- 8 chicken breasts
- 1 ½ lbs Monterey jack cheese
- 1 ½ lbs Colby longhorn cheese
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 can sliced black olives
- 2 small cans mild green chilies (or 1 large can)
- 1 pint sour cream (16 oz)
- 1 pkg flour tortillas

### **Directions:**

1. Season chicken with garlic and salt. Bake for 35-40 minutes at 350 degrees. Shred.
2. Mix and heat soups, sour cream and ½ of chilies. Pour ½ of this in bottom of 9x13 pan.



3. Stuff and roll tortilla with chicken, 1/2 of cheese and remaining green chilies. Place in pan. Top with remaining sauce, olives and finally cheese.
4. Bake about 25 minutes at 350 degrees until edges are bubbly. Do not over bake.

**For freezing:** freeze without adding the final layer of cheese.

**After freezing:** thaw to room temperature, add layer of freshly grated cheese on top and bake! Super yum!)

*Recipe submitted by Robin Allen*

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## *Sloppy Joes*

### **Ingredients:**

- 1 1/2 lb. ground beef or turkey
- 1 small onion, chopped
- 1 small green pepper, chopped
- 1 (11 oz.) can tomato soup
- 1 (8 oz.) can tomato sauce
- 1 cup catsup
- 2 Tbsp. brown sugar
- 1 Tbsp. Worcestershire sauce
- 1 tsp. prepared mustard
- 1/8 tsp. garlic powder

### **Directions:**

1. Brown ground beef/turkey with onion, and green pepper, then drain off fat.
2. Add remaining ingredients. Let simmer stirring occasionally until thickened.
3. Serve over hamburger buns.

**If freezing:** let cool and pour into already marked quart freezer bags. To use, thaw and pour into a pot to heat up. (I double this recipe and freeze the leftovers.)

*Recipe submitted by Julie Wright (adapted from recipe by Courtney Welsh)*

## *Tamale Pie*

### **Ingredients for Meat Filling:**

- 1 lb. ground beef, ground turkey, or sausage
- ½ medium onion, diced (or 1-2 Tbsp. dried minced onion)
- 1 Tbsp. cornstarch
- 1 tsp. chili powder
- 1 tsp. cumin
- ½-1 tsp. garlic powder
- 1 (4oz.) can mild diced green chili peppers, drained
- 1 (16 oz.) can diced tomatoes
- 1 (8oz.) can tomato sauce

### **Ingredients for Cornbread:**

- 2 eggs
- ½ cup butter, melted
- ½ cup granulated sugar
- 1 cup buttermilk (or 1 cup milk + 1 Tbsp. vinegar)
- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- ½ tsp. salt
- ½ tsp. baking soda
- 1 (16 oz.) can corn, drained
- ½ cup grated cheddar cheese (optional)

### **Directions:**

1. Brown ground beef with onion, then drain off grease.
2. Add rest of ingredients and let simmer for about 15-20 minutes, stirring occasionally, until it thickens a bit and spices blend. (NOTE: As it simmers, I use a potato masher to cut up the tomatoes to very small chunks so my family will eat them.)
3. While meat mixture is simmering, preheat oven to 375 degrees. Grease a 9 x 13 casserole dish and set aside.

4. Stir together eggs, butter, and sugar. Add milk and corn, then stir in flour, cornmeal, salt, and soda (and grated cheddar cheese if desired) until just combined.
5. Evenly spread half of cornbread mixture on bottom of casserole dish. Add all of meat mixture, and evenly spread over bottom layer. Then add rest of cornbread mix to the top.
6. Bake at 375 degrees for 30 minutes, or until cornbread is done in the middle. Serve with salsa if desired.

**If freezing,** Bake at 375 degrees for 20 to 25 minutes or until just done but not browned. Cool and freeze. To use, defrost and bake covered for approx. 15 minutes, then uncovered for another 10 minutes or until heated through and cornbread is slightly browned.

