

A Week of Easy Freezer Meals

Here are a few tips for getting started:

Make sure you check the shopping list for items already in your pantry, you may not need everything on the list, and there are some ingredients that are very common so you can save money by only buying what you need. Just check off the items you already have before you go shopping.

All Recipes are for a family of 4-5. For more people you will want to double the recipes or increase the amount of meat in the recipe.

The first step to assembling these meals is to cook the meat. You can cook the meats all at the same time. I cooked the Chicken in one pan and the ground beef in another. I also diced all my onion at while this was cooking so as soon as the meat was finished I was ready to assemble! Actually it only took me about 15-20 min to assemble the bags once the ingredients were ready, the prep work took the most time.

Doubling this Shopping List and each recipe is a great way to save even more time & money! You can easily double this with almost no extra time involved and you would be able to save more on the ingredients by purchasing multiple quantities.

Most recipes will need to be thawed before putting them in the slow cooker, I just pull one out of the freezer each night before bed and place it in the fridge to thaw, then it's ready to go in the crockpot the next day.

Before Assembly:

Shop for items you need using the provided shopping list

Cook Ground Beef and 4-5 Chicken Breasts

Dice Onions, Celery & Green Pepper

Assemble Bags using provided recipes & Place in Freezer!

NOTE: All of the ingredients on the shopping list cost around \$55 at Aldi or Walmart if you use the store brand items. I actually paid much less because I always stock up on basics like cheese, pasta, spaghetti sauce, canned goods and more and I had almost everything I needed on hand.

Shopping List

Item	Quantity	Aldi's Price
Onion	3	\$1.69
Beef Stew Pieces	2 lbs.	\$7.98
Frozen Broccoli	2 Bags	\$1.98
Ground Beef	2 lbs.	\$6.98
Diced Tomatoes	2 Cans	\$1.18
Tomato Sauce	1 8 oz. Can	\$0.25
Soy Sauce	1 Bottle	\$1.19
Dark Red Kidney Beans	1 Can	\$0.59
Chili Seasoning Mix	1 Package	\$0.49
Celery	1	\$1.19
Chicken Breasts	3 lbs. (12 frozen breasts)	\$5.99
Limes	2	\$0.66
Cilantro	1 Bunch	\$0.99
Canned Corn	1 Can	\$0.59
Black Beans	1 Can	\$0.59
Alfredo Sauce	2 Jars	\$3.38
Green Pepper	1	\$1.89
Penne Pasta	1 box	\$1.29
Spaghetti Sauce	2 Jars	\$3.18
Mozzarella Cheese	1 16 oz. Bag	\$3.69
Provolone Cheese	6 Slices	\$2.19
Sour Cream	2 - 16 oz Tubs	\$2.58
Cream of Chicken Soup	1 Can	\$0.59
Diced Green Chilies	1 Can	\$0.59
Tortilla Chips	1 bag	\$1.19
Mexican Blend Cheese	1 16 oz. Bag	\$2.99

Assumed on Hand (Buy if you don't have any of these items)

Sugar	1 1/4 Cups
Garlic Salt	1 1/2 tsp.
Worcestershire sauce	2 Tbsp.
Cumin	1 tsp.
Salt	1 tsp.
Pepper	1 tsp.
Milk	1/2 Cup

White Chicken Enchilada Bake

Ingredient for Meal Pack:

4 Chicken Breasts, cooked and diced
1 can Cream of Chicken Soup
1 can of Diced Green Chilies
1 container Sour Cream
½ Cup Onion, finely diced
1/2 cup Milk
1/2 teaspoon Garlic Salt
¼ tsp. Salt
¼ tsp. Pepper

Ingredients for Assembly:

1 (10 oz.) package tortilla chips
1 16 oz. Bag of Mexican Blended Cheese (Cheddar & Monterrey Jack)

Directions:

Cook Chicken before Assembly
Combine Diced Chicken, Cream of Chicken Soup, Chilies, Sour Cream, Onion, Milk, Garlic Salt, Salt & Pepper in a Large Gallon Size Ziploc Bag.
Freeze Until Needed (Note: You may assemble in a Lasagna pan before freezing but the chips tend to be a little soggy using that method so I prefer to assemble before baking)
Remove from Freezer and Thaw overnight in the Fridge
Layer Chips & Chicken Sauce in a 9x13 Baking Dish, Top with all of the Cheese
Bake for 30 Minutes on 350 Degrees!
Serve with lettuce, tomato, salsa, avocado, hot sauce, etc.

