



# ***FREEZER MEALS***

## Shrimp Fried Rice

### INGREDIENTS

- 1 1/2 cups white rice
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon freshly grated ginger
- 1/4 teaspoon white pepper, optional
- 2 tablespoons olive oil
- 1 1/2 pounds medium shrimp, peeled and deveined
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and grated
- 1/2 cup corn, frozen, canned or roasted
- 1/2 cup frozen peas
- 1 cup diced pineapple, canned or fresh

### DIRECTIONS:

In a large saucepan of 3 cups water, cook rice according to package instructions; set aside. In a small bowl, whisk together soy sauce, sesame oil, ginger, Sriracha and white pepper, if using; set aside.

Heat olive oil in a large skillet or wok over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes; set aside. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 3-4 minutes.

Stir in carrots, corn and peas. Cook, stirring constantly, until vegetables are tender, about 3-4 minutes. Stir in rice, pineapple and soy sauce mixture. Cook, stirring constantly, until heated through, about 2 minutes. Stir in shrimp.

Divide rice mixture into sandwich bags. Freeze until ready to use for up to 3 months.\*

Recipe courtesy of [www.damndelicious.net](http://www.damndelicious.net)



# **FREEZER MEALS**

## Poor Man's Lasagna

### INGREDIENTS

12 to 14 ounces uncooked penne pasta  
1 pound ground beef or ground turkey  
1 teaspoon Italian seasoning  
16 ounces cottage cheese  
8 ounces cream cheese, softened  
1 jar (24 ounces) red pasta sauce  
1 1/2 cups shredded cheese

### DIRECTIONS:

Preheat oven to 350 degrees F. Boil the pasta according to instructions on packaging. Meanwhile, brown the ground beef, breaking it into small pieces as it cooks. Stir in the Italian seasoning before the meat is done cooking. Drain the grease, if needed. Set aside. Drain the water from the pasta and return it to the pot. While the pasta is still warm, add the cream cheese and cottage cheese and gently stir until combined.

Layer a 9x13 pan (or two 8x8 pans) with half of the pasta mixture, meat, and pasta sauce. Repeat. Add shredded cheese on top. (See below for freezer instructions.) Bake uncovered for about 30 minutes, until warmed through.

### PREPARING FOR THE FREEZER:

Right after topping with cheese (and before baking), cover with few layers of plastic wrap. Then cover with foil. Label and freeze.

### PREPARE AFTER FREEZING:

Thaw for about 24 hours in refrigerator, unwrap and bake as usual. Or keep frozen, unwrap, then re-cover with one layer of foil. Bake covered for about 30 minutes at 300 degrees. Remove foil and increase oven temperature to 350. Bake for about 30 more minutes, until cheese is melted and filling is bubbling and warmed through.

Recipe courtesy of [www.fabulouslyfrugal.com](http://www.fabulouslyfrugal.com)



# **FREEZER MEALS**

## Pesto Tortellini Bake

### INGREDIENTS

- 1 lb cheese tortellini, frozen or fresh
- 2 jars alfredo sauce
- 2 cups shredded rotisserie chicken (optional for vegetarian)
- 1/2 cup pesto
- 1 cup shredded mozzarella cheese
- 1/4 cup shredded parmesan cheese
- 9x13 metal or foil baking pan or (2) 8x8 baking pans

### DIRECTIONS

In a large bowl combine tortellini, alfredo sauce, chicken if using, pesto, and mozzarella cheese. Pour into baking dish. Top with shredded Parmesan cheese.

Cover with plastic wrap, pressing down to remove as much air as possible, then cover with foil. Label and freeze.

**BAKE FROM FROZEN:** Remove plastic and foil, then cover again with foil. Bake covered at 375°F for 50 minutes. Remove foil and let bake an additional 10 minutes until golden and bubbly all over. Serve.