*Recipe submitted by Julie Wright (adapted from recipes by BH&G Cookbook and Ruth Ann McCain)*

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## *Teriyaki Chicken*

### **Ingredients:**

6 chicken breasts  
1 cup brown sugar  
1 cup soy sauce  
1 cup water  
2 Tbsp. cornstarch  
1 tsp. garlic powder or diced garlic  
1/2 tsp. ginger powder (or 1 tsp. finely grated fresh ginger- YUM!)  
dash of red pepper flakes (if you like a little heat. I usually leave this out for my kiddos.)

### **Directions:**

1. Defrost chicken breasts if frozen and drain off excess liquid.
2. In a medium saucepan, whisk together rest of ingredients, making sure cornstarch is fully mixed in before adding heat. Bring to a boil and let thicken.

3. Let cool, then place chicken breasts and sauce in a gallon freezer bag and freeze.

**To use:** let it thaw/marinade then cook in crockpot for 4-6 hours. Serve with rice and veggies.

*Recipe submitted by Julie Wright*

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## *Meatloaf or “Wheatloaf”*

### **Ingredients:**

- 1 lb. ground turkey or beef
- 1 cup cooked cracked wheat\*
- 1 egg
- ½ cup bread crumbs or 6 crushed crackers
- ½ tsp seasoning salt
- ½ tsp garlic powder
- ¼ cup finely chopped onions
- Ketchup

### **Directions:**

1. Mix all ingredients together with your hands, except the ketchup.
2. Place the meatloaf in an 8x8 pan (or a bread pan). Drizzle ketchup on top of meat.
3. Top with aluminum foil & freeze.
4. Bake in the oven at 350 for 1 hour.
5. Serve with potatoes and green beans. (see recipe below for cooked cracked wheat)

### **Cracked Wheat Instructions:**

1 cup of wheat + 2 cups water = 3 cups cooked cracked wheat  
In a saucepan, add 1 cup of cracked wheat, 2 cups of water and a dash of salt. (You can crack wheat in your grinder using the coarsest setting, a hand grinder works best, or you can “pulse” it in your blender. Bring to a boil. Cover and cook

on low heat for 10-20 min until tender. This will make 3 cups. Keep any extra cooked wheat in an airtight container in the fridge up to 2 weeks. To freeze, divide into portion sizes and place in individual freezer bags.

Cracked wheat can be used as a meat extender by adding 1/2 cup cooked cracked wheat for every pound of ground meat. Cracked wheat can be used in place of rice, served as a hot breakfast, or to substitute nuts in gelatin or green salads.

*Recipe submitted by Mitzi Peterson, taken from Kern L. Wheatberry's Amazing Guide on Wheat*

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### *Simple Beef Stroganoff*

#### **Ingredients:**

2 lbs stew beef  
2 cans Campbell's Cream of Mushroom Soup  
1 onion, diced  
3 T Worcestershire sauce  
1/2 cup water  
8 oz. sour cream (DO NOT FREEZE)  
Egg noodles or rice

#### **Directions:**

1. Place first 5 ingredients into slow cooker, cook on low 8 hours. Cut cream cheese into cubes and place into slow cooker, stirring. Cook 15 additional minutes on high, stir to combine.
2. Serve over cooked egg noodles or rice.

**If freezing:** place first 5 ingredients into gallon-sized freezer bags. Freeze. Thaw overnight in refrigerator, dump into slow cooker, cook on low 8 hours. Add sour cream and place into slow cooker, stirring. Cook 15 additional minutes on high, stir to combine.

*Recipe submitted by Kasey Child*

## Tamales

### Ingredients:

- 4 chicken breasts
- 1, 24 oz bottle of your favorite salsa
- 2 cups Masa mix (Maseca brand)
- 1 can of broth, chicken or beef
- 1 tsp. salt
- 1 tsp. baking powder
- 2/3 cup of lard or vegetable shortening.
- 1, 8 oz bag of corn husks

### Instructions:

1. Combine chicken breasts and 1 24 oz bottle of salsa. Simmer for 1 hour.
2. Shred the chicken with a fork, set aside.
3. Soak the corn husks in a bowl of warm water.
4. In a large bowl, beat the lard with a tablespoon of the broth until fluffy. Combine the masa mix, baking powder and salt; stir into the lard mixture, adding more broth as necessary to form a spongy dough.
5. Spread the dough out over the corn husks to 1/4 to 1/2 inch thickness. Place one tablespoon of the meat filling into the center.
6. Fold the sides of the husks in toward the center and place in a steamer. Steam for 1 hour. Remove tamales from husks and drizzle remaining chile sauce over.

