Beef & Bean Taco Meat

Thaw and reheat the beef and bean mixture over low heat in large skillet. Serve in taco shells with toppings and fruit.

Date: _____



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Thaw and reheat the beef and bean mixture over low heat in large skillet. Serve in taco shells with toppings and fruit.

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Sesame Beef Lettuce Wraps {Filling}

Thaw and reheat the beef and sauce mixture over low heat in large skillet. Serve in lettuce wraps with veggies and eggrolls.

Date: _____

FreezEasy Simple, Easy Frezer Cooking Meal Plans

Sesame Beef Lettuce Wraps {Filling}

Thaw and reheat the beef and sauce mixture over low heat in large skillet. Serve in lettuce wraps with veggies and eggrolls.

Date: _____



Cheesesteak Sloppy Joes

Thaw and reheat the sloppy joe meat over low heat in large skillet. Serve on buns with sliced cheese and side of fruit.

Date: _____



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Thaw and reheat the sloppy joe meat over low heat in large skillet. Serve on buns with sliced cheese and side of fruit.

Date:	
Date.	

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Grilled Ranch Burgers

Thaw patties in the fridge, then grill to desired temperature. Serve on buns with ranch dressing and fruit and chips.

Date: _____



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Date: _____



Slow Cooker Chili Mac

Thaw contents of the bag and slow cook on low for 8 hours. With 1 hour left in cooking cycle, add 16 oz. pasta noodles and 2 cups hot water.

Serve with veggies.

Date: _____

FreezEasy Simple, Easy Freezer Cooking Meal Plans

Slow Cooker Chili Mac

Thaw contents of the bag and slow cook on low for 8 hours. With 1 hour left in cooking cycle, add 16 oz. pasta noodles and 2 cups hot water. Serve with veggies.

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