

10 Meal Freezer Plan

<u>Dish</u>	<u>Ingredients</u>	<u>Quantity</u>
Taco Soup	Ground Beef (lbs)	1 lb
	Black Beans (cans)	1 Can
	Kidney Beans (cans)	1 Can
	Corn (cans)	1 Can
	Taco Seasoning (pkg)	1 Pkg
	Dry Ranch Dressing Mix (pkg)	1 Pkg
	Onion, chopped (cup)	1 small
	Crushed Tomatoes (28oz Can)	1 28oz Can
	1 gal Freezer bag	

Mix together all ingredients. Simmer for 1-2- hours. Serve or freeze. Garnish with sour cream & tortilla Chips

Lasagna	(Charlie's Lasagna from Ree Drummond)	
	Lasagna Noodles (10oz pkg)	1 10oz Pkg
	Ground Beef (lbs)	1.5 lbs
	Italian Sausage (lbs)	1 lbs
	Garlic, minced (tsp)	2 tsp
	Whole Tomatoes (14.5oz Can)	2 14.5oz Cans
	Minced Parsley (tbsp)	4
	Basil Leaves	10
	Salt (tsp)	1 tsp
	Cottage Cheese (cup)	3 Cups
	Eggs	2
	Parmesan Cheese (cup)	1 Cup
	Minced Parsley (tbsp)	2 TBSP
	Mozzarella Cheese, sliced (lbs)	1 lbs
	Parmesan Cheese (cup)	0.25
9x13 Pan	1	

Cook lasagna nodles according to package directions. Drain and lay flat on aluminum foil or a cookie sheet. In a large skillet combine ground beef, sausage, and garlic; brown. Add tomatoes, tomato paste, 1/4 cup parsley, basil, and 1/2 tsp salt. Simmer for 45 minutes. In a medium bowl, mix cottage cheese, eggs, 1 cup parmesan, 2 TBSP parsley, and 1/2 tsp salt. Stir well. To assemble, arrange noodles, cottage cheese, mozzarella, meat mixture. Repeat, ending with meat. Sprinkle with extra parmesan. Freeze. To serve: bake at 350 until bubbly.

Chicken - Wild Rice Soup

Butter (Tbsp)	4 TBSP
Onion, chopped (cup)	1 Cup
Long Grain & Wild Rice (box)	1 box
Chicken, shredded (cup)	2 Cups
Chicken Broth (48oz Carton)	1 48 oz carton
Mushroom Pieces (4oz Can)	1 4oz can
Almonds, sliced (Tbsp)	6 TBSP
Carrots, chopped (Cup)	1 Cup
Flour (Cup)	0.25 Cup
Half & Half (Pint)	1 Pint
1 gal Freezer bag	1

Cook rice according to package directions. Melt butter in a large pot, add onions and saute. Add rice and all other ingredients except flour and half & half. Simmer for 20 minutes. Cool and freeze. To serve: thaw soup and pour into a large saucepan. Boil and simmer for 30 minutes. Just before serving whisk flour with half & half. Add to the soup, heat through until thickened.

Tator To Casserole

Ground Beef (lbs)	1 lb
Onion (cups)	1 small
Cream of Mushroom Soup (14.5oz Can)	1 Can
Milk (cup)	0.25 Cup
Sour Cream (cup)	1 Cup
Frozen Mixed Veggies (16oz pkg)	1 16oz Package
Cheddar Cheese, shredded (cup)	3 Cups
Tator Tots (medium pkg)	1 medium pkg
9x13 Pan	1

Brown beef and onion. In a bowl mix soup, milk, and sour cream. In a 9x13" freezer pan layer ingredientsevenly as follows: beef/onions, frozen veggies (break up clumps), soup mixture, cheddar cheese, tator tots. Freeze. To serve bake uncovered at 350 for 35-45 minutes or until tator tots are brown and casserole is bubbly.

Hawaiian Pork

Boneless Pork Loin (lbs)	3 lbs
Nutmeg (tsp)	1 tsp
Paprika (tsp)	0.5 tsp
Ketchup (cup)	0.5 Cup
Orange Juice (cup)	0.5 Cup
Honey (tbsp)	4 TBSP
Soy Sauce (tbsp)	2 Tbsp
Lemon Juice (tbsp)	4 Tbsp
Cornstarch (tbsp)	1.5 Tbsp
Water (cup)	0.25 Cup
1 Gal Freezer Bag	1

Place pork loin in a slow cooker. Mix together all ingredients except cornstarch and water. Pour over pork. Cook on low 4-6 hours until ready to shred. Shred pork. Pour juices in a sauce pan and heat to a boil. Mix cornstarch and water into the sauce. Cook until thickened, add back to meat.

Freeze. To serve, thaw and serve over rice.