**For freezing:** Double the recipe. Microwave for 1 minute when ready to use.

*Recipe submitted by Becca Browne, originally from <http://allrecipes.com/recipe/34512/real-homemade-tamales/>*

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## Chicken and Yummy Vegetables

### Ingredients:

- About 2 cups or 3 medium unpeeled sweet potatoes, cut into 1/2 inch chunks
- 2 large green peppers, cut into cubes

1 red pepper, about 1 cup, cut into cubes  
2 zucchini, cut into 1 inch thick rounds  
2 cups onion, chopped into 1 inch pieces  
2 Tablespoon quick cooking tapioca  
2 lbs. chicken thighs and/or drumsticks, don't cut them!  
2--15 oz. jars of plain tomato sauce  
4 tablespoons honey or maple syrup  
2 tablespoons Worcestershire sauce  
2 tablespoons ground yellow mustard  
2 cloves garlic (about 2 tablespoons), finely minced  
1 teaspoon salt

**Directions:**

1. Label 2 one-gallon freezer bags. Each bag serves six.
2. After chopping vegetables, divide EVERYTHING into the two bags. Shake them and p to mix, seal them and lay flat in freezer.
3. Day of cooking: put bag of stew on counter for 15 minutes to slightly thaw.
4. Peel away the bag, dump into crock pot.
5. Cook on high 4-6 hours or low for 6-8 hours.
6. Serve with a salad and rice, preferably brown for a great meal.

*Recipe submitted by Deb S.*

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*Cowboy BBQ Beans and Sausage*

**Ingredients:**

2 (15 oz) cans black beans, drained and rinsed  
2 (15 oz) cans cannellini beans, drained and rinsed  
1 (15 oz) can garbanzo beans, drained and rinsed  
1/2 cup diced onion  
1 cup ketchup  
2 tablespoons yellow mustard  
1 tablespoon Worcestershire sauce  
1 teaspoon cumin  
1 teaspoon chili powder

1 tablespoon apple cider vinegar  
1/4 cup brown sugar  
1/4 cup honey  
1/4 cup molasses  
2 cups chicken broth  
1/2 pound bacon (uncooked), cut into 1/2 inch pieces  
2 pounds kielbasa (uncooked), cut into 1/2 inch slices

**Instructions to freeze:**

Combine all ingredients except sausage and add to Ziploc or other freezer safe container. Place sliced kielbasa in separate bag and add to bean mixture bag.

**Directions:**

Crockpot: Add bean mixture to crockpot. Place the sausage slices on top of the mixture. Cover tightly with lid and cook on low for 5 hours until the sausage is cooked through.

Stovetop: Add bean mixture to stockpot. Stir in the sausage slices. Cover and heat until boiling, reduce heat and simmer 1 hour until the sausage is cooked through. Serve with cornbread.

Delivery to recipient

Include bean mixture and sausage, cornbread, and preparation instructions.

\*\*Because this recipe makes 12 servings, it is easy to split the mixture into 2 meals.

*Recipe submitted by Kendra Pitchford (modified from the Slow Cooker Kielbasa and BBQ Beans recipe on MomOnTimeOut.com)*



# Desserts

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## *Monster Cookies*

### **Ingredients:**

1 stick butter  
1 c. brown sugar  
1 c. sugar  
3 eggs  
1 tsp vanilla  
1 tsp corn syrup  
2 tsp baking soda  
1 1/2 cups peanut butter  
4 1/2 cups oats  
1/2-3/4 cup mini M&M's  
1/2-3/4 cup chocolate chips

Preheat oven to 350. Mix butter, sugars, eggs, vanilla, syrup, and soda. Stir in peanut butter, oats and candies. Drop from cookie scoop on ungreased cookie sheet. Bake for 12-15 minutes. Let cookies stand on pan to harden for a couple of minutes before removing.

