

Knowledge @ Noon

Freezer Meals for 1 or 2



Wednesday, April 15, 2026

KANSAS STATE
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Extension

Marais des Cygnes District

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Oil and Vinegar

- ¼ cup plus 5 tablespoons olive oil (3, 4, 7, 10, 11)
- 4 tablespoons plus 2 teaspoons balsamic vinegar (4, 9, 12)

Miscellaneous

- 12 gallon-sized freezer bags (1-12)
- 4 teaspoons jarred minced garlic (1, 2, 7, 12)
- 3 teaspoons jarred minced ginger (1, 7)
- ½ cup soy sauce (1, 7)
- ¼ cup plus 2 tablespoons honey (1, 7)
- ⅓ cup sliced pepperoncini peppers (9)
- 12oz jar roasted red peppers (9)

Spices and Seasonings

- 1 teaspoon basil (5)
- 3 ½ teaspoons chili powder (5, 8, 11)
- 5 teaspoons cumin (1, 2, 5, 8, 11)
- 1 tablespoon plus 5 ½ teaspoons garlic powder (4, 6, 8, 9, 10, 11)
- 7 ½ teaspoons onion powder (2, 4, 6, 8, 9, 12)
- 1 tablespoon plus 3 ½ teaspoons oregano (2, 4, 5, 9, 12)
- 1 ¼ teaspoons paprika (2, 4)
- 2 ¼ teaspoons pepper (3, 4, 9, 10)
- ¼ teaspoon crushed red pepper flakes (2)
- ¾ teaspoon rosemary (3)
- 8 ½ teaspoons salt (1, 2, 4, 5, 7, 8, 10, 11)
- 5 ¼ teaspoons kosher salt (3, 6, 9, 12)

Not Needed Until Day of Cooking

- 1 ½ cups pineapple juice (12oz) (1)
- 12 oz mozzarella cheese, shredded (3 cups) (3, 12)
- 16 oz cheddar cheese, shredded (4 cups) (2, 6, 8)
- 2 boxes (16oz each) plus 4 cups uncooked shell pasta (5, 9, 12)
- 64oz chicken broth (8 cups) (6, 9)
- 4oz beef broth (½ cup) (10)
- 16oz sugar snap peas (7)
- 15oz part-skim ricotta cheese (12)

GROCERY LIST FOR ALL 12 MEALS

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 lime (1)
- Fresh cilantro (or teaspoon dried cilantro) (1)
- 2 yellow onions (2, 5)
- 2 red onions (or 1 large red onion) (8, 11)
- 2 green peppers (2, 8)
- 10oz cherry tomatoes (3)
- 3 red peppers (3, 5, 9)
- 1 navel orange (7)

Meat

- 3 ½ pounds boneless skinless chicken breasts (1, 6)
- 3 pounds 93% lean ground beef (2, 8, 12)
- 12oz sweet Italian chicken sausage links (3)
- 12oz ground Italian sausage (12)
- 2-lb boneless pork tenderloin (4)
- 2 pounds ground turkey (5, 11)
- 2 boneless sirloin tip roasts (2 pounds each) (7, 10)
- 2 pounds ground pork (9)

Frozen

- 10oz bag frozen broccoli florets (6)
- 1 cup frozen corn (11)

Refrigerated

- 8oz cheddar cheese, shredded (about 2 cups) (6)
- 2 tablespoons unsalted butter (10)

Canned/Dried

- 18oz package shelf-stable gnocchi (3)
- 2 jars of salsa (15oz each) (5, 11)
- 2 cans tomato sauce (15 oz each) (2, 5)
- 28oz can tomato sauce (12)
- 16oz uncooked orzo (6)
- 15oz can kidney beans (7)
- 15oz can pinto beans (11)

ONE-POT LASAGNA PASTA

12

This delicious one-pot meal requires no side dishes! Top with fresh parsley or basil, if you have it on-hand and enjoy the taste.

Yields: 6 servings

Ingredients

- 1 lb 93% lean ground beef
- 12 oz ground Italian sausage
- 28oz can tomato sauce
- 2 teaspoons balsamic vinegar
- 1 tablespoon jarred minced garlic
- 1 tablespoon oregano
- 2 teaspoons onion powder
- 2 teaspoons Kosher salt
- 16 oz uncooked shell pasta (not needed until day of cooking)
- 15 oz part-skim ricotta cheese (not needed until day of cooking)
- 8 oz mozzarella cheese, shredded (2 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date. (Three months from when you prepped the meal.)
2. Add all ingredients except pasta and cheeses to the bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over.
3. Add 1/4 cup water and pressure cook for 25 minutes. Natural release. Break up meat.
4. Add the dried pasta and cover with 2 cups of water. (Do not mix.) Gently push down any pasta noodles that are not submerged in water.
5. Put the lid back on and pressure cook for 4 minutes. Quick release. Stir in the ricotta and mozzarella and serve immediately.

SOUTHWEST GROUND TURKEY SKILLET



Serve over rice and top with shredded cheddar cheese and tortilla chips.

Yields: 6 servings

Ingredients

- 1 lb ground turkey
- 1 red onion, diced
- 1 cup frozen corn
- 15oz can pinto beans, drained and rinsed
- 16oz jar salsa
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon garlic powder

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date. (Three months from when you prepped the meal.)
2. Add all ingredients to your freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook on Stovetop

1. Defrost freezer bag overnight.
2. Heat a large skillet over medium high heat.
3. Add the contents of the freezer bag to the skillet and cook for about 8-10 minutes, or until the turkey is no longer pink, breaking it up into crumbles.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes.
2. Flip over.
3. Add ¼ cup water.
4. Place the lid on and pressure cook with the valve sealed for 20 minutes so the turkey is fully cooked and no longer pink.
5. Natural release.
6. Break apart the turkey into crumbles.
7. To Cook in Crockpot
8. Add to crockpot and cook on “low” setting for 6-8 hours.
9. Break apart turkey and stir.

GARLIC BUTTER STEAK BITES

10

Serve with baked potatoes and steamed broccoli.

Yields: 6 servings

Ingredients

- 2-lb boneless sirloin tip roast, cut into bite-sized pieces
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 tablespoon garlic powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 4 oz beef broth (½ cup) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date. (Three months from when you prepped the meal.)
2. Add all ingredients except broth to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Crockpot

1. Add meal to crockpot and top with broth.
2. Cook on “low” setting for 6-8 hours or on high for 4-6 hours.
3. Break apart beef.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot.
2. Sauté 5 minutes. Flip over.
3. Add broth.
4. Pressure cook 25 minutes.
5. Natural release.
6. Separate the meat if it is stuck together.

To Cook in Instant Pot

1. Add the frozen contents of the freezer bag to the Instant Pot.
2. Turn on the sauté setting and cook 5 minutes. Flip over.
3. Pressure cook for 25 minutes. Let the pressure release naturally for 10 minutes then twist the pressure knob to release the remaining pressure and open the lid. Break up the pork with a spatula.
4. Add the pasta and pour 2 cups of broth on top. Do not mix, but gently press down any shells that are not submerged in the liquid.
5. Replace the lid and set to pressure cook for 4 minutes. Quick-release the pressure by twisting the knob and opening the lid.
6. Stir well and serve in bowls.

ONE POT SHELLS WITH PORK AND PEPPERS



This delicious one-pot meal requires no side dishes!