Recipe courtesy of [www.happymoneysaver.com](http://www.happymoneysaver.com)



# ***FREEZER MEALS***

## Taco Meat

### INGREDIENTS

3 lbs ground beef  
¼ cup water  
½ c. taco seasoning

### DIRECTIONS:

In a large pan or a dutch oven, brown the meat on medium heat until no pink remains. Drain the excess grease, if necessary.

Meanwhile, in a small bowl, combine all of the seasoning ingredients.

When the meat is cooked, add in the seasoning and water. It should be around 5 tablespoons of seasoning. Stir to combine.

Simmer on medium heat until the water is nearly evaporated.

Remove the taco meat mixture from the heat and allow to cool.

Transfer the mixture in to freezer safe containers, label, and freeze for up to 6 months. The portions per container are completely dependent on the size of your family!

Recipe courtesy of [www.mealplanaddict.com](http://www.mealplanaddict.com)



# ***FREEZER MEALS***

## Cilantro Lime Chicken

### **INGREDIENTS**

- 1 lb boneless skinless chicken breast
- 1 cup orange juice
- 1 cup chicken broth
- juice of 2 fresh limes
- 2 tsp minced garlic
- 1/2 cup chopped cilantro leaves
- 1 can black beans, drained and rinsed
- 2 cups frozen corn
- 1 tbsp ground cumin

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

**MAKE IT A FREEZER MEAL:** Seal bag, removing as much air as possible and freeze.

### **COOK IN INSTANT POT**

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 12 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

### **COOK IN CROCK POT**

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 6 hours.

Recipe courtesy of [www.happymoneysaver.com](http://www.happymoneysaver.com)



# **FREEZER MEALS**

## Chicken & Rice Casserole

### INGREDIENTS

- 10 cups cooked rice
- 4 cups cooked shredded, chicken
- 4 cups frozen vegetables
- 4 cans cream of mushroom soup
- 4 cups cheese

### DIRECTIONS:

1. Combine all ingredients in large bowl and mix well.
2. Separate into freezer pans or bags.
3. Let cool, cover and freeze.

When ready to serve: Thaw overnight in refrigerator. (If you used a freezer bag you will dump contents into a greased casserole dish.) Bake at 350 for 25-30 minutes or until cooked through.

Recipe courtesy of [www.gracefullittlehoneybee.com](http://www.gracefullittlehoneybee.com)



# ***FREEZER MEALS***

## Shredded Beef Fajitas

### INGREDIENTS

1-1/2 lb beef roast or beef chuck steak  
1 onion, pureed or diced  
1 red bell pepper, diced  
15 oz can diced tomatoes, drained  
1 cup beef broth  
2 tsp minced garlic  
12 oz ground chorizo

### DIRECTIONS:

1. Cut roast or steak into around 4 large pieces. Add beef, onion, bell pepper, diced tomatoes, broth, and garlic to a gallon sized freezer bag or container for instant pot. Then pinch small pieces of ground chorizo and add into mixture. Stir gently to combine.

### COOK IN INSTANT POT

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 60 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 55 minutes at high pressure, then allow 10 minutes for natural release.

### COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 4-5 hours or low 7 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 5-6 hours.

**TO SERVE:** After cooking in Instant Pot or Slow cooker, shred roast, removing any fatty pieces, then place back into pot and stir to combine. Drain excess liquid if desired. Serve meat mixture in warmed tortillas and garnish with fresh lime juice and cilantro.

Recipe courtesy of [www.happymoneysaver.com](http://www.happymoneysaver.com)



# ***FREEZER MEALS***

## Mini Meatloaf Muffins

### INGREDIENTS

1 T. olive oil  
1 pound ground beef  
1 c. grated zucchini  
¼ c. diced onion  
½ t. garlic powder  
1 t. salt  
1/8 t. pepper  
2 T. tomato paste  
1 egg

### DIRECTIONS:

Use olive oil to grease muffin tins. Mix all ingredients together. Put ¼ c. meatball mixture in each muffin tin. Bake at 350 degrees for 18-22 minutes.

