



## ***FREEZER MEALS PART II***

### Barbeque Chicken Taquitos

#### INGREDIENTS

- 3 c. shredded chicken
- ½ c. cream cheese, softened
- 1 c. barbeque sauce
- 2 c. shredded cheddar cheese, plus ½ c. for topping
- 20 whole wheat tortillas

#### DIRECTIONS:

Cook chicken and shred. Combine chicken, cream cheese, barbeque sauce, and cheddar cheese in a mixing bowl. Spoon ½ c. of chicken mixture onto each tortilla and roll up and place in a casserole dish. Continue with all chicken.

Sprinkle additional cheddar cheese on top if desired. Bake at 425 degrees F for 20 minutes.

#### PREPARING FOR THE FREEZER:

After baking, cover with few layers of plastic wrap. Then cover with foil. Label and freeze. To reheat, cook taquitos at 350 degrees F for 15-20 minutes until warmed through.



## ***FREEZER MEALS PART II***

### Mississippi Chicken

#### **INGREDIENTS**

**5 chicken breasts**

**1 ranch seasoning packet**

**1 au jus gravy packet**

**1 bottle pepperoncini peppers**

**½ c. unsalted butter**

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#### **DIRECTIONS:**

Dump all ingredients into a gallon size Ziplock bag and freeze.

#### **PREPARING FOR THE FREEZER:**

Thaw overnight in refrigerator. Cook in a slow cooker on low 6-8 hours. Serve on rolls or over rice.



## ***FREEZER MEALS PART II***

### Beef Stew

#### INGREDIENTS

- 5 carrots, peeled and diced
- 5 stalks of celery, diced
- 4 medium potatoes, diced
- 1 T. thyme
- 2 lbs. beef stew meat
- 1 package Lipton Onion Soup mix

#### DIRECTIONS

Combine all ingredients in a gallon Ziplock freezer bag.

#### TO PREPARE:

Thaw and pour into slow cooker. Add 6 cups of beef broth. Cook on low for 6-8 hours or high for 4-5 hours.



## ***FREEZER MEALS PART II***

### Sausage & Peppers

#### INGREDIENTS

- 3-4 bell peppers, cubed
- 2 onions, cubed
- 2 lbs. smoked sausage
- 1 – 8 oz. tomato sauce
- 1 – 14.5 oz. diced tomatoes
- 1 T. garlic, minced

#### DIRECTIONS:

Combine all ingredients in a gallon Ziplock bag.

#### TO PREPARE:

Thaw and cook ingredients in a slow cooker on low for 6 hours. Serve on rolls or over rice.



## ***FREEZER MEALS PART II***

### Tater Tot Casserole

#### **INGREDIENTS**

- 1 lb ground beef
- 1 small onion, chopped
- 1 (10.75 oz) can of cream of mushroom soup
- 1/2 c milk
- 3/4 – 1 bag (32 oz) package of tater tots
- 1–2 c shredded cheese

#### **DIRECTIONS**

Brown ground beef with chopped onion. Mix in cream of mushroom soup, drained corn, and ½ c. milk. Arrange in a casserole dish. Top beef mixture with tater tots and cheddar cheese.

If freezing, wrap the prepared casserole with plastic wrap and aluminum foil or cover with lid. Label with name of dish and date frozen. Casserole can be frozen for up to three months.

When ready to cook from frozen, remove lid or foil and plastic. Bake in a 350-degree oven, uncovered, for 60 minutes.