Yields: 8 servings

Ingredients

- 2 lb ground pork
- 1 red bell pepper, sliced
- 1/3 cup sliced pepperoncini peppers, drained
- 12oz jar roasted red peppers, drained and roughly chopped
- 2 tablespoons balsamic vinegar
- 2 teaspoons Kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 32 oz chicken broth (4 cups) (not needed until day of cooking)
- 16 oz uncooked shell pasta (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date. (Three months from when you prepped the meal.)
2. Add all ingredients except the broth and the pasta shells to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook on Stovetop

1. Defrost the bag at least overnight in the refrigerator.
2. Pour the contents of the bag into a large pot or Dutch oven. Turn the heat to high and cook, stirring occasionally to break up the pork, until most of the pink is gone from the pork, about 10 minutes.
3. Stir in chicken broth and pasta shells. Bring the mixture to a simmer and cook, stirring often over medium-high heat, until the shells are tender and have absorbed the excess liquid, about 20 minutes. Serve in bowls.

CHEESY TACO CASSEROLE



Top with chopped cilantro and serve with tortilla chips.

Yields: 4 servings

Ingredients

- 1 lb 93% lean ground beef
- 15oz can kidney beans, drained and rinsed
- 1 red onion, diced
- 1 green bell pepper, diced
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 4 oz cheddar cheese, shredded (1 cup) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date. (Three months from when you prepped the meal.)
2. Add all ingredients except cheese to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook on "low" setting for 6-8 hours.
2. Break up ground beef and mix.
3. Top with cheese.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and pressure cook with the valve sealed for 20 minutes.
2. Manually release pressure.
3. Break up ground beef and mix.
4. Top with cheese.

ORANGE BEEF STIR FRY



Serve with rice.

Yields: 6 servings

Ingredients

- 2-lb boneless sirloin tip roast, fat trimmed and sliced into ¼ inch thick strips
- 1 tablespoon olive oil
- 1 teaspoon jarred minced ginger
- 1 teaspoon jarred minced garlic
- 1 navel orange (for juice) plus zest from ½ orange
- ¼ cup honey
- ¼ cup soy sauce (substitute coconut aminos for gluten free)
- ¼ teaspoon salt
- 16 oz sugar snap peas (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be three months from when you prepped the meal).
2. Add all ingredients except snap peas to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Cook on “low” setting for 4-6 hours.
2. Add sugar snap peas during last 30 minutes of cooking.
3. Break apart beef and stir.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and pressure cook on high with the valve sealed for 25 minutes.
2. Natural release.
3. Break apart meat.
4. Add snap peas.
5. Pressure cook 1 minute (make sure pressure valve is sealed). Quick release.

To Cook on Stovetop

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to a large skillet, sauté pan, or pot with snap peas.
3. Bring to a boil and simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through.

ORZO CHICKEN BROCCOLI AND CHEDDAR BAKE

6

Optional: Top with black pepper to taste.

Yields: 6 servings

Ingredients

- 1½ lb boneless skinless chicken breasts, cut into bite-sized chunks
- 10oz bag frozen broccoli florets
- 16 oz uncooked orzo
- 8 oz cheddar cheese, shredded (about 2 cups)
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- ½ teaspoon Kosher salt
- 32 oz chicken broth (4 cups) (not needed until day of cooking)
- 4 oz cheddar cheese, shredded (1 cup) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date. (Three months from when you prepped the meal.)
2. Add all ingredients except 1 cup of the shredded cheese and broth to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Oven

1. Thaw freezer meal overnight in the refrigerator or in the morning in water.
2. Preheat the oven to 450 °F. Add the contents of the bag to a 9- by 13-inch baking pan. Pour in the broth and stir to evenly combine. Cover the pan tightly with foil, and cook for 30-35 minutes. Peek under the foil: If the ingredients look dry and the orzo isn't getting tender, add ½ cup to 1 cup additional chicken broth and cook, covered, for 5 more minutes.
3. Uncover the pan, sprinkle the remaining 1 cup shredded cheese over the top, and cook for about 10 to 15 more minutes, until the pasta is tender and creamy, most of the liquid is absorbed, and the top is browned around the edges.

TURKEY TACO PASTA

5

Top with shredded cheddar cheese, sour cream, guacamole, and sliced black olives, and serve with tortilla chips.

Yields: 6 servings

Ingredients

- 1 lb ground turkey (lean ground beef can also be substituted)
- 1 yellow onion, diced (1 cup)
- 1 red bell pepper, diced
- 16oz jar salsa
- 15oz can tomato sauce
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoons salt
- 1 teaspoon basil
- 1 teaspoon oregano
- 4 cups uncooked shell pasta (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date. (Three months from when you prepped the meal.)
2. Add all ingredients except pasta to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook on Stovetop

1. Thaw in refrigerator.
2. Add thawed meal to large skillet, pot, or sauté pan with uncooked pasta.
3. Bring to a boil and simmer covered for 15 minutes, stirring occasionally, or until turkey is cooked through and pasta is al dente.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot.
2. Pressure cook on high for 15 minutes with valve sealed.
3. Natural release.
4. Cook pasta in a pot on the stovetop according to the package directions. Drain and stir into Instant Pot.

GARLIC BALSAMIC PORK TENDERLOIN

4

Serve with roasted carrots and mashed potatoes.

Yields: 6 servings

Ingredients

- 2-lb boneless pork tenderloin
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon black pepper
- 1 1/2 teaspoons salt
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 3 tablespoons water (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Add the contents of the freezer bag as well as the water.
2. Cook on “low” for 6-8 hours.
3. Check for doneness by inserting an instant read thermometer into the thickest part of the meat; pork is done when internal temperature reaches 145° F.
4. Remove the pork and let it rest for 15 minutes.
5. Slice into 1-inch thick pieces and serve drizzled with cooking liquid.

To Cook in Instant Pot

1. Defrost meal overnight in the refrigerator.
2. Add defrosted meal as well as the water to Instant Pot and pressure cook on high for 15 minutes. Then, let pressure come down naturally for 15 minutes, and quick release any remaining pressure.
3. Check for doneness by inserting an instant read thermometer into the thickest part of the meat; pork is done when internal temperature reaches 145° F. If it's less than this, you can place the lid back on the pot to let the carryover heat cook the pork to doneness. Shouldn't take more than 2 to 3 minutes.
4. Remove the pork and let it rest for 15 minutes.
5. Slice into 1-inch thick pieces and serve drizzled with cooking liquid.

CRISPY GNOCCHI AND ITALIAN SAUSAGE SHEET PAN DINNER

3

This delicious one-pot meal requires no side dishes!

Yields: 4 servings

Ingredients

- 18 oz package shelf-stable gnocchi
- 12 oz sweet Italian chicken sausage links, sliced
- 10 oz cherry tomatoes (about 1½ cups)
- 1 red bell pepper, sliced
- ¼ cup olive oil
- ¾ teaspoon Kosher salt
- ¾ teaspoon rosemary
- ½ teaspoon black pepper
- 4 oz mozzarella cheese, shredded (about 1 cup) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag
- Parchment paper (optional) (not needed until day of cooking)

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date. (Three months from when you prepped the meal.)
2. Add all ingredients except the mozzarella to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Oven

1. Defrost the meal in the refrigerator.
2. Preheat the oven to 450°. Line a sheet pan with parchment paper for easier clean up, if desired. Spread all the ingredients out onto the pan and roast in the oven until the gnocchi are tender and crisp around the edges and the vegetables are caramelized, about 30 minutes.
3. Sprinkle the mozzarella all over the top and bake 5 more minutes to melt and brown the cheese. Serve.