**To Freeze:** drop by spoonfuls on cookie sheet and freeze. When frozen, remove and place in freezer ziploc bag with instructions written on how to bake. Pop in the oven for warm cookies later!dddd

*Recipe submitted by Mitzi Peterson*

# Bulk Recipe Ideas

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## *Honey Mustard Meatloaf*

### Ingredients:

|         |         |         |           |                        |
|---------|---------|---------|-----------|------------------------|
| 1 meal  | 2 meals | 3 meals | 4 meals   |                        |
| 1 ½ lbs | 3 lbs   | 4 ½ lbs | 6 lbs     | Ground beef            |
| 1/3 cup | 2/3 cup | 1 cup   | 1 1/3 cup | Dry Parmesan cheese    |
| 2       | 4       | 6       | 8         | eggs                   |
| ½ cup   | 1 cup   | 1 ½ cup | 2 cups    | Chopped onions         |
| 1 tsp   | 2 tsp   | 3 tsp   | 4 tsp     | Basil                  |
| ½ tsp   | 1 tsp   | 1 ½ tsp | 2 tsp     | salt                   |
| ½ tsp   | 1 tsp   | 1 ½ tsp | 2 tsp     | Pepper                 |
| 1 Tbs   | 2 Tbs   | 3 Tbs   | 4 Tbs     | Scallions, chopped     |
| 2 Tbs   | 4 Tbs   | 6 Tbs   | 8 Tbs     | Dijon mustard, divided |
| 2 Tbs   | 4 Tbs   | 6 Tbs   | 8 Tbs     | Honey, divided         |

\*\*\*\*Note: For this recipe, each meal feeds 6 people.

### Directions:

1. In a large mixing bowl, mix the ground beef, parmesan cheese, eggs, onion, half the Dijon, half the honey, and seasonings. Mix completely.
2. Shape into loaves. To freeze put the loaves on a sheet pan and freeze for several hours, transfer to a zippered freezer bag.

### On serving day:

1. Thaw the meatloaf in the refrigerator for 36 to 48 hours.
2. Bake the thawed meatloaf uncovered for 30 minutes in a 350-degree oven.
3. Combine the other half of the honey and Dijon in small bowl.
4. Remove the meatloaf from the oven and pour off all liquid and brush the with the honey mustard glaze.
5. Bake for an additional 10 to 20 minutes.

**Crockpot Alternative:** Cook meatloaf in crockpot for 4 to 5 hours on low, pour off all liquids and top with glaze and cook another 30 minutes.

## *Pinata Soup*

### Ingredients:

| 1 meal  | 2 meals | 3 meals | 4 meals | 5 meals | 6 meals  |                                |
|---------|---------|---------|---------|---------|----------|--------------------------------|
| ½ lbs   | 1 lb    | 1 ½ lbs | 2 lbs   | 2 ½ lbs | 3 lbs    | Ground Beef                    |
| ¼ cup   | ½ cup   | ¾ cup   | 1 cup   | 1 ¼ cup | 1 ½ cup  | Onion                          |
| ¼ cup   | ½ cup   | ¾ cup   | 1 cup   | 1 ¼ cup | 1 ½ cup  | Bell Pepper                    |
| 1 clove | 2 clove | 3 clove | 4 clove | 5 clove | 6 cloves | Garlic, minced                 |
| 1 can   | 2 cans  | 3 cans  | 4 cans  | 5 cans  | 6 cans   | Diced tomato (14 to 15 oz can) |
| 4 oz    | 8 oz    | 12 oz   | 16 oz   | 20 oz   | 24 oz    | Tomato Sauce                   |
| 1 cup   | 2 cups  | 3 cups  | 4 cups  | 5 cups  | 6 cups   | Corn, frozen                   |
| ½ tsp   | 1 tsp   | 1 ½ tsp | 2 tsp   | 2 ½ tsp | 3 tsp    | Chili Powder                   |
|         |         |         |         |         |          |                                |
| 2 cups  | 4 cups  | 6 cups  | 8 cups  | 10 cups | 12 cups  | Water added on serving day     |

\*\*\*\*\* Each meal feeds 4 people.

