

ALL GROUND BEEF MEALS

August 2016

Recipes

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1. Spanish Rice Skillet

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 30 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. ground beef
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 10 oz. can diced tomatoes with green chiles
- 1 green bell pepper
- 15 oz. can corn
- 1 Tbsp ground cumin
- 2 cups white rice
- Salt and pepper
- **Garnish:** shredded cheese
- **Side:** avocado slices
- **Side:** salad

Cooking Directions for Single Meal

1. Seed and chop the green bell pepper.
2. Open and drain the can of corn.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the diced tomatoes with green chilies, diced green bell pepper, drained corn, salt, pepper, and cumin. Combine well and bring to bubbling over medium low heat.
4. Stir in 2 cups white rice with 4 cups of hot water. Return to bubbling, then stir once and cover with tight fitting lid. Let cook for 20 minutes, or until rice is tender.
5. Prepare the salad. Slice the avocado.
6. Serve Spanish Rice Skillet with shredded cheese garnish, avocado slices and salad.

Assembly Prep Directions for 2 Meals

Seed and chop 2 green bell peppers.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open and drain 2 cans of corn.

Open 2 cans of diced tomatoes with green chiles.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef
- Half of the green bell peppers
- 10 oz. can diced tomatoes with green chiles
- 15 oz. can corn
- 1 Tbsp ground cumin
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for reheat and then cook the rice in, as directed.*

Special Notes: *None.*

Dairy-Free Modifications: *Omit cheese as garnish.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

2. Swirly Taco Pasta Skillet

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 25 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can black beans
- 15 oz. can crushed tomatoes
- 2 Tbsp taco seasoning
- 12 oz. box rotini pasta noodles
- 2 1/2 cups chicken stock
- Salt and pepper
- **Garnish:** shredded cheese or sour cream
- **Side:** veggies

Cooking Directions for Single Meal

1. Open, drain, and rinse the black beans.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Stir in the drained black beans, crushed tomatoes, taco seasoning, salt, and pepper. Bring to bubbling in the skillet. Stir in the rotini pasta noodles with the chicken stock. (You could use beef stock or water, if preferred.)
3. Bring to bubbling again, then cover and let pasta cook for 10 minutes, or al dente. Immediately remove from heat, so the pasta doesn't over cook.
4. Prepare veggies.
5. Serve Swirly Taco Pasta Skillet with shredded cheese or sour cream garnish and veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open, drain and rinse 2 cans of black beans.

Open 2 cans of crushed tomatoes.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned beef
- 15 oz. can black beans
- 15 oz. can crushed tomatoes
- 2 Tbsp taco seasoning
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for reheating. Once warmed through, stir in the pasta noodles with 2 1/2 cups chicken stock, cover with lid and cook pasta for 10 minutes.*

Special Notes: *None.*

Dairy-Free Modifications: *Omit the garnishes for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free pasta.*

3. Slow Cooker Beef Stroganoff

Yield: 4 servings

Prep Time: 15 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup beef broth
- 1 tsp paprika
- 10 oz. can cream of mushroom soup
- Salt and pepper
- 1 cup sour cream
- **Side:** egg noodles
- **Side:** veggies

Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Add the browned ground beef into the base of the skillet. Stir in 1 cup beef broth, then sprinkle the paprika and combine with the meat and broth. Pour the cream of mushroom soup over the top and sprinkle with salt and pepper. Set the slow cooker on low and cook for 8 hours. Just before serving, stir in 1 cup sour cream into the beef mixture.
2. Cook the egg noodles, as directed.
3. Prepare veggies.
4. Serve Slow Cooker Beef Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open 2 cans of cream of mushroom soup.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef
- 1 cup beef broth
- 1 tsp paprika
- 10 oz. can cream of mushroom soup
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Just before serving, stir in 1 cup of sour cream.*

Special Notes: *If you wish to make a homemade version of the soup, search "homemade cream of mushroom" on 5dollarinnings.com.*

Dairy-Free Modifications: *Unfortunately, there is not a great option for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.*