CHEESY GROUND BEEF AND PEPPERS



Serve with tortilla chips.

Yields: 4 servings

Ingredients

- 1 lb 93% lean ground beef
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 2 tablespoons water
- 15oz can tomato sauce
- 1 teaspoon jarred minced garlic
- 1 ½ teaspoons salt
- ½ teaspoon chili powder
- ½ teaspoon oregano
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon crushed red pepper flakes
- 8 oz shredded cheddar cheese (about 2 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date. (Three months from when you prepped the meal.)
2. Add all ingredients except the cheese to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot.
2. Cook on “low” setting for 6-8 hours until beef is cooked through.
3. Break apart beef, add the cheese and stir until the cheese is melted.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot with additional ½ cup water (to prevent burning).
2. Pressure cook for 20 minutes.
3. Natural release.
4. Break apart beef, add the cheese and stir until the cheese is melted.

PINEAPPLE PULLED CHICKEN



Serve with rice and slices of red bell peppers (raw or roasted in the oven).

Yields: 6 servings

Ingredients

- 2 lb boneless skinless chicken breasts
- 1 lime (for juice)
- 6 stem fresh cilantro (or 1 teaspoon dried cilantro)
- 4 cloves garlic minced
- 2 teaspoons jarred minced ginger
- ¼ cup soy sauce
- 2 tablespoons honey
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 ½ cups pineapple juice (12 oz) (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date. (Three months from when you prepped the meal.)
2. Add all ingredients except pineapple juice to the freezer bag.
3. Carefully remove as much air as possible, seal and freeze for up to three months.

To Cook in Crockpot

1. Add contents of the freezer bag to the crockpot with pineapple juice.
2. Cook on “low” setting for 4-6 hours.
3. Remove cilantro stems.
4. Shred the chicken and mix with sauce in crockpot.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot with pineapple juice.
2. Pressure cook 25 minutes.
3. Natural release.
4. Remove cilantro stems.
5. Shred the chicken and toss to coat in the sauce..

12 HEALTHY FREEZER MEALS FOR GRANDPARENTS!

EASY & HEALTHY FREEZER MEALS TO SHARE, GIFT, AND ENJOY!

Free printable recipes and shopping list below!

Recipe List

1. Pineapple Pulled Chicken
2. Cheesy Ground Beef and Peppers
3. Crispy Gnocchi and Italian Sausage Sheet Pan Dinner
4. Garlic Balsamic Pork Tenderloin (great for guests)
5. Turkey Taco Pasta
6. Orzo Chicken Broccoli and Cheddar Bake
7. Orange Beef Stir Fry
8. Cheesy Taco Casserole
9. One Pot Shells with Pork and Peppers
10. Garlic Butter Steak Bites
11. Southwest Ground Turkey Skillet
12. One-Pot Lasagna Pasta

Helpful Links

- [Join Freezer Meal Pro](#)
- [Shop Reusable Bags, Stands and Labels](#)



Honey Sesame Chicken

Chicken Breasts
Onions
Honey
Soy Sauce
Ketchup
Water
Olive Oil
Sesame Seeds
Garlic Powder
Crushed Red Pepper Flakes
Black Pepper

Crockpot: Add one freezer bag to 2-4 quart crockpot and cook on "high" setting for 5-7 hours or "low" setting for 10-12 hours. Shred chicken and stir.

Instant Pot: Add one freezer bag to Instant Pot with 1/3 cup water (to prevent burning). Pressure cook 25 minutes. Natural release. Shred chicken and stir.

Honey Sesame Chicken



Chicken Breasts
Onions
Honey
Soy Sauce
Ketchup
Water
Olive Oil
Sesame Seeds
Garlic Powder
Crushed Red Pepper Flakes
Black Pepper

Crockpot: Add one freezer bag to 2-4 quart crockpot and cook on "high" setting for 5-7 hours or "low" setting for 10-12 hours. Shred chicken and stir.

Instant Pot: Add one freezer bag to Instant Pot with 1/3 cup water (to prevent burning). Pressure cook 25 minutes. Natural release. Shred chicken and stir.

USE BY:



Mini Meat Loaves

85% Lean Ground Beef
Onions
Egg
Milk
Panko Breadcrumbs
Worcestershire sauce
Ketchup
Dry mustard
Salt
Thyme
Garlic powder

Oven: Preheat oven to 375 degrees F. Remove plastic wrap. Place meatloaf(s) on a sheet-pan lined with parchment paper. Mix together ketchup and Worcestershire sauce (use 1/2 tablespoon ketchup and 1/2 teaspoon Worcestershire sauce per meatloaf) and spoon onto meatloaf generously. Bake for 50 minutes (fresh/thawed) or 75 minutes (frozen).

TO ADD:
1/2 Tablespoon Ketchup
1/2 Tsp Worcestershire Sauce

USE BY:



Single Serve Chocolate Peanut Butter Lava Cakes

Cocoa Powder
Flour
Salt
Baking Powder
Sugar
Egg
Olive Oil
Vanilla Extract
Milk
Chocolate Chips
Natural Peanut Butter
Cooking Spray

Oven: Defrost 1-4 cakes in refrigerator overnight. Remove plastic wrap and replace with aluminum foil. Preheat oven to 425 degrees F. Place on baking sheet and bake for 10 minutes (5 oz disposable ramekin) - 20 minutes (8 oz porcelain ramekin). Remove foil and cook for 1 minute before serving

Instant Pot: Defrost 1-4 cakes in refrigerator overnight. Remove plastic wrap and replace with aluminum foil. Add 1 1/2 cups water to bottom of Instant Pot and place trivet inside. Add cake. Pressure cook on high for 5 minutes (5 oz disposable ramekin) - 10 minutes (8 oz porcelain ramekin). Natural release for 5 minutes, then manual release. Remove foil and cook for 1 minute before serving

USE BY:



Easy Tomato Soup

Olive Oil
Onions
Whole Peeled Tomatoes
Cannellini Beans
Minced Garlic
1 Bay Leaf
Thyme
Salt
Crushed Red Pepper Flakes

Crockpot: Add one freezer bag to 2-4 quart crockpot with 1 ½ cups water and cook on "high" setting for 5-7 hours or "low" setting for 10-12 hours. Remove bay leaf. Use an immersion blender or regular countertop blender to purée for a smooth and creamy texture.

Instant Pot: Add one freezer bag to Instant Pot with 1 ½ cups water. Pressure cook 20 minutes. Natural release and remove bay leaf. Use an immersion blender or regular countertop blender to purée for a smooth and creamy texture.

TO ADD:
1 1/2 Cups Water

USE BY:



Easy Tomato Soup

Olive Oil
Onions
Whole Peeled Tomatoes
Cannellini Beans
Minced Garlic
1 Bay Leaf
Thyme
Salt
Crushed Red Pepper Flakes

Crockpot: Add one freezer bag to 2-4 quart crockpot with 1 ½ cups water and cook on "high" setting for 5-7 hours or "low" setting for 10-12 hours. Remove bay leaf. Use an immersion blender or regular countertop blender to purée for a smooth and creamy texture.

Instant Pot: Add one freezer bag to Instant Pot with 1 ½ cups water. Pressure cook 20 minutes. Natural release and remove bay leaf. Use an immersion blender or regular countertop blender to purée for a smooth and creamy texture.

