

Freezer Meals

Chicken Enchiladas

For each recipe: 1 package flour tortillas (10)
2 cups cooked, cubed chicken
1 can cream of chicken soup
1 cup chicken broth (1 tsp soup base with 1 cup water)
½ cup sour cream
½ cup salsa
3 cups grated sharp cheddar cheese

Make sauce by combining cream of chicken soup, chicken broth, sour cream and salsa.

In separate bowl combine 2 cups cooked chicken, 1 ½ cups grated cheese and enough sauce to moisten. Fill each tortilla with chicken/sauce mixture and roll burrito style and place in greased glass casserole dish. Cover enchiladas with remaining sauce and cheese. Cover and freeze until ready to use. Use within 4 months.

Baking instructions: Remove from freezer 24 hours ahead of meal and store in fridge. Heat oven to 350 F. Bake for 30 minutes.

Spanish Rice (add to meal kit above if desired)

Place following ingredients in a pint size zip loc freezer bag:

1 cup rice
1 tsp garlic powder
1 TB dehydrated onion
¼ tsp pepper
½ tsp cumin
½ tsp salt
1 TB dehydrated green pepper
small amount of crushed red pepper flakes (if desired)

Zip loc bag can be frozen or stored on shelf.

Rice cooking instructions. Contents of Rice Bag

1 8 oz can tomato sauce or 1 16 oz can stewed tomatoes
2 cups water 1 cup water

Simmer on low for 30 minutes until rice is tender.

Mexican Meatballs

Bake and freeze meatballs:

- 3 lbs organic hamburger
- 1 lb bag frozen corn
- 3 eggs
- 1/3 cup dehydrated onion
- 1 cup salsa
- 1/2 cup barbeque sauce
- 1 TB chili powder
- 3/4 tsp cumin
- 2 cans chopped green chilis

Mix together and form meatballs. This recipe should make 90. Place on baking sheet and bake at 350 F for 30 minutes. (If you prefer, you can freeze the raw meatballs on the baking sheet until firm. Place in Ziploc baggie and bake at 375 F for 40 minutes). Divide meatballs into serving portions for a family meal. Put in a zip loc freezer bag. Use within 4 months.

Sauce: 3/4 cup salsa
1/3 cup barbeque sauce

Place sauce ingredients in a freezer pint bag for each meal that will be used. Place freezer bag of meatballs and bag of sauce into a gallon freezer zip loc. Store in freezer until ready to use.

Baking Instructions:

Thaw sauce by placing freezer bag in bowl of hot water. Cover meatballs with sauce and heat in oven at 375 F for 40 minutes. Or reheat in crock pot on high for 2 hours.

Make Ahead Meat Loaf (makes 3)

3 lbs ground beef
1 cup tomato sauce
1 ½ cups oats, quick or old fashioned)
2 eggs
½ cup chopped onion (1/4 cup dehydrated)
1 tsp salt
½ tsp black pepper

Combine all ingredients. Mix lightly but thoroughly. Press meatloaf into 3 loaf pans. Mini meat loafs can be made by placing meat mixture into muffin cups. These loaves will cook faster so you need to watch the time.

If baking today; Bake for 1 hour at 350 F until center is no longer pink. Let meatloaf stand 5 minutes before slicing.

Freeze ahead: Use foil or glass loaf pans. Cover and mark loaf with date and baking instructions. Frozen meatloaves can be baked for 1 ½ hours at 350 F.

Toppings:

1 cup shredded cheese: sprinkle on meatloaf after baking. Let stand 5 minutes before serving

Spaghetti Sauce, Pizza sauce, barbecue sauce or salsa can be spread onto meatloaf 20 minutes before meatloaf is finished baking.

Tangy Topper Sauce: Mix ¼ cup ketchup, 3 TB brown sugar, 1 TB mustard, and ½ tsp nutmeg. Spread on meatloaf 20 minutes before loaf is finished baking.

Meatballs

Single Recipe

1 lb ground beef
¾ cup oats
2 eggs
2 TB dehydrated onion
½ cup canned milk
1 tsp salt
1 tsp Worcestershire sauce
1/8 tsp pepper

Triple Recipe

3 lbs ground beef
2 ¼ cups oats
6 eggs
1/3 cup dehydrated onion
1 12 oz can canned milk
1 TB salt
1 TB Worcestershire sauce
¼ tsp pepper

Mix together and form meatballs. A single recipe makes 30 meatballs. Place on baking sheet and bake at 350 F for 30 minutes. *Meatballs can also be frozen raw. Simply place meatballs on cookie sheet and freeze until firm.* Divide meatballs into serving portions for a family meal. Put in a zip loc freezer bag and freeze until you need it. (Use within 4 months)

Top meatballs with favorite sauce and bake:
In Crock pot on high for 2 hours
In oven at 350 F for 45 minutes

Sweet and Sour Sauce (Place sauce ingredients in a 1 pint zip loc and place in meal bag with meatballs, Add 1 zip loc bag of rice – 1 ½ cups)

½ cup brown sugar
¼ cup vinegar
1 tsp mustard
1 cup tomato sauce
1 tsp Worcestershire sauce

Beef Gravy Sauce for Meatballs (Place 1 package beefy onion soup mix in meal bag with meatballs; add 1 bag of instant mashed potatoes to complete meal kit)

Baking instructions: Combine soup mix with 1 1/3 cup water and 2 cans cream of mushroom soup. Pour over meatballs before baking.

Country Chicken Vegetable Casserole

Place following ingredients in each 9x13 glass baking pan: (Make 2 at a time to use a full bag of frozen vegetables)

- 2 cups cubed chicken
- 1 cup frozen corn (*if you prefer, use diced potatoes and carrots*)
- 1 cup frozen peas
- 2 TB dehydrated onion
- 1 cup grated mozzarella cheese
- 1 TB parsley flakes

Mix sauce and pour over top. For each casserole use

- 1 can cream of chicken soup
- 1 cup milk
- 1 TB Worcestershire sauce

Cover baking pan and freeze.

Mix topping ingredients in zip loc bag and store with baking pan:

- 1 ½ cups flour
- ½ cup cornmeal
- 1/4 cup Parmesan cheese
- 1 TB baking powder
- 1 tsp dried chopped chives
- 1 tsp salt
- ½ tsp garlic powder.

Baking Instructions: Take casserole out of freezer 24 hours ahead of time, store in fridge. Heat oven to 400 F. Bake for 20 minutes.

Meanwhile, combine topping ingredients with

- 1 cup milk
- ½ cup oil
- 1 beaten egg

Stir just until soft dough forms. Drop by tablespoons on top of hot chicken mixture. Return to oven and bake an additional 25-30 minutes or until topping is light golden brown. Makes 8 servings.

Sloppy Joes

2 cups browned hamburger (about 2 lbs)
2 tsp Worcestershire sauce
2 tsp mustard
2 cups ketchup
½ tsp salt
1 onion, chopped
2 cups celery, chopped.

Boil onion and celery together until tender. Place all ingredients into a 1 quart size freezer zip loc bag.

Prepare sloppy joe mix by simmering contents of bag for 1-2 hours or place in crock pot on low for 4-6 hours.