To serve: Serve with Spaghetti!





# ***FREEZER MEALS***

## Loaded Baked Potato Soup

### INGREDIENTS

32 oz bag frozen diced hash brown potatoes  
1 large onion, pureed or diced  
1 cup shredded carrots  
4 cups vegetable or chicken broth  
3 tsp minced garlic  
1/4 cup butter, cut into slices  
2 tsp salt  
1/2 tsp pepper  
1 tsp celery salt  
8 oz package diced or cubed ham (optional)  
On serving day:  
1-1/2 cups heavy cream  
shredded cheddar cheese (optional)

### DIRECTIONS:

1. Add hash browns, onion, carrots, broth, garlic, butter, salt, pepper, celery salt and ham (optional) to a gallon sized freezer bag or container for instant pot.

### **COOK IN INSTANT POT**

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 10 minutes at high pressure then allow 10 minutes for natural release. From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

### **COOK IN CROCK POT**

From frozen, transfer to slow cooker. Cook on high for 5 hours or low 7-8 hours. From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 6 hours.

Recipe courtesy of [www.happymoneysaver.com](http://www.happymoneysaver.com)



# ***FREEZER MEALS***

## Bacon Breakfast Sandwiches

### INGREDIENTS

- 12 eggs
- 2 Tablespoons milk
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 12 slices cooked bacon, sausage patties, ham, or canadian bacon
- 12 English muffins
- 12 slices cheddar cheese , or your favorite cheese

### DIRECTIONS:

Preheat the oven to 325 degrees. Generously grease a 9x13" pan

Whisk the eggs, milk, salt and pepper. (I use an electric mixer to make it easier).

Pour the egg mixture into the greased pan and bake for 18-22 minutes, or just until the center is set. Don't over-cook.

Remove from oven and allow to cool before cutting into 12 squares.

Top each English muffin half with egg, cheese, meat, and the other half of the muffin. If you are consuming right away, heat the sandwiches at 350 degrees for about 5 minutes or until the cheese melts.

To Freeze:

Wrap each sandwich individually in tinfoil, wax paper, or parchment paper and place them in a freezer safe resealable bag. Freeze for up to 1 month.

Recipe courtesy of [www.tastebetterfromscratch.com](http://www.tastebetterfromscratch.com)



# ***FREEZER MEALS***

## Easy Pulled Pork

### INGREDIENTS

- 4-5 lbs pork roast
- 1 large sliced onion
- 2 bottles of salsa verde

### DIRECTIONS:

Mix all ingredients in a gallon freezer bag. When ready to prepare, thaw overnight. Cook in a slow cooker for 3-4 hours on high or 7-8 hours on low. Serve on buns or use for pork tacos.



# ***FREEZER MEALS***

## Chicken & Wild Rice Soup

### INGREDIENTS

1 ½ lbs. shredded chicken  
1 large onion, finely chopped  
2 large garlic cloves, minced  
2 large carrots, coarsely chopped  
3 large celery stalks, diced  
2 large potatoes, diced  
1/2 cup dried mushrooms or 2 cups fresh brown mushrooms, sliced  
1 1/2 cups wild rice  
9 cups water or chicken broth\*\*  
1/2 tsp thyme, dried  
1 tbsp mustard  
2 tsp garlic powder  
2 tsp salt  
Ground black pepper, to taste  
2 cups whole milk\*\*\*  
Small bunch parsley, finely chopped

### DIRECTIONS:

In a large Ziploc bag, add all ingredients (except water, milk and parsley), release out as much air as possible, seal and freeze for up to 3 months. If cooking in slow cooker, thaw in the fridge for 24 hours, add to slow cooker along with water and cook as per above instructions + 1 hour. If cooking in Instant Pot, cook from frozen for 25 minutes with Quick Release. After follow last step in the recipe.