TO ADD:
1 1/2 Cups Water

USE BY:



Sheet Pan Fajitas

Chicken Breasts, Shrimp Or
Portobello Mushrooms
Onions
Peppers
Lime Juice
Olive Oil
Minced Garlic
Cumin
Adobo Seasoning
Paprika
Salt

Oven: Preheat oven to 400 degrees F. Empty one freezer bag onto parchment-lined baking sheet and spread out evenly. Bake for 25-30 minutes, stirring halfway through. (Cooking time will remain the same if you cook two bags at once.)

USE BY:



Sheet Pan Fajitas

Chicken Breasts, Shrimp Or
Portobello Mushrooms
Onions
Peppers
Lime Juice
Olive Oil
Jarred Minced Garlic
Cumin
Adobo Seasoning
Paprika
Salt

Oven: Preheat oven to 400 degrees F. Empty one freezer bag onto parchment-lined baking sheet and spread out evenly. Bake for 25-30 minutes, stirring halfway through. (Cooking time will remain the same if you cook two bags at once.)

USE BY:



Easy Chicken and Rice with Peas

Chicken Breasts
Zucchini
Peas
Minced Garlic
Olive Oil
Italian Seasoning
Cooked White Rice

Oven: Defrost one meal in the refrigerator. Preheat the oven to 425° and line a sheet pan with parchment paper for easier clean up. Pour the meal out onto the sheet pan and spread the ingredients out evenly. Roast in the oven until the chicken is cooked through and the ingredients are nicely browned, about 30 minutes. (Cooking time will remain the same if you cook two bags at once.) Drizzle with some of the dressing. Serve extra dressing on the side.

TO ADD:
Green Goddess Dressing

USE BY:



Easy Chicken and Rice with Peas

Chicken Breasts
Zucchini
Peas
Minced Garlic
Olive Oil
Italian Seasoning
Cooked White Rice

Oven: Defrost one meal in the refrigerator. Preheat the oven to 425° and line a sheet pan with parchment paper for easier clean up. Pour the meal out onto the sheet pan and spread the ingredients out evenly. Roast in the oven until the chicken is cooked through and the ingredients are nicely browned, about 30 minutes. (Cooking time will remain the same if you cook two bags at once.) Drizzle with some of the dressing. Serve extra dressing on the side.

TO ADD:
Green Goddess Dressing

USE BY:



Homemade Mississippi Roast with Carrots

Boneless Beef Roast
Carrots
Unsalted Butter
Pepperoncini Peppers
Dry Ranch Seasoning
Aus Jus Seasoning

Crockpot: Add one freezer bag to 2-4 quart crockpot and cook on "high" setting for 7 hours or "low" setting for 12 hours. Shred beef and serve with carrots.

Instant Pot: Add one frozen meal to Instant Pot with ¼ cup water (to prevent burning). Pressure cook (low pressure) for 45 minutes. Natural Release. Shred beef and serve with carrots.

USE BY:



Homemade Mississippi Roast with Carrots

Boneless Beef Roast
Carrots
Unsalted Butter
Pepperoncini Peppers
Dry Ranch Seasoning
Aus Jus Seasoning

Crockpot: Add one freezer bag to 2-4 quart crockpot and cook on "high" setting for 7 hours or "low" setting for 12 hours. Shred beef and serve with carrots.

Instant Pot: Add one frozen meal to Instant Pot with ¼ cup water (to prevent burning). Pressure cook (low pressure) for 45 minutes. Natural Release. Shred beef and serve with carrots.

USE BY:

Suggested Side Dishes

1. Easy Chicken and Rice with Peas - Serve topped with diced fresh parsley and cilantro and sliced avocado.
2. Homemade Mississippi Roast with Carrots - Serve with mashed potatoes or baby potatoes roasted with olive oil, salt, and pepper.
3. Easy Tomato Soup - Serve with grilled cheese sandwiches.
4. Sheet Pan Fajitas - Serve on tortillas topped with cilantro and guacamole.
5. Honey Sesame Chicken - Serve with rice and steamed broccoli.
6. Mini Meatloaves - Serve with mashed potatoes and peas.
7. Single-Serve Chocolate Peanut Butter Lava Cakes - Serve with ice cream.

Baking

- ¼ cup unsweetened cocoa powder (7)
- ⅔ cup all-purpose flour (7)
- 1 teaspoon baking powder (7)
- ⅓ cup granulated sugar (7)
- 1 teaspoon pure vanilla extract (7)
- ¼ cup semisweet chocolate chips (7)

Seasonings

- 1 ½ teaspoons adobo seasoning (4)
- 2 bay leaves (3)
- 1 ½ teaspoons cumin (4)
- ½ teaspoon garlic powder (5, 6)
- 1 tablespoon Italian seasoning (1)
- 1 teaspoon dry mustard (6)
- 1 tablespoon sesame seeds (5)
- 1 ½ teaspoons paprika (4)
- ¼ teaspoon black pepper (5)
- ¾ teaspoon crushed red pepper flakes (3, 5)
- 3 ¼ teaspoons salt (3, 4, 6, 7)
- 1 ¼ teaspoon thyme (3, 6)
- 1 packet dry ranch seasoning and 1 packet au jus seasoning (or replace both packets with this homemade blend: 4 teaspoons beef bouillon granules, 1 teaspoon soy sauce, 1 1/4 teaspoon garlic powder, 1 tablespoon parsley, 1 teaspoon onion powder, 1 teaspoon dried minced onion, 3/4 teaspoon dill, 3/4 teaspoon black pepper, 1/2 teaspoon salt) (2)

Materials

- 10 quart- or 10 gallon-sized freezer bags (1-5)
- 1 gallon-sized freezer bag (6)
- Plastic wrap (6, 7)
- 1 8x8" disposable or aluminum pan (7)
- 4 small baking cups (8 oz porcelain ramekins or 5 oz disposable aluminum ramekins) (7)
- 1 piece aluminum foil (7)

Not Needed Until Day of Cooking

- 10 oz bottle Green Goddess dressing (1)
- Parchment paper (1, 4, 6)
- 3 tablespoons ketchup (6)
- 1 teaspoon Worcestershire sauce (6)
- Aluminum foil (7)

SHOPPING LIST FOR ALL 12 MEALS + DESSERT!

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 zucchini (1)
- 2 tablespoons plus 1 teaspoon jarred minced garlic (1, 3, 4)
- 2 pounds carrots (2)
- 3 yellow onions (To save time, substitute a bag of frozen diced onions) (3, 5, 6)
- 1 red onion (4)
- 1 red bell pepper (4)
- 1 green bell pepper (4)
- The juice of one lime (4)

Frozen

- 10 oz bag frozen peas (1)

Meat

- 3 pounds boneless skinless chicken breasts (1, 5)
- 2-pound boneless beef chuck shoulder roast (2)
- 1 pound boneless skinless chicken breasts, sliced OR 1 pound raw shrimp, peeled deveined and tails off OR 12 oz portobello mushrooms, sliced (4)
- 1 pound 85% lean ground beef (6)

Cold

- 1 stick unsalted butter (2)
- 2 large eggs (6, 7)
- ¼ cup plus 2 tablespoons 2% milk (6, 7)

Canned

- 28 oz can San Marzano style whole peeled tomatoes (3)
- 14.5 oz can cannellini beans (3)

Miscellaneous

- 2 pouches (8.8oz per pouch) cooked white rice (1)
- 16 oz jar pepperoncini peppers (2)
- ½ cup honey (5)
- ½ cup soy sauce (5)
- ¼ cup plus 1 tablespoon ketchup (5, 6)
- 2 tablespoons panko breadcrumbs (6)
- 1 ½ teaspoon Worcestershire sauce (6)
- 2 tablespoons creamy natural peanut butter (7)

Oil and Vinegar

- ¾ cup plus 4 tablespoons olive oil (1, 3, 4, 5, 7)
- Cooking spray (7)

To Freeze and Cook Later (cont.)