### Directions:

1. Brown the ground beef with bell pepper, onion and garlic, drain.
2. Add the other ingredients and mix well.
3. Divide into freezer bags or containers using small servings (remember you'll be adding water the day you cook this meal) and freeze.

**On serving day:** thaw the soup mixture and add 1/2 cup of water per person and heat to almost boiling.

**Crockpot alternative:** Pour thawed mixture plus 1 ½ cups water per meal into crockpot and let cook on low all day.

Serve with cornbread and a salad.

## *Salsbury Steaks*

### Ingredients:

| 1 meal  | 2 meals | 3 meals | 4 meals  |                            |
|---------|---------|---------|----------|----------------------------|
| 1 ½ lbs | 3 lbs   | 4 ½ lbs | 6 lbs    | Ground chuck               |
| ½ cup   | 1 cup   | 1 ½ cup | 2 cups   | Onion                      |
| 6 Tbs   | ¾ cup   | 1 ¼ cup | 1 ½ cups | Dry parmesan cheese        |
| 2 eggs  | 3 eggs  | 4 eggs  | 5 eggs   | eggs                       |
| 3 Tbs   | 6 Tbs   | 9 Tbs   | 12 Tbs   | Milk                       |
| 1 ½ Tbs | 3 Tbs   | 4 ½ Tbs | 6 Tbs    | Prepared horseradish sauce |
| 1 tsp   | 2 tsp   | 3 tsp   | 4 tsp    | Salt                       |
| 1/2 tsp | 1 tsp   | 1 ½ tsp | 2 tsp    | Pepper                     |

\*\*\*\*\* Each meal will make 6 to 8 servings depending on size of steak patties

### Directions:

1. In medium bowl, combine ground beef, onion, cracker crumbs, egg white, milk, horseradish, 3/4 teaspoon salt and 1/4 teaspoon pepper, mixing lightly but thoroughly.
2. Shape into oval 1/2-inch thick patties. Place patties on cookie sheet and freeze until solid. Store in zippered freezer bag.

**On serving day:** thaw the patties, brown them in a skillet, add gravy and simmer about 20 minutes or until the patties are cooked.

**Crockpot method:** This is my short cut. I put the thawed patties into my crockpot and pour in the gravy. Cook on medium about 6 hours, can go longer.

### Gravy Ingredients:

| 1 meal | 2 meals | 3 meals | 4 meals |                      |
|--------|---------|---------|---------|----------------------|
| 1 Tbs  | 2 Tbs   | 3 Tbs   | 4 Tbs   | Butter               |
| ½ cup  | 1 cup   | 1 ½ cup | 2 cups  | Onion                |
| 1 Tbs  | 2 Tbs   | 3 Tbs   | 4 Tbs   | Flour                |
| 1 cup  | 2 cups  | 3 cups  | 4 cups  | Beef broth           |
| 1 tsp  | 2 tsp   | 3 tsp   | 4 tsp   | Worcestershire sauce |

## *Hamburger Stroganoff*

### Ingredients:

|          |          |            |           |                                   |
|----------|----------|------------|-----------|-----------------------------------|
| 1 meal   | 2 meals  | 3 meals    | 4 meals   |                                   |
| 1 lb     | 2 lbs    | 3 lbs      | 4 lbs     | Ground beef                       |
| ½ cup    | 1 cup    | 1 ½ cup    | 2 cups    | Onion                             |
| 1 clove  | 2 cloves | 3 cloves   | 4 cloves  | Garlic                            |
| 2 Tbs    | 4 Tbs    | 6 Tbs      | 8 Tbs     | Flour                             |
| 1 tsp    | 2 tsp    | 3 tsp      | 4 tsp     | salt                              |
| ¼ tsp    | ½ tsp    | ¾ tsp      | 1 tsp     | Pepper                            |
| 4 oz     | 8 oz     | 12 oz      | 16 oz     | Mushrooms, canned                 |
| ½ recipe | 1 recipe | 1 ½ recipe | 2 recipes | Homemade Cream of Mushroom Soup   |
|          |          |            |           |                                   |
| 1 cup    | 2 cups   | 3 cups     | 4 cups    | Sour Cream (added on serving day) |

\*\*\*\*Each Meal serves 4 to 6.