**Slow Cooker:** In a large slow cooker, add chicken, onion, garlic, carrots, celery, potatoes, mushrooms, wild rice, water, thyme, salt, and pepper; cover and cook on Low for 8-10 hours or on High for 5-6 hours. Remove chicken onto plate and shred with 2 forks. To slow cooker, add milk, mustard and garlic powder; using an immersion blender give a few pulses until soup is desired thickness (don't forget to stir and feel free to adjust thickness with extra water and spices). Add shredded chicken, parsley, stir and serve hot.

**Instant Pot (6 or 8 quart)\*\*\*\*:** In Instant Pot, add chicken, onion, garlic, carrots, celery, potatoes, mushrooms, wild rice, water, thyme, mustard, garlic powder salt, and pepper. Cover, set pressure valve to Sealing and press Pressure Cooking on High for 25 minutes. After wait for 10 minutes and do Quick Release to release the pressure by turning the valve to Venting. Remove chicken onto plate and shred with 2 forks. To Instant Pot, add milk and using an immersion blender give a few pulses until soup is desired thickness (don't forget to stir and feel free to adjust thickness with extra water and spices). Add shredded chicken, parsley, stir and serve hot.

Recipe courtesy of: [www.ifoodreal.com](http://www.ifoodreal.com)



# ***FREEZER MEALS***

## Café Rio Chicken

### INGREDIENTS

2 lbs boneless skinless chicken breasts

1 bottle Zesty Italian Dressing

3 tbsp dry ranch dressing mix

### DIRECTIONS:

Combine all ingredients into a gallon size freezer bag. To prepare thaw overnight. Use a slow cooker to cook on HIGH for 3-4 hours, or LOW for 5-6.



# ***FREEZER MEALS***

## Breakfast Casserole

### INGREDIENTS

12 ounces sausage  
olive oil  
2 cloves of garlic minced  
2 large bell peppers diced  
1/2 medium yellow onion diced  
salt & pepper to taste  
12 large eggs  
1/2 cup milk  
1/2 cup shredded cheese

### DIRECTIONS:

In a large skillet over medium heat, brown the sausage. Spoon the browned sausage evenly into prepared casserole dish. Set aside. Add a little olive oil to the same large skillet Sauté the garlic, peppers, and onion until vegetables are tender about 6-7 minutes. Season with salt and pepper during the last minute or so. Add the cooked vegetable mixture to the sausage in the prepared casserole dish and roughly stir together to distribute mixture evenly. Set aside.

In a medium size bowl, whisk together the eggs, milk, and 1/4 cup of the shredded cheese. Pour egg mixture evenly over sausage and vegetable mixture. Sprinkle with remaining 1/4 cup of shredded cheese and a little more salt and pepper. Cover casserole dish with plastic wrap or foil and refrigerate at least 2 hours or up to 1 day.

**To make ahead/freeze this casserole:** you can freeze unbaked casserole up to 2 months. Cover very tightly with plastic wrap and foil. Thaw overnight in the refrigerator and bake the casserole at 375 for 45 minutes.



# ***FREEZER MEALS***

## Chicken Noodle Soup

### INGREDIENTS

- 5 cups chicken broth
- 1 (10.75 oz) can 98% fat free cream of chicken soup
- 1/2 of an onion, finely chopped
- 2-3 celery stalks, finely chopped
- 4 large carrots, finely chopped
- 1/2 cup green onions, sliced
- 1 (15 oz) can corn, drained
- 1/2 tsp garlic powder
- Salt and Pepper to taste
- 1 1/2 cups egg noodles, uncooked
- 2 cups cooked chicken, chopped or shredded (or 2 cans canned cooked chicken)

### DIRECTIONS:

In a large stockpot, melt olive oil over medium-high heat. Add carrots, celery and onion; cook, stirring, until carrots and celery are tender, about 4 minutes. Add garlic and cook, stirring, for about 1 minute, until fragrant.

Add chicken broth, chicken breast pieces, parsley and thyme. Continue to cook, stirring often, until it comes to a boil, then reduce heat and simmer 5 minutes.