8. Lastly, top with the other half of the chocolate chips and press them down gently.
9. Wrap each baking cup tightly with plastic wrap and then place in the aluminum pan. Cover with piece of labeled aluminum foil and freeze.

To Cook in 1-4 Lava Cakes Oven

1. Defrost 1-4 lava cakes overnight in the fridge.
2. Remove the plastic wrap and replace with tightly fitting aluminum foil.
3. Preheat oven to 425 degrees F.
4. Place lava cake(s) on baking sheet and bake for 10 minutes (5 oz disposable aluminum ramekin) - 20 minutes (8 oz porcelain ramekin). (You want sides of lava cake to be solid and firm and top to be soft.)
5. Remove using gloves or tongs.
6. Remove foil and cool for 1 minute. Then serve while warm and gooey!

To Cook 1-4 Lava Cakes in Instant Pot

1. Defrost 1-4 lava cakes overnight in the fridge.
2. Remove the plastic wrap and replace with tightly fitting aluminum foil.
3. Add 1 ½ cups of water to Instant Pot, and place the trivet inside. Set the lava cake(s) on top.
4. Pressure cook on high for 5 minutes (5 oz disposable aluminum ramekin) - 10 minutes (8 oz porcelain ramekin).
5. Natural release for 5 minutes, then manual release remaining pressure. (You want sides of lava cake to be solid and firm and tops to be soft.)
6. Remove using gloves or tongs.
7. Remove foil and cool for 1 minute then serve while warm and gooey!

SINGLE SERVE CHOCOLATE PEANUT BUTTER LAVA CAKES



These molten chocolate peanut butter lava cakes are fudgy, gooey, and the center is oozing with creamy peanut butter. They are frozen individually so you can cook all four at once or one at a time for a single-serve sweet treat! Serve these lava cakes as-is or with a scoop of your favorite ice cream for the ultimate dessert. Coconut oil can be substituted for olive oil.

Yields: 4 servings

Ingredients for 4 lava cakes

- ¼ cup unsweetened cocoa powder
- ⅔ cup all-purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ⅓ cup granulated sugar
- 1 large egg
- ¼ cup extra virgin olive oil
- 1 teaspoon pure vanilla extract
- ¼ cup 2% milk
- ¼ cup semisweet chocolate chips
- 2 tablespoons creamy natural peanut butter
- Cooking spray

Materials

- 1 8x8" disposable or aluminum pan
- 4 small baking cups (8 oz porcelain ramekins or 5 oz disposable aluminum ramekins)
- 4 pieces plastic wrap
- 1 piece aluminum foil to label pan
- 4 small pieces aluminum foil (not needed until day of cooking)

To Freeze and Cook Later

1. Label a piece of foil with the name of the recipe, cooking instructions, and "use-by" date. (Three months from when you prepped the meal.)
2. In a medium-sized bowl, combine the cocoa powder, flour, salt, baking powder, and sugar.
3. In a separate bowl, whisk together egg, olive oil, vanilla extract and milk.
4. Pour the wet ingredients into the dry and mix just until combined.
5. Fold in half of the chocolate chips.
6. Spray the baking cups with cooking spray and divide the batter evenly among the 4 baking cups.
7. Place ½ tablespoon of peanut butter into the middle of each baking cup.

MINI MEAT LOAVES



Serve with mashed potatoes and peas. These mini meat loaves are individually wrapped and frozen so you have the option to cook one or two at a time!

Yields: 2 mini loaves with 2 servings each.

Ingredients (to be split between two meatloaves)

- 1 pound 85% lean ground beef
- 1 yellow onion, diced (one cup)
- 1 large egg
- 2 tablespoons 2% milk
- 2 tablespoons panko breadcrumbs
- 1 ½ teaspoon Worcestershire sauce
- 1 tablespoon ketchup
- 1 teaspoon dry mustard
- ¾ teaspoon salt
- ¼ teaspoon thyme
- ¼ teaspoon garlic powder
- 3 tablespoons ketchup (not needed until day of cooking)
- 1 teaspoon Worcestershire sauce (not needed until day of cooking)

Materials

- 2 pieces plastic wrap
- 1 gallon-sized freezer bag
- Parchment paper (not needed until day of cooking)

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meals).
2. In a large bowl, mix together all ingredients except for 3 tablespoons of ketchup and Worcestershire sauce.
3. Form meat into 2 mini dome-shaped loaves.
4. Wrap each in plastic wrap and then place in labeled freezer bag. Seal and freeze.

To Cook 1-2 Mini Meatloaves in Oven

1. Preheat oven to 375 degrees F.
2. Remove plastic wrap. Place meatloaf(s) on a sheet pan lined with parchment paper.
3. Mix together ketchup and Worcestershire sauce (use ½ tablespoon ketchup and ½ teaspoon Worcestershire sauce per meatloaf) and spoon onto meatloaf generously.
4. Bake for 50 minutes (fresh/thawed) or 75 minutes (frozen).

HONEY SESAME CHICKEN



Serve with rice and steamed broccoli.

Yields: Two freezer bags with 2-3 servings each.

Ingredients (to be split between two bags)

- 1 1/2 pounds boneless skinless chicken breasts
- 1 yellow onion, diced (1 cup)
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 1/4 cup water
- 2 tablespoons extra virgin olive oil
- 1 tablespoon sesame seeds
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon black pepper

Materials

- 2 quart- or gallon-sized freezer bags

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meals).
2. Split all ingredients between your two freezer bags.
3. Remove as much air as possible, seal, and freeze.

To Cook One Bag in Small Crockpot (2-4 quarts)*

1. Add one freezer bag to crockpot and cook on "high" setting for 5-7 hours or "low" setting for 10-12 hours.
2. Shred chicken and stir.

To Cook One Bag in Small Instant Pot (3 quarts)

1. Add one freezer bag to Instant Pot with 1/3 cup water (to prevent burning).
2. Pressure cook 25 minutes.
3. Natural release.
4. Shred chicken and stir.

*Note: If you use a bigger crockpot, cooking time will be shorter (maybe even cut in half).

SHEET PAN FAJITAS

(MADE WITH CHICKEN, SHRIMPS, OR PORTOBELLO MUSHROOMS!)



Serve on tortillas topped with cilantro and guacamole.

Yields: Two freezer bags with 2 servings each.

Ingredients (to be split between two bags)

- 1 pound boneless skinless chicken breasts, sliced OR 1 pound raw shrimp, peeled deveined and tails off OR 12 oz portobello mushrooms, sliced
- 1 red onion, sliced into ¼ inch thick strips
- 1 red bell pepper, sliced into ¼ inch thick strips
- 1 green bell pepper, sliced into ¼ inch thick strips
- The juice of one lime
- ¼ cup olive oil
- 1 tablespoon jarred minced garlic
- 1 ½ teaspoons cumin
- 1 ½ teaspoons adobo seasoning
- 1 ½ teaspoons paprika
- ¾ teaspoon salt

Materials

- 2 quart- or gallon-sized freezer bags
- Parchment paper (not needed until day of cooking)

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meals).
2. Split all ingredients between your two freezer bags.
3. Remove as much air as possible, seal, and freeze.

