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Make and Freeze Cilantro Lime Chicken

6 Servings

½ cup salsa
1 10-oz can Ro-Tel Tomatoes and Green Chilis
4 cloves garlic, minced
2 tsp cilantro
2 tsp chili powder
Zest from 2 limes

Stir together and pour into a gallon freezer bag. Then add the following ingredients one layer at a time:

1½ lbs boneless skinless chicken breast cut in chunks
1 can black beans drained and rinsed
1 cup frozen corn
1 jalapeno, diced
1 medium red onion, diced
½ cup cilantro, chopped

(Note: Alternatively, you can combine all the ingredients into one mixture and place in a gallon freezer bag.)

Place the juice from 2 limes in a small baggie, seal, and slip into the gallon bag. Seal the gallon bag and freeze until ready to prepare.

To prepare for serving, thaw the meal bag completely. Remove the baggie of lime juice and set aside. Pour the thawed ingredients into a slow cooker and cook on low for 7-8 hours or on high for 3-4 hours. When done, stir in lime juice and season with salt and pepper to taste. Serve.

Video Link: <https://youtu.be/-T9Knmsfgag>

Make & Freeze Meatloaf Muffins
Makes 24 small or 12 large muffins

3 lbs ground beef
1 tsp Italian seasoning
2 tbsp Worcestershire sauce
1½ cups breadcrumbs (I use Italian style)
¾ cup salsa and/or ketchup
1 tsp minced garlic
1 large onion, diced
2 eggs
Salt and pepper to taste

Stir ingredients together until completely mixed and press into greased muffin pans of desired size. Bake at 350°F for about 25 minutes until an instant read thermometer measures between 160-170°F. Place pans on a rack to cool until you can remove the muffins without them coming apart. Package in plastic bags or containers of desired size and freeze until ready to eat.

Video Link: <https://youtu.be/nIM75WDwRk0>

Make & Freeze Chicken Primavera 6 servings

2½ lbs boneless skinless chicken thighs or breasts
2 tbsp olive oil
1 tsp minced garlic
1 lb zucchini, cut in ¼-inch rounds
1 lb asparagus, cut in 1-inch pieces on the diagonal
1 cup frozen peas, thawed
3 cloves garlic, minced
1 pint cherry tomatoes
1 tsp dried oregano
Pinch red pepper flakes
1 tsp salt
½ tsp pepper
1 cup heavy cream
¾ cup chicken broth
5 packed cups or handfuls of baby spinach

Season chicken on all sides with salt and pepper as desired. Heat oil in a large skillet. Add chicken in a single layer and sear until browned, 3 to 5 minutes per side. Transfer to a large plate and set aside.

Add the zucchini, asparagus, and cherry tomatoes to the skillet. Cook, stirring occasionally until the tomatoes begin to blister and the zucchini and asparagus start to brown in spots. Add the garlic, peas, salt, pepper, oregano, and red pepper flakes. Cook, stirring occasionally about 1 minute.

Add cream and chicken broth and stir to combine. Bring to a simmer, reduce heat to maintain a gentle simmer, and cook until the sauce is slightly thickened, 4 to 8 minutes. If more thickening is needed, add roux or flour as needed.

Add baby spinach a few handfuls at a time and cook until just wilted. Return the chicken and any accumulated juices on the plate to the pan. Cook until the chicken is cooked through and registers at least 165°F on an instant-read thermometer, about 5 minutes.

To freeze, allow to cool and spoon into bags or containers of desired size and freeze until ready to eat. For serving, thaw frozen packages completely, and warm in microwave.

Video Link: <https://youtu.be/uTyGVW0VhaA>

Note: This recipe made a total of 3 meals for us. We ate one the day we made the video, then I cut up the remaining chicken in bite-size pieces, mixed it back into the veggies and sauce and packaged into 2 gallon freezer bags for freezing.

Make & Freeze Loaded Beef Burritos

- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 tbsp olive oil
- 1 lb ground beef
- 2 tbsp taco seasoning
- 1 16-oz can refried beans with green chilis
- 1 cup dry long grain rice
- ½ cup salsa
- 3 cups Mexican shredded cheese
- 1 15-oz can red enchilada sauce
- 8 10-inch flour tortillas
- Cilantro for garnish if desired

Heat the oil in a large skillet and add bell pepper and onion. Cook until onions are translucent. Add ground beef and break up meat as it cooks. Add taco seasoning and cook until both meat and veggies are done. Set aside. Cook rice according to package directions. Add salsa to rice just before rice is done and continue cooking until rice is light and fluffy. Set aside. Lay tortillas out on the counter. Divide beans, meat mixture, and rice into 8 portions as shown in the video.