### Directions:

1. Brown ground beef with onion and garlic, drain.
2. Stir in flour, salt, pepper, and mushrooms. Stirring constantly, cook for 5 minutes. Stir in homemade cream of mushroom soup (see below).
3. Stirring constantly bring to a boil, then reduce heat and simmer uncovered for 10 minutes.
4. Allow to cool and place in freezer container or bag and freeze.

**To serve:** Thaw Stroganoff in refrigerator overnight. Heat Stroganoff, then add 1 cup sour cream, till just warmed. Serve over hot rice or pasta

### Condensed Creamed of Mushroom Soup Ingredients:

|        |        |        |        |                          |
|--------|--------|--------|--------|--------------------------|
| 1 can  | 2 cans | 3 cans | 4 cans |                          |
| 2 Tbs  | 4 Tbs  | 6 Tbs  | 8 Tbs  | Butter                   |
| 2 Tbs  | 4 Tbs  | 6 Tbs  | 8 Tbs  | Olive Oil                |
| ¼ cup  | ½ cup  | ¾ cups | 1 cup  | Flour                    |
| 1 tsp  | 2 tsp  | 3 tsp  | 4 tsp  | Salt                     |
| 12     | 24     | 36     | 48     | Fresh Mushrooms, chopped |
| 2 cups | 4 cups | 6 cups | 8 cups | Milk                     |

**Condensed Creamed of Mushroom Soup Directions:**

1. Heat butter and oil then add flour and salt, stirring to make a roux.
2. Add mushrooms and cook about a minute, just to soften. Add milk and stir until thickened.

This is a substitute (and a great one at that!) for two 10 oz. cans cream of mushroom soup. To make cream of chicken, simply omit mushrooms, add 1 tsp. chicken base (a paste, like bouillon but without the MSG) and substitute half the milk with chicken broth or stock. To make cream of celery, substitute celery for the mushrooms and proceed as listed above.

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*Chicken and Mushroom Crepes*

**Crepe Ingredients:**

|         |         |         |         |       |
|---------|---------|---------|---------|-------|
| 1 meal  | 2 meals | 3 meals | 4 meals |       |
| 1 cup   | 2 cups  | 3 cups  | 4 cups  | Milk  |
| ¾ cup   | 1 ½ cup | 2 ¼ cup | 3 cups  | Flour |
| 2       | 4       | 6       | 8       | Eggs  |
| 1/8 tsp | ¼ tsp   | 1/3 tsp | ½ tsp   | salt  |
|         |         |         |         |       |

**Crepe Directions:**

1. In blender container combine all crepe ingredients and process until smooth.
2. Let stand for 15 to 20 minutes.
3. Lightly spray an 8 inch nonstick skillet with nonstick cooking spray and heat.
4. Pour 1/8 of batter into skillet and quickly swirl batter so that it covers entire bottom of pan; cook over medium-high heat until edges and underside are dry.
5. Carefully turn crepe over; cook other side briefly just to dry, about 30 seconds.
6. Slide crepe onto a plate and let cool.
7. Repeat process until all the crepe batter is used.