To Cook in Oven

1. Preheat oven to 400 degrees F.
2. Empty one freezer bag onto parchment-lined baking sheet and spread out evenly.
3. Bake for 25-30 minutes, stirring halfway through. (Cooking time will remain the same if you cook two bags at once.)

EASY TOMATO SOUP



Serve with grilled cheese sandwiches.

Yields: Two freezer bags with 2 servings each.

Ingredients (to be split between two bags)

- 28 oz can San Marzano style whole peeled tomatoes
- 14.5 oz can cannellini beans, undrained
- 1 yellow onion, diced (one cup)
- 1 teaspoon jarred minced garlic
- 2 tablespoons extra virgin olive oil
- 2 bay leaves
- 1 teaspoon thyme
- 1 ½ teaspoons salt
- ½ teaspoon crushed red pepper flakes
- 3 cups water (not needed until day of cooking)

Materials

- 2 quart- or gallon-sized freezer bags

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meals).
2. Split all ingredients (except water) between your two freezer bags.
3. Remove as much air as possible, seal, and freeze.

To Cook One Bag in Small Crockpot (2-4 quarts)*

1. Add one freezer bag to crockpot with 1 ½ cups water and cook on "high" setting for 5-7 hours or "low" setting for 10-12 hours.
2. Remove bay leaf.
3. Use an immersion blender or regular countertop blender to purée for a smooth and creamy texture.

To Cook One Bag in Small Instant Pot (3 quarts)

1. Add one freezer bag to Instant Pot with 1 ½ cups water.
2. Pressure cook 20 minutes.
3. Natural release.
4. Remove bay leaf.
5. Use an immersion blender or regular countertop blender to purée for a smooth and creamy texture.

*Note: If you use a bigger crockpot, cooking time will be shorter (maybe even cut in half).

HOMEMADE MISSISSIPPI ROAST WITH CARROTS



Serve with mashed potatoes or baby potatoes roasted with olive oil, salt, and pepper.

Yields: Two freezer bags with 2-3 servings each.

Ingredients (to be split between two bags)

- 2-pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and cut into 1-2 inch pieces
- 1 stick unsalted butter
- 16 oz jar pepperoncini peppers (ONLY ADD 6 peppers and 2 tablespoons juice to freezer meal - save or discard the rest of the jar)
- 1 packet dry ranch seasoning and 1 packet au jus seasoning (or replace both packets with this homemade blend: 4 teaspoons beef bouillon granules, 1 teaspoon soy sauce, 1 1/4 teaspoon garlic powder, 1 tablespoon parsley, 1 teaspoon onion powder, 1 teaspoon dried minced onion, 3/4 teaspoon dill, 3/4 teaspoon black pepper, 1/2 teaspoon salt)

Materials

- 2 quart- or gallon-sized freezer bags

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meals).
2. Split all ingredients between your two freezer bags.
3. Remove as much air as possible, seal, and freeze.

To Cook One Bag in Small Crockpot (2-4 quarts)*

1. Add one freezer bag to crockpot and cook on "high" setting for 7 hours or "low" setting for 12 hours.
2. Shred beef and serve with carrots.

To Cook One Bag in Small Instant Pot (3 quarts)

1. Add one frozen meal to Instant Pot with 1/4 cup water (to prevent burning).
2. Pressure cook (low pressure) for 45 minutes. Natural Release.
3. Shred beef and serve with carrots.

*Note: If you use a bigger crockpot, cooking time will be shorter (maybe even cut in half).

EASY CHICKEN AND RICE WITH PEAS



Serve topped with diced fresh parsley and cilantro and sliced avocado.

Yields: Two freezer bags with 2-3 servings each.

Ingredients (to be split between two bags)

- 1½ pounds boneless skinless chicken breasts, cut into bite-sized pieces
- 1 zucchini, sliced into half-moons
- 10 oz bag frozen peas
- 1 tablespoon jarred minced garlic
- 2 pouches (8.8oz per pouch) cooked white rice
- ¼ cup olive oil
- 1 tablespoon Italian seasoning
- 10 oz bottle Green Goddess dressing (not needed until day of cooking)

Materials

- 2 quart- or gallon-sized freezer bags
- Parchment paper (not needed until day of cooking)

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meals).
2. Split all ingredients (except dressing) between your two freezer bags.
3. Remove as much air as possible, seal, and freeze.

To Cook in Oven

1. Defrost one meal in the refrigerator.
2. Preheat the oven to 425° and line a sheet pan with parchment paper for easier clean up.
3. Pour the meal out onto the sheet pan and spread the ingredients out evenly. Roast in the oven until the chicken is cooked through and the ingredients are nicely browned, about 30 minutes. (Cooking time will remain the same if you cook two bags at once.)
4. Drizzle with some of the dressing. Serve extra dressing on the side.

12 HEALTHY FREEZER MEALS FOR EMPTY NESTERS

Free printable recipes, shopping, and meal planning calendar list below!

Recipe List

1. Easy Chicken and Rice with Peas (x2)
2. Homemade Mississippi Roast with Carrots (x2)
3. Easy Tomato Soup (x2)
4. Sheet Pan Fajitas (x2)
5. Honey Sesame Chicken (x2)
6. Mini Meatloaves (x2)

+Bonus: Single-Serve Chocolate Peanut Butter Lava Cakes

NOTE: We will split each recipe into two freezer bags for a total of 12 meals (plus one dessert)!

Helpful Links

- [Freezer Meal Pro Membership](#) (use coupon code "NEST" to save an extra 20%)
- [Freezer Bag Stands](#) (6 Pack)
- [Reusable Freezer Bags](#) (6 Pack)
- [Limited Supply "Oops" Freezer Meal Labels](#) (50 Pack)
- [Freezer Cooking Apron from my mom's Etsy shop](#)

Sopapia Cheesecake

Debbie Doering, MFV

2 cans crescent rolls
2-8 oz packages cream cheese
2 cups sugar
1 tsp vanilla
1 stick butter
Cinnamon

Preheat oven to 350 degrees. Spray 9 x 13 Pyrex dish with cooking spray. Spread 1 can of crescent rolls on bottom of dish. Mix cream cheese, 1 cup sugar and 1 tsp vanilla. Spread mixture over crescent rolls. Spread other can of crescent rolls over cream cheese mixture. Melt 1 stick butter and 1 cup sugar, pour over second layer of crescent rolls and sprinkle with cinnamon. Bake for 35 minutes.

Nutrition Facts	
24 servings per container	
Serving size	1 oz
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 8g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 60mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.1mg	0%
Potassium 30mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Salsa

Gayle Plummer, MFV

- 2 cans peeled tomatoes
- 1 T. garlic
- 1 bunch green onions, chopped
- ½ bunch cilantro, chopped
- 1 jalapeno (to taste)
- Salt and pepper to taste

Food Process all together. Serve with chips.

Nutrition Facts	
14 servings per container	
Serving size	2 Tbsp
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 50mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

APPLE COFFEE CAKE

Beverly Burke, MFV

Ingredients:

½ c. butter flavored shortening	1 c. sugar
2 eggs	1 t. vanilla extract
2 c. all purpose flour	1 t. baking powder
1 t. baking soda	½ t. salt
1 c. sour cream	1 ¾ - 2 c. peeled, chopped tart apples

Directions:

In large bowl, cream shortening and sugar until light and fluffy. Beat in eggs and vanilla. Combine the flour, baking powder, baking soda, and salt; gradually add to creamed mixture alternately with sour cream, mixing well after each addition. Stir in apples. Transfer to 2 greased 8 inch square baking dishes.