Italian Sausage Soup with Tortellini

Italian Sausage (lbs)	1 lb
Onion (cup)	1 Cup
Garlic, minced (tsp)	1 tsp
Beef Broth (48oz Carton)	1 48oz Carton
Water (cup)	0.5 cup
Apple Juice (cup)	0.5 Cup
Diced Tomatoes (14.5oz Can)	1 14.5oz Can
Carrots, chopped (Cup)	1 Cup
Dried Basil Leaves (tsp)	0.5 tsp
Dried Oregano Leaves (tsp)	0.5 tsp
Tomato Sauce (8oz Can)	1 8oz can
Zucchini (cups)	1.5 cups
Fresh Parsley (tbsp)	3 Tbsp
Green Bell Pepper (cup)	0.5 Cup
Cheese Tortellini (16oz Pkg)	1 16oz Pkg
Parmesan Cheese (tbsp)	4 Tbsp
12 Cup Freezer Container	

Brown sausage in a large skillet, remove from skillet. Saute onions and garlic in sausage drippings until tender. Add beef broth, water, apple juice, tomatoes, carrots, basil, oregano, tomato sauce, sausage, zucchini, parsley, and bell pepper. Bring to a boil and simmer for 30 minutes. Cool and freeze. To serve, thaw soup. Bring to a boil, then reduce heat. Add frozen tortellini and simmer, covered, for 10 minutes or until tortellini are tender. Sprinkle with parmesan.

Wild Rice Chicken

Long Grain & Wild Rice (6oz Pkg)	1 6oz Package
Cooked Chicken, shredded (cup)	1 Cup
Water Chestnuts, drained (8oz Can)	1 8oz Can
Celery, chopped (cup)	1 Cup
Onion, chopped (cup)	1.25 Cup
Mayonnaise (cup)	1 Cup
Cream of Mushroom Soup (10.5oz Can)	1 10.5 oz Can
1 Gal Freezer bag	

Cook rice according to package directions. Combine rice with chicken, water chestnuts, celery, and onion; place in a 1gal freezer bag. To serve; thaw rice mixture and place in a 2 1/2 quart baking dish. Stir together mayonnaise and soup spread over the top of chicken. Bake, covered at 325 for 1 hour.

George Romney Meatballs

Butter (Tbsp)	2 Tbsp
Olive Oil (tbsp)	2 Tbsp
Onion, chopped (cup)	1 Cup
Mushrooms (8oz Can)	1 8oz Can
Beef Consomme (10.5oz Can)	1 10.5oz Can
Sour Cream (cup)	2 Cups
Flour (tbsp)	1.5 Tbsp
Salt (tsp)	1 tsp
Caraway Seed (tsp)	0.5 tsp
Nutmeg (tsp)	dash
Egg Noodles (8oz pkg)	1 8oz Pkg
Italian Style Meatballs (12oz pkg)	2 12oz Pkgs
1 Gal Freezer bag	
1 Quart Size Freezer	

Melt butter and olive oil in a large skillet over medium heat. Add onion, mushrooms, and meatballs. Stir in beef consomme and simmer, covered for 15 minutes. Meanwhile, mix together sour cream, flour, salt, caraway seed, and nutmeg. Pour into a quart sized freezer bag. Cool meatballs and pour into a labled 1 gallon freezer bag, freeze. To serve, thaw both bags, combine and simmer until mixture is warm and sauce thickens. Cook noodles according to package directions, serve meatballs over cooked noodles.

Upside-Down Fettuccini Bake

Italian Sausage (lbs)	0.5 lb
Onion (cup)	0.25 Cup
Fettuccini (8oz pkg)	1 8oz Package
Diced Tomatoes (14.5oz can)	1 14.5oz Can
Oregano (tsp)	1 tsp
Mozzarella Cheese, shredded (cup)	0.5 Cup
Parmesan Cheese (cup)	0.5 cup
Eggs	3
Butter, melted (tbsp)	2 Tbsp
Parsley Flakes (tbsp)	2 Tbsp
Garlic, minced (tsp)	0.5 tsp
Freezer pie plate	

Brown sausage, add onion. Meanwhile cook fettuccini according to package directions. Add tomatoes and their liquid to sausage mixture. Add oregano and bring to a boil. Reduce heat and simmer, covered for 20 minutes. Stir in mozzarella. Sprinkle 1/4 cup parmesan over tomato mixture. Mix eggs, 1/4 cup parmesan cheese, butter, parsley, and garlic together in a medium bowl. Toss noodles with egg mixture. Spread noodle mixture into pie dish. Pour sausage mixture on top. Freeze. To serve, thaw and bake, uncovered, at 350 for 25 minutes or until bubbly.

Chicken Enchiladas

Butter (tbsp)	2 Tbsp
Onion (cup)	0.5 Cup
Garlic, minced (tsp)	1 tsp
Olives, sliced (cup)	0.25 Cup
Cream of Chicken Soup (10.5oz Can)	1 10.5oz Can
Sour Cream (cup)	1 Cup
Green Chilies (4.5oz Can)	1 4.5oz Can
Cooked Chicken, shredded (cup)	1.5 Cups
Cheese, shredded (cup)	1.5 Cups
Milk (cup)	0.25 Cups
Tortillas	10
9x12" Freezer Pan	

In a medium sauce pan saute onion and garlic in butter. Add 1/4 cup olives, soup, 1/2 cup sour cream, and green chilies; mix well. Reserve 3/4 cup sauce and set aside. To remaining sauce add chicken and 1/2 cup cheese. In a small bowl, combine reserved sauce with remaining sour cream and milk; mix well. Spread 1/2 cup sauce over the bottom of freezer pan. Place 1/4 cup chicken mixture in each tortilla and roll. Place seam side down in freezer pan. Spoon remaining sauce over filled tortillas, covering completely. Freeze. To serve; thaw, bake at 350 for 25 minutes. Sprinkle with 1 cup of cheese and return to oven until cheese melts.