**To freeze:** Stack cooled crepes, using 2 sheets of wax paper between each to separate; store in zip-lock freezer bag.

## Filling Ingredients:

| 1 meal  | 2 meals | 3 meals | 4 meals |                         |
|---------|---------|---------|---------|-------------------------|
| 1 Tbs   | 2 Tbs   | 3 Tbs   | 4 Tbs   | Butter                  |
| ½ cup   | 1 cup   | 1 ½ cup | 2 cups  | Onion, chopped          |
| 1 cup   | 2 cups  | 3 cups  | 4 cups  | Fresh Mushrooms, sliced |
| 3 Tbs   | 6 Tbs   | 9 Tbs   | 12 Tbs  | Flour                   |
| 1 ½ cup | 3 cups  | 4 ½ cup | 6 cups  | Chicken Broth           |
| 1 ½ cup | 3 cups  | 4 ½ cup | 6 cups  | Cooked diced chicken    |
| ½ tsp   | 1 tsp   | 1 ½ tsp | 2 tsp   | thyme                   |
| ¼ tsp   | ½ tsp   | ¾ tsp   | 1 tsp   | White pepper            |
| 1 cup   | 2 cups  | 3 cups  | 4 cups  | Frozen Petite Peas      |

## Filling Directions:

1. In 2 quart sauce pan, sauté the onion in margarine until softened.
2. Add mushrooms and sauté for 3 minutes, until they are tender.
3. Set the onion and mushroom mixture aside, leaving all juices in the pan.
4. Add flour and cook, stirring constantly, for about 3 minutes longer.
5. Remove pan from heat and gradually stir in chicken broth (a wire whisk makes this a lot easier), return to heat and bring to boil.
6. Add back the onion and mushroom mixture. Reduce heat and let simmer for 5 minutes.
7. Add chicken and seasonings and simmer 3 minutes longer.
8. While the chicken and seasoning are simmering, cook the peas part way in the microwave. Then stir in peas and cook until tender, about 3 more minutes.
9. Let cool and divide into freezer bags.

**To assemble and serve:** Thaw the bag of filling overnight in the refrigerator; pull the crepes out about half an hour before ready to cook. Preheat oven to 400. Spoon filling into crepes and roll up, placing in baking dish sprayed with nonstick cooking spray, seam side down and bake until heated through and crepe is browned, 15 to 20 minutes.

## *Chicken Pot Pie*

### **Filling Ingredients:**

| 1 meal   | 2 meals  | 3 meals  | 4 meals  | 5 meals   | 6 meals   |                          |
|----------|----------|----------|----------|-----------|-----------|--------------------------|
| 2 cups   | 4 cups   | 6 cups   | 8 cups   | 10 cups   | 12 cups   | Cooked Diced Chicken     |
| 1 ½ cups | 3 cups   | 4 ½ cups | 6 cups   | 7 ½ cups  | 9 cups    | Broth                    |
| 1        | 2        | 3        | 4        | 5         | 6         | Onions, diced            |
| 4        | 8        | 12       | 16       | 20        | 24        | Carrots, diced           |
| 2 stalks | 4 stalks | 6 stalks | 8 stalks | 10 stalks | 12 stalks | Celery, diced            |
| 1 cup    | 2 cups   | 3 cups   | 4 cups   | 5 cups    | 6 cups    | peas                     |
| ¼ cups   | ½ cup    | ¾ cups   | 1 cups   | 1 ¼ cups  | 1 1/2 cup | Flour                    |
|          |          |          |          |           |           | Salt and Pepper to taste |

### **Crust Ingredients:**

| 1 meal | 2 meals | 3 meals | 4 meals | 5 meals | 6 meals |               |
|--------|---------|---------|---------|---------|---------|---------------|
| 1 cup  |         |         |         |         |         | Baking Mix    |
| 1 cup  |         |         |         |         |         | Milk          |
| 4 Tbs  |         |         |         |         |         | Melted Butter |

### **Directions:**

1. Poach and dice the chicken.
2. Saute the onions, Carrots, celery in olive oil until softened, stir in flour and cook for a few minutes, stirring constantly.
3. Slowly add the broth while stirring
4. Add the salt and pepper to taste and simmer until thickened. Stir in the chicken and peas.
5. Cool and freeze.

**On cooking day:** Pour the thawed filling into a baking dish. Make crust and pour over the top. Bake until filling is bubbly and the crust is browned.