For topping, combine ¾ c. packed brown sugar and 1 t. ground cinnamon. Cut in 2 T. cold butter until crumbly. Stir in ½ c. chopped nuts and sprinkle mixture over batter. Bake at 350° for 30-35 minutes or until toothpick inserted near center comes out clean. Cool on a wire rack. Wrap and freeze for up to 6 months. To use frozen coffee cake, thaw overnight in the refrigerator. Warm in oven or microwave.

YIELD: 2 coffee cakes, 6-9 servings each

Nutrition Facts	
9 servings per container	
Serving size	3.5 ounces
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium 20mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

PIZZA MEAT LOAF CUPS

Beverly Burke, MFV

Ingredients:

1 egg, lightly beaten	½ c. pizza sauce	¼ c. seasoned bread crumbs
½ t. Italian seasoning	1 ½ lb. ground beef	1 ½ c. shredded mozzarella cheese

Directions:

In a large bowl, combine egg, pizza sauce, bread crumbs, and Italian seasoning. Crumble beef over mixture and mix well. Divide among 12 greased muffin cups; press onto bottom and up the sides. Fill center with shredded cheese. Bake at 375° for 15-18 minutes or until meat is no longer pink. Serve desired amount immediately with additional pizza sauce if desired. Cool remaining cups and place in freezer bags. May be frozen for up to 3 months. To use frozen cups, thaw in refrigerator for 24 hours. Microwave on high 2-3 minutes or until heated through. Serve with additional pizza sauce if desired.

Nutrition Facts	
12 servings per container	
Serving size	(87g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 220mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.1mcg	0%
Calcium 120mg	10%
Iron 1.8mg	10%
Potassium 220mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

COOK ONCE EAT TWICE LASAGNA

Beverly Burke, MFV

2 LB. GROUND BEEF

3 (15.5 OZ.) JARS SPAGHETTI SAUCE

2 LB. RICOTTA CHEESE

1 ½ LB. MOZZARELLA CHEESE

1 C. GRATED PARMESAN CHEESE

1 EGG, BEATEN

1 T. PARSLEY FLAKES

SALT AND PEPPER TO TASTE

1 LB. LASAGNE NOODLES, COOKED

DIRECTIONS:

This recipe makes two 12x8 baking dishes.

Brown beef in large skillet and drain fat. Add spaghetti sauce, heat to just boiling. Cut 12 thin slices mozzarella for topping and shred remainder. Mix shredded mozzarella with ricotta, egg, parsley flakes, salt, and pepper. Ladle 1 cup meat sauce into bottom of each baking dish (12 x 8 inches). Layer 3 noodles, then about 1 cup cheese mixture and 1 cup meat sauce into each pan; repeat twice. Sprinkle ½ c. Parmesan cheese onto each. Top with mozzarella slices. Bake one pan at 350° F. for 30 minutes or until bubbly. Wrap and freeze the other pan. To serve: preheat oven to 400° F. and heat frozen lasagna 75 minutes, uncover and bake 15 minutes more. Each dish serves 6-8

NOTES: Be sure to use a pan that can go from the freezer to the oven without breaking. I thought it had too many lasagna noodles. I used cottage cheese instead of ricotta. Now that it's 2026 instead of 1971, you can use oven-ready lasagna noodles.

Nutrition Facts	
16 servings	
Serving size	8 oz
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 10g	50%
Trans Fat 0.5g	
Cholesterol 75mg	25%
Sodium 830mg	36%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.2mcg	2%
Calcium 450mg	35%
Iron 1.9mg	10%
Potassium 660mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	3 - 5 weeks	Don't freeze
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year
TV Dinners, Frozen Casseroles		
Keep frozen until ready to heat		3 - 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze
Store-cooked convenience meals	3 - 4 days	Don't freeze
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze
Raw Hamburger, Ground & Stew Meat		
Hamburger & stew meats	1 - 2 days	3 - 4 months
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze
opened	3 - 5 days	1 - 2 months
Ham, fully cooked, whole	7 days	1 - 2 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months
Ham, fully cooked, slices	3 - 4 days	1 - 2 months
Hot Dogs & Lunch Meats (in freezer wrap)		
Hot dogs, opened package	1 week	1 - 2 months
unopened package	2 weeks	1 - 2 months
Lunch meats, opened package	3 - 5 days	1 - 2 months
unopened package	2 weeks	1 - 2 months

Product	Refrigerator	Freezer
Soups & Stews		
Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
Smoked breakfast links, patties	7 days	1 - 2 months
Fresh Meat (Beef, Veal, Lamb, & Pork)		
Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months
Meat Leftovers		
Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Gravy & meat broth	1 - 2 days	2 - 3 months
Fresh Poultry		
Chicken or turkey, whole	1 - 2 days	1 year
Chicken or turkey, parts	1 - 2 days	9 months
Giblets	1 - 2 days	3 - 4 months
Cooked Poultry, Leftover		
Fried chicken	3 - 4 days	4 months
Cooked poultry dishes	3 - 4 days	4 - 6 months
Pieces, plain	3 - 4 days	4 months
Pieces covered with broth, gravy	3 - 4 days	6 months
Chicken nuggets, patties	3 - 4 days	1 - 3 months
Fish & Shellfish		
Lean fish	1 - 2 days	6 - 8 months
Fatty fish	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Canned seafood (Pantry, 5 years)	after opening 3 - 4 days	out of can 2 months



**U.S. FOOD & DRUG
ADMINISTRATION**

- **Don't overload the freezer**, as you don't want to "warm-up" the freezer and cause ice crystals to form on the food. If freezing many items, you want to place them first on a contact surface of the freezer, then after it is frozen, you can layer or stack the food.
- **When freezing large batches of food, like soup, you may want to lower the temperature of the freezer** to -10 degrees F until they are frozen, to prevent the freezer temp from going warmer than 0 degrees F.
- **Make sure to label the food with at least the food item and the packaging date**, but you may also want to include ingredients, the number of servings, cooking directions and additional instructions – such as adding ingredients that weren't frozen with the meal.
- **When ready to thaw, the ideal method is allowing it to thaw in the refrigerator**, which may take 2-3 days. Many foods can be cooked from the frozen state, but if thawing in the microwave, make sure to cook it following this thawing method. Foods can also be thawed under cool running water – however, this would not be ideal for a prepared casserole.
- **To reheat frozen meals, cook to 165 degrees F.**
- **To know how long to store food in the freezer, download the Food Keeper app or visit foodsafety.gov .**

To know more about freezing prepared foods, including which foods do not freeze well, visit <http://nchfp.uga.edu/publications/uga/FreezingPreparedFoods.pdf>. Michigan State University Extension recommends following approved guidelines and has community-based classes on food preservation, including freezing food. Contact your local MSU (Michigan State University) Extension office to find out more about classes near you.

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Freezing meals safely

Kara Lynch<lynchka4@msu.edu>, [Michigan State University Extension](#) - November 17, 2016

Tips to freeze and thaw food safely for best results.

Many food items can be frozen and kept on hand for future meals. Freezing food is one of the safest, easiest ways to preserve food. However, safety and quality of the food can be affected if certain steps are not followed. If the food is safe going into the freezer, and the proper temperature is maintained, then it should be safe coming out of the freezer.

