

## RRH Class: Efficient Multiple Meal Prep

Organization is the key to efficiency when prepping multiple meals in one operation. Thinking through ingredients and steps to make each meal and then integrating like foods and operations will greatly reduce the total time needed. To do this, I block everything out on paper first before I even step foot in the kitchen. Here is how I organize:

### Get Ready!

1. Select the recipes I want to use—usually five. I choose recipes based on similar main ingredients and cooking method. For instance, today I have selected 3 recipes using chicken and 2 using ground beef and all are baked in the oven.
2. Look through all recipes and calculate amount of shared ingredients—how much ground beef, chicken, rice, beans, etc.? (see the grid below)
3. Determine if there are steps that will take longer which could be done in advance. For instance, I needed to roast 2 chickens, cool them, take off the meat, make gravy from the drippings and make broth from the bones. I did that the day before.

### Get Set!

1. Gather and stage all ingredients for each recipe and a copy of the recipe on a baking sheet.
2. Set out all needed equipment.
3. Make a list of the order of operations

### Go! (Prep day)

1. Follow the order of operations
2. Clean up continuously

### List of Recipes (with key word in bold)

1. Stuffed **Peppers**
2. Loaded **Burritos**
3. Chicken Pot Pie **Pockets**
4. Chicken **Broccoli** and Rice Casserole
5. Green Chili **Enchilada** Casserole

### Shared Ingredient Grid

Recipe # & Key Word	Ground Beef	Chicken Chunks	Cooked Rice	Cheese	Chopped Celery	Onion
1-Green Chili		3 cups				
2-Pockets		2 cups			$\frac{3}{4}$ cup	
3-Broccoli		2 cups	3 cups	2 cups	1 cup	$\frac{1}{2}$ medium
4-Peppers	1 lb		1 cup	2 cups		1 medium
5-Burritos	1 lb		3 cups (1 dry)	3 cups		1 medium
<i>Totals</i>	<i>2 lbs</i>	<i>7 cups</i>	<i>7 cups</i>	<i>7 cups</i>	<i>1<math>\frac{3}{4}</math> cups</i>	<i>2<math>\frac{1}{2}</math> medium</i>

## Order of Operations

### Day before

- Roast 2 chickens and cool
- Pull meat off bones and divide into recipe portions
- Make gravy from drippings
- Make broth from bones

### Prep day

- Cook rice
- Make pie crust
- Cook hamburger
- Dice and cook veggies for Pockets
- Dice onion
- Finish Enchilada Casserole
- Finish Pockets
- Finish Broccoli
- Finish Peppers
- Finish Burritos

Green Chili Enchilada Casserole  
Makes a 9x13-inch pan

2 cups cooked chicken chunks  
2 cans cream of chicken soup, undiluted  
2 cups water  
1 cup plain Greek yogurt  
2 4-oz cans chopped green chilis  
12 corn tortillas  
2 cups cheese

In a large saucepan combine the first 4 ingredients and heat to a simmer. Tear the tortillas into large bite-size pieces and drop in the mixture, stirring to coat all sides of the tortilla bites with the mixture. Cool and divide evenly into desired number of oven-safe freezer containers. Sprinkle with cheese. Cover with foil and freeze. To serve, thaw in refrigerator overnight. Preheat oven to 350°F and bake about 45 minutes until done and cheese is bubbly.

Chicken Pot Pie Pockets  
Makes 6 Pockets

12 oz cream cheese  
6 tbsp butter  
½ tsp garlic salt  
½ tsp onion powder  
2½ cups diced cooked chicken  
¾ cup diced cooked potatoes  
¾ cup diced cooked carrots  
½ cup diced cooked celery  
Salt and pepper to taste

1 recipe of Pam's Pie Crust (see video <https://youtu.be/oxLlaWg1Kj4>) or use purchased crust

2 cups chicken gravy—use homemade or canned

Melt butter and cream cheese together in the microwave just until slightly melted and can be stirred until smooth. Add garlic and onion powders and stir well. Add chicken and veggies and stir until combined. Roll out pie crust into 3 10-inch rounds. With a pizza cutter, cut each crust into fourths. Equally distribute chicken mixture mounded onto 6 of the crust wedges. Place the remaining crust wedges over the top and pinch the crust edges together at the bottom. Cut 2-3 slits in top for steam venting. Place the desired number of pockets into a freezer container. Place a baggie in the container with chicken gravy enough to cover the desired number of pockets and freeze. To serve, thaw in refrigerator overnight. Preheat oven to 400°F and bake until crust is beautifully browned, about 20 minutes. Top with heated chicken gravy and serve.

Chicken Broccoli & Rice Casserole  
Makes a 9x13-inch pan

½ cup flour  
½ cup butter  
2 cups chicken broth  
2 cups chicken chunks  
1 cup chopped celery  
½ medium onion, chopped  
3 cups cooked rice  
2 cups fresh broccoli or frozen broccoli, thawed  
¼ cup plain Greek yogurt mixed with ¼ cup mayonnaise  
2 cups cheese

In a large skillet over medium heat make a roux by melting butter, adding the flour, and whisking until smooth. Whisk in broth until smooth sauce forms. In a large bowl, mix remaining ingredients except cheese together and stir in the sauce. Cool mixture and divide evenly among desired number of foil freezer containers. Sprinkle evenly with cheese and cover with foil. Freeze. To serve, thaw in refrigerator overnight. Preheat oven to 350°F and bake about 45 minutes until done and cheese is bubbly.

Stuffed Peppers—  
Makes 8 stuffed pepper halves

4 bell peppers any color  
1 lb ground beef  
2 tbsp olive oil  
1 medium onion, chopped  
3 cloves garlic, minced  
1½ tsp chili powder  
½ tsp smoked paprika  
½ tsp cumin  
¼ tsp oregano  
1 14.5-oz fire roasted tomatoes  
1 cup cooked rice  
2 cups jack or cheddar cheese

Heat oil in a large skillet. Sauté onion and garlic until golden brown. Add ground beef and spices, breaking up the meat as it cooks. Add tomatoes and bring to a boil. Add cooked rice and ½ cup cheese and heat until cheese is melted throughout. Cool meat mixture. Split peppers top to bottom and place cut side up in desired size of oiled baking pan (I use foil pans). Spoon cooled meat mixture equally among pepper halves. Pack remaining cheese in a small baggie according to the number of peppers per pan and place on top of the peppers. Cover with foil and freeze. To serve, thaw overnight in refrigerator. Preheat oven to 425°F. Remove cheese packet from pan and replace foil cover. Bake for about 15 minutes, remove from oven and cover with cheese and return to oven for an additional 5 minutes until cheese melts.

Loaded Beef Burritos  
Makes 8 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 an oven-safe greased freezer container. Continue with remaining tortillas. Drizzle with enchilada sauce. Cover container with foil and freeze. When ready to serve thaw overnight in refrigerator. Bake at 350°F for about 20 minutes. Remove from oven, top with cheese, and return to oven until cheese is melted and bubbly.

Note: 2 cups of the cheese will be used inside the burritos. The remaining cup is sprinkled on when burritos are nearly done in the oven. For freezing, either pack the last cup of cheese in a baggie and freeze in the meal pack or have cheese available for topping during baking.

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