Serves 4-6

Baked Ziti

Ingredients for Freezer Meal:

- 1 Box of Pasta Cooked (Any Kind will work)
- ½ Cup of onion, chopped finely
- 2 Cups of Ground Beef Cooked (approx. 1 lb.)
- 2 Jars of Spaghetti Sauce
- 6 Slices Provolone Cheese
- 1 Cup sour cream
- 1 8 oz. Bag of Mozzarella cheese

Directions for Assembly:

Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 7-8 minutes; drain.

In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Spray 2 8x8 inch pans with non-stick cooking spray. Layer as follows in each pan: 1/4 of the ziti, 1/4 of the sauce, 4 slices of Provolone cheese, 1/2 of sour cream, 1/4 of ziti, 1/4 mozzarella cheese and 1/4 of sauce mixture. Top with grated Parmesan cheese and remaining mozzarella cheese.

Bake covered for 30 minutes in the preheated oven, or until cheeses are melted.

Chicken Broccoli Alfredo

Ingredients:

4 Frozen Chicken Breasts
1 Bag of Frozen Broccoli
2 Jars Alfredo sauce
½ Cup. Green Pepper
½ tsp. Black Pepper

Directions:

Combine All Ingredients in a Gallon Size Freezer Bag, Mix Well
Place in Freezer until Needed
Remove and thaw overnight in Fridge.
Cook on LOW for 4-6 hours.
Serve with Cooked rice or Noodles and Salad

Cilantro Lime Chicken w/ Corn and Black Beans Tacos

Ingredients for Freezer Pack:

4 Frozen Chicken Breasts
2 Limes (or ¼ Cup Lime Juice)
1 Bunch fresh cilantro, chopped
1 Can of Corn
½ tsp. Garlic Powder
½ Cup of Onion, chopped
1 Can Black Beans, drained and rinsed
1 tsp. Cumin
½ tsp. Black Pepper
½ tsp. Salt

Directions:

Combine All Ingredients in a Freezer Gallon Size Bag
Mix together and Freeze until Needed
Remove from Freezer and thaw overnight in Fridge
Place Contents of Bag in Slow Cooker for 8 hours on low or 4 hours on high
Serve with Chips, Tortillas and toppings like Sour Cream, Guacamole, Cheese, Salsa, etc.

Slow Cooker Chili

Ingredients for freezer pack:

- 2 Cups Cooked Ground Beef
- 1 Cup of Onion, diced
- 2 Cans Diced Tomatoes
- 1 Can of Tomato Sauce
- 1 Can of Water (I use the Diced Tomatoes Can)
- 1 Can Dark Red Kidney Beans
- 1 Packet Chili Seasoning Mix
- 3 Stalks Celery, chopped
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. Sugar

Directions:

Cook Ground Beef and Onion

Combine all ingredients in a Freezer Gallon Size Bag

Freeze until Needed

Remove from Freezer and Thaw Overnight in Fridge

Place contents of bag in Slow Cooker and cook on High for 4 hours or Low for 8 hours

Serve with Fritos and Shredded Cheese

Slow Cooker Beef & Broccoli Teriyaki

Ingredients:

1 Cup Soy Sauce
1 Cup Sugar
1 tsp. Garlic Salt
½ Cup Onion, chopped
1 1/2 lbs. Beef Stew Pieces
1 Bag Frozen Broccoli

Directions:

Combine soy sauce, sugar, garlic salt and chopped onion, Broccoli & Meat in a Freezer Gallon Size Bag
Freeze until Needed
Remove from Freezer and thaw overnight in Fridge
Place Contents of Bag in Slow Cooker for 8 Hours on Low or 4 hours on High
Serve over rice or Noodles.