Follow these tips to help freeze foods safely and get the most out of frozen food:

- **Use proper storage containers for freezing.** Freezer safe plastic containers or freezer quality bags are recommended. Do not re-use old margarine or cottage cheese containers for example. These are single-use containers that are not moisture-vapor resistant and do not produce airtight seals. If you use these, some moisture will likely be lost and result in freezer-burn. The same holds true for storage bags – they must be “freezer bags”, not just storage bags. Food stored in unacceptable containers may be “safe” to eat, but poor quality. There are a variety of freezer safe containers sold at any grocery store. You can also freeze foods in a casserole dish, as long as it is well covered, but it is important to thaw it slowly, as glass or ceramic may crack if warmed too quickly.
- **Some food can be “tray packed”**, for example, blueberries. Spread them out on a tray, freeze overnight and then transfer to a freezer bag or container. This allows for you to remove the berries a portion at a time without them being bunched together. This works great for use in smoothies or oatmeal for example.
- **Freezer baggies work well for many foods**, including raw meat in a marinade, soups and stews. Freezing it flat takes less time to thaw than if it was in a rounded shape, and often stacks better in a freezer.
- **If you are freezing a cooked meal, cool it in the refrigerator or a tray of ice before placing it in the freezer.** Cooling first prevents the formation of ice crystals in the freezer, which can lead to freezer burn.

HELPFUL HINTS FOR FREEZER MEALS

Freezer meals may be done in several different ways-

Cook for now and later

Cook for several single servings

Cook to be eaten later

Cook creatively using leftovers

CONTAINERS-

Freezer or canning jars

Freezer plastic containers

Freezer bags (not storage bags)

Vacuum sealer

Heavy duty foil

Freezer paper

AVOID FREEZING THESE-

Casseroles with cream cheese, yogurt, sour cream, mayonnaise

Raw produce with high water content-cabbage, lettuce, etc

Cooked potato chunks-baked and mashed ok

Cooked pasta-if you plan to use pasta and freeze, undercook it

LOVE YOUR FREEZER-

Keep a list with dates and use first in, first out to get the best food

Keep freezer at 0° and keep freezer 2/3 full to be more efficient

Don't add too much food at once

OTHER THOUGHTS-

Cool to room temperature before freezing

Double wrap when possible

If using a casserole dish, line with foil, cook, and then freeze. Remove from dish and wrap and put in freezer again.

It's better to add spices when you are reheating it rather than cooking for the first time

Defrost safely in the refrigerator, microwave, or cold water (Not on the counter)

Suggested Side Dishes

1. Pineapple Pulled Chicken - rice and sliced red peppers (raw or roasted)
2. Cheesy Ground Beef and Peppers - tortilla chips
3. Crispy Gnocchi and Italian Sausage Sheet Pan Dinner - no side dish needed
4. Garlic Balsamic Pork Tenderloin (great for guests) - roasted carrots and mashed potatoes
5. Turkey Taco Pasta - shredded cheddar cheese, sour cream, guacamole, sliced black olives, and tortilla chips
6. Orzo Chicken Broccoli and Cheddar Bake - no side dish needed
7. Orange Beef Stir Fry- rice
8. Cheesy Taco Casserole - cilantro and tortilla chips
9. One Pot Shells with Pork and Peppers - no side dish needed
10. Garlic Butter Steak Bites- baked potatoes and broccoli
11. Southwest Ground Turkey Skillet - rice, shredded cheddar cheese, and tortilla chips
12. One-Pot Lasagna Pasta - no side dish needed

Chipotle Sofritas

Author: Dhvani

Ingredients

- 14 OZ Firm tofu
- ½ cup finely chopped onion
- 3 cloves garlic
- 1 big Poblano pepper 150 grams
- 2 tablespoon tomato paste
- 2 chipotle peppers
- 2 tablespoon chipotle adobo sauce
- ½ teaspoon Mexican oregano
- 1 teaspoon sugar
- 1 teaspoon cumin powder
- ½ teaspoon salt or to taste
- 3 tablespoon olive oil
- 2 tablespoon lemon juice

Pre-prep

1. Press the tofu. Remove the tofu from the packaging and drain off any excess water. Wrap the tofu block in a clean kitchen towel or a few paper towels and place a heavy object on top. Allow the tofu to press for at least 10 minutes. Alternatively, use a tofu press if you have one!

Roast the Poblano pepper.

1. Place the little mesh grill first. Turn your stovetop flame from high to medium. Place poblano pepper on the mesh grill. Then, use a pair of tongs to give the pepper a quarter turn every 3 to 4 minutes. This will take around 8 to 10 minutes in total.
2. Once you have roasted your pepper, you will need to steam it. This process will help you peel the tough skin from it more easily.
3. Place the roasted pepper in a bowl, then cover the bowl with a plate or lid. The bowl traps the steam inside. Steam for 10 minutes.
4. Then, remove the charred skin. You can leave a few small blackened bits on the skin if you want a more charred flavor. Then slice the pepper and remove the seeds.

Notes

- Don't skip roasting the poblano pepper. This step adds a unique smoky depth and subtle sweetness to the sauce, resulting in a flavor that resembles the popular Chipotle sofritas.
- To prepare the tofu, it's essential to drain the water out of it to achieve the desired texture. There are various ways to do this, including using a tofu press, wrapping the tofu brick in paper towels or a tea towel, and placing a few heavy books or a cast iron pan on top. It's recommended to let the water drain for at least 30 minutes.
- Sautéing the crumbled tofu in a hot pan with a bit of oil until it turns golden brown adds a nice crispiness to the sofritas, which is crucial for the perfect texture.
- If the sofritas sauce isn't as smooth as you'd like, blend in a splash of vegetable broth until you reach the consistency you desire.
- Finally, the spice level in these homemade vegan sofritas is medium. If you find it too spicy, you can reduce the amount of adobo sauce. On the other hand, if you want to turn up the heat, you can increase the amount of adobo sauce until it reaches your desired level of spiciness.
- You can use 2 teaspoon of chipotle powder instead of chipotle peppers and adobo

Make the delicious chipotle sofritas sauce

1. Begin by heating a skillet over medium heat and adding 1 ½ tablespoon olive oil. Once the oil is heated, add chopped red onion and minced garlic and cook for 1 to 2 minutes, stirring occasionally, until the onions are softened and the garlic becomes fragrant.
2. After that, add salt, oregano, sugar, cumin powder, tomato paste, chipotle peppers, lemon juice, and adobo sauce to the skillet. Mix everything well and let it cook for about 3 to 4 minutes. This will help combine all the flavors and ensure the sauce has a nice consistency.
3. Next, transfer the onion and garlic mixture to a food processor with ¼ cup water and roasted poblano pepper. Process everything.

Make Tofu Sofritas

1. Heat the 1 ½ tablespoon of olive oil in the skillet over medium heat. Rip the block of tofu into smaller chunks and lightly fry in the pan for 5 minutes, stirring occasionally.
2. Add the sauce and stir to combine. Simmer for 10 minutes, allowing the Chipotle sofritas to absorb the flavor.
3. It's ready. Serve this vegan chipotle sofritas recipe hot, as desired. Enjoy!

Nutrition

Serving	Calories
Carbohydrates	Protein
Fat	Saturated Fat
Polyunsaturated Fat	Monounsaturated Fat
Sodium	Potassium
Fiber	Sugar
Vitamin A	Vitamin C
Calcium	Iron

Fajita Seasoning

- 2 T. chili powder
- 1 T. ground cumin
- 1 T. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. oregano
- ¼ tsp. cayenne - opt.
- ½ tsp. red pepper flakes, crushed