Starting with beans, spread 1 portion in the center of the tortilla followed by 1 portion of rice and then 1 portion of the meat mixture. Top with ¼ cup cheese. Fold tortilla up burrito style and place in a greased baking pan. Continue with remaining tortillas. Bake at 350°F for 25 minutes. Remove from oven and drizzle enchilada sauce over the burritos and cover with remaining cheese. Return to the oven and bake for about 10 minutes until sauce is bubbly and cheese is melted.

Burritos can be frozen individually or in serving sizes suitable for your family. Will keep in freezer for 4-6 months. To serve, thaw in refrigerator overnight and warm in the microwave.

Video Link: <https://youtu.be/WKf76fZ0BFw>

Make & Freeze Lasagna Roll-Ups

1 box lasagna noodles
1 lb ground beef
½ large onion, chopped
1 tsp minced garlic
1 tsp oregano
Salt and pepper to taste
3-4 cups marinara sauce (I used a quart of our home canned Italian meat sauce)
3-4 cups shredded mozzarella cheese, divided
½ cup shredded Parmesan cheese
16-oz ricotta cheese
1 egg
¼ cup fresh parsley, chopped or 2 tbsp dried parsley

Cook 12-15 lasagna noodles according to package directions. Drain and set aside in a pot of cold water. Add beef to a skillet and cook, breaking it apart until nearly done. Add onions, garlic, oregano, salt, and pepper and simmer about 5 minutes until meat and onions are completely cooked. Add marinara sauce and heat through. Remove from heat. In a medium bowl combine half the mozzarella cheese, the Parmesan cheese, the ricotta, egg, and parsley and set aside.

Remove noodles from the cold water and pat dry. Lay noodles out on a baking sheet. On each noodle, spread about ¼ cup cheese mixture along the middle of the noodle and cover with about the same amount of the meat mixture. Add about ½ cup of the meat mixture to the bottom of a tall-sided greased baking pan. Starting from the bottom, roll each noodle up and place seam side down in the baking pan. (Note: the video show us placing the roll-ups upright in the pan. So much better to lay them down!) Cover the roll-ups with remaining meat sauce and sprinkle with remaining mozzarella cheese. Make a tent from aluminum foil to cover the pan making sure the tent does not touch the cheese. Bake at 375°F for 40 minutes.

To freeze, separate rolls into freezer containers with desired number of roll-ups and place in your freezer. They stay good for months. When ready to eat, thaw overnight in the refrigerator and then warm in the microwave.

Video Link: <https://youtu.be/hBAjpvPLfEE>

Make & Freeze Green Chili Chicken Bake

3 cups cooked and shredded chicken
12-16 corn tortillas depending on size needed for your casserole dish
3 cups shredded cheese—cheddar, pepper jack, Mexican blend—your choice

Sauce:

1 can Cream of Mushroom soup, undiluted
1 can Cream of Chicken soup, undiluted
1 cup plain Greek yogurt or sour cream
1 14-oz can chicken broth
2 4-oz cans chopped green chilis
1 medium onion, chopped
Salt and pepper to taste

Whisk sauce ingredients together until combined. Spray cooking oil to cover the inside of a 9x13-inch pan. Place about 4-6 tortillas in the pan to cover the bottom. Layer with 1 cup of chicken, about 1/3 of the sauce, and sprinkle with 1 cup of the cheese. Repeat layers two more times ending with cheese. Bake in a 350°F oven for 30-40 minutes until bubbly and the cheese has melted and is slightly browned.

To prepare for freezing, allow to completely cool and cut into serving size blocks. Place each serving in a plastic Ziplock bag and then in the freezer. Good for 6 months. To serve, thaw in refrigerator overnight then heat in a microwave or in the oven until warmed through.

Video Link: <https://youtu.be/dKDcjKMD2eQ>

Make & Freeze Chicken Meatballs in Mushroom Sauce

Meatballs

1½ lbs ground chicken
2 cups chopped fresh spinach or 1 10-oz pkg frozen spinach thawed and squeezed dry
2 eggs
½ cup breadcrumbs
¼ cup grated Parmesan cheese
½ cup chopped onion
2 cloves garlic, minced
Salt and pepper to taste

Mix all ingredients together and shape into meatballs of desired size. Place meatballs on a rack in a baking sheet and bake at 400°F for 20-25 minutes until an instant read thermometer measures a minimum of 165°F.

Mushroom Sauce

8 oz mushrooms rough chopped
1 tbsp olive oil
1 14-oz can diced tomatoes
1 8-oz can tomato sauce
1 tbsp dried parsley
1 tsp dried oregano
1 tsp dried basil
Salt and pepper to taste

Heat oil in a large skillet and add mushrooms. Sauté until golden brown. Add remaining ingredients and simmer until thick. Add cooked meatballs to the sauce and stir. Serve over rice, pasta, or spiralized summer squash.

To freeze, place meatballs with sauce in desired size freezer container and freeze. If desired, you can add the rice, pasta, or squash to the container first, then add the meatballs and freeze. To serve, thaw overnight in the refrigerator and heat in the microwave.

Video Link: <https://youtu.be/i4gLH3Mb7yU>

Make & Freeze Beef Teriyaki
Makes 3 meals that serve 2 people

6 cups cooked rice
2 lbs sirloin steak or other steak of choice cut in thin strips
4-5 cups broccoli florets, fresh or frozen and thawed

Sauce

4 cups beef broth
1 1/3 cups soy sauce (light sodium)
4 tsp rice wine vinegar
2/3 cups brown sugar
1/4 cup honey
2 tbsp grated fresh ginger
1 1/4 tbsp corn starch
4 tbsp minced garlic (add later)

Mix all sauce ingredients except corn starch and divide in half. Place half the sauce in a large bowl, add meat strips and marinate for 2 hours. Drain meat and discard used sauce. Add meat to a large pot. Add sauce reserving 1/2 cup. Whisk corn starch into the reserved 1/2 cup sauce and add to the pot. Bring to a boil and simmer until sauce has thickened and clarified. Stir in broccoli and simmer about 5 minutes until broccoli is tender-crisp.

To package for freezing, place 2 cups of cooked rice in a quart baggie and place inside a gallon baggie. Ladle 1/3 of the meat mixture into the gallon baggie on top of the rice packet. Repeat 2 more times and place gallon packets into the freezer. Food will stay good for several months. Note: adjust size of packets to fit the needs of your family.

To serve, thaw packet in refrigerator overnight and heat in the microwave.

Video Link: https://youtu.be/bRjZ6xj_j4Y

Make & Freeze Orange Chicken
Makes 3 meals that serve 2 people

3 lbs chicken breast cut in bite size pieces
3 egg whites
3 tbsp corn starch
Vegetable oil as needed for frying

Orange Sauce
 $\frac{3}{4}$ cup orange juice
 $\frac{1}{3}$ cup water
 $1\frac{1}{2}$ tbsp reduced sodium soy sauce
 $1\frac{1}{2}$ tbsp honey
 $1\frac{1}{2}$ tbsp rice vinegar
 $\frac{1}{2}$ tsp sesame oil
 $1\frac{1}{2}$ tsp minced garlic
 $1\frac{1}{2}$ tsp grated ginger
Zest from 1 orange
 $2\frac{1}{2}$ tbsp corn starch

Whisk egg whites and 3 tbsp corn starch together until smooth. Pour over chicken pieces and mix until meat is coated. Fry in small batches until golden brown and internal temperature of meat is 165°F. Remove from pan and allow to drain on paper towels, then place in a large bowl.

For sauce, mix all ingredients together and bring to a boil, stirring often, and cook until mixture thickens. Pour over meat in the bowl and stir until sauce is coating all chicken pieces. Divide into desired amount for freezing and place in suitable container and freeze. To serve, thaw and heat in the microwave until hot. Serve over cooked rice.

Video Link: <https://youtu.be/ld4PILOncvE>

Make & Freeze Tater Tot Breakfast Casserole

12 large eggs
1 cup shredded Jack cheese
½ cup whole milk
½ tsp salt
¼ tsp black pepper
32 oz pkg frozen Tater Tots
1 cup crumbled meat—hamburger, sausage, etc.
1 cup shredded sharp cheddar cheese
6 slices thick-cut peppered bacon, cooked and crumbled

Using spray oil, lightly grease a 9x13-inch baking dish and spread tater tots evenly across the bottom. Sprinkle crumbled hamburger or sausage over the top. In a blender, mix the eggs, Jack cheese, milk, salt and pepper until smooth and pour over the tater tots. Top with the cheddar cheese and bake at 350°F for 40-45 minutes until eggs are set and cheese is bubbly. Cool about 10 minutes before serving.

To freeze, cool completely and cut into desired serving size squares. Place in zip lock baggies and freeze. Freeze up to 6 months. To serve, thaw and then heat in a microwave.

Video Link: <https://youtu.be/jU2332P2giw>