4. Bacon Cheeseburger Chili

Yield: 4 servings

Prep Time: 15 minutes • Cook Time: 30 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 2 - 15 oz. cans white beans
- 4 cups beef broth
- 2 cups shredded cheddar cheese
- 2 cups whole milk
- Salt and pepper
- **Garnish:** crumbled bacon
- **Side:** veggies

Cooking Directions for Single Meal

1. Open and drain the 2 cans of white beans.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the drained white beans, beef broth plus 1 cup of hot water. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle.
3. Stir in 1 cup of shredded cheese and 2 cups whole milk to the chili and simmer for 10 minutes. Use remaining shredded cheese as garnish.
4. Cook and crumble the bacon, if needed.
5. Prepare veggies.
6. Serve Bacon Cheeseburger Chili with bacon and shredded cheese garnish, and veggies.

Assembly Prep Directions for 2 Meals

Open, drain and rinse 4 cans of white beans.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef
- 2 - 15 oz. cans white beans
- 4 cups beef broth
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a saucepan and reheating with 1 cup of hot water. Stir in 1 cup shredded cheese and 2 cups whole milk 10 minutes before serving.*

Special Notes: *None.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

5. Sloppy Dogs {Topping}

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 15 minutes

Recipe written below to make 1 meal of 4 servings or 8 hot dogs. Shopping List contains ingredients to make 2 meals of 4 servings or 8 hot dogs each.

Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can sloppy joe sauce
- 8 hot dogs
- 8 hot dog buns
- 1 cup shredded mild cheddar cheese
- **Side:** fruit
- **Side:** chips

Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the sloppy joe sauce and warm over medium low heat for 5 to 10 minutes.
2. Cook the hot dogs, as directed. Add hot dogs into buns.
3. Spoon the sloppy joe meat over the hot dogs and top with shredded cheese.
4. Prepare fruit.
5. Serve Sloppy Dogs with fruit and chips.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

Open 2 cans of sloppy joe sauce.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef
- 15 oz. can sloppy joe sauce

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a skillet and reheating.*

Special Notes: *None.*

Dairy-Free Modifications: *Omit cheese garnish for dairy-free meal.*

Gluten-Free Modifications: *Serve hot dogs smothered in sloppy joe sauce without buns for gluten-free meal.*



Complete Shopping List by Recipe

1. Spanish Rice Skillet

- 2 lbs. ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 10 oz. cans diced tomatoes with green chiles
- 2 green bell peppers
- 2 - 15 oz. cans corn
- 2 Tbsp ground cumin
- 4 cups white rice
- Salt and pepper
- Garnish:** shredded cheese x 2
- Side:** avocado slices x 2
- Side:** salad x 2

2. Swirly Taco Pasta Skillet

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans crushed tomatoes
- 4 Tbsp taco seasoning
- 2 - 12 oz. boxes rotini pasta noodles
- 5 cups chicken stock
- Salt and pepper
- Garnish:** shredded cheese or sour cream x 2
- Side:** veggies x 2

Supplies

- 10 gallon-size freezer baggies

3. Slow Cooker Beef Stroganoff

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cups beef broth
- 2 tsp paprika
- 2 - 10 oz. cans cream of mushroom soup
- Salt and pepper
- 2 cups sour cream
- Side:** egg noodles x 2
- Side:** veggies x 2

4. Bacon Cheeseburger Chili

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 - 15 oz. cans white beans
- 8 cups beef broth
- 4 cups shredded cheddar cheese
- 4 cups whole milk
- Salt and pepper
- Garnish:** crumbled bacon x 2
- Side:** veggies x 2

5. Sloppy Dogs {Topping}

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans sloppy joe sauce
- 16 hot dogs
- 16 hot dog buns
- 2 cups shredded mild cheddar cheese
- Side:** fruit x 2
- Side:** chips x 2



Complete Shopping List by Store Section/Category

Meat

- 10 lbs. ground beef
- 16 hot dogs
- Garnish:** crumbled bacon x 2

Produce

- 2 green bell peppers
- Side:** avocado slices x 2
- Side:** salad x 2
- Side:** veggies x 6
- Side:** fruit x 2

Pantry Staples - Canned, Boxed, Jarred

- 2 - 10 oz. cans diced tomatoes with green chiles
- 2 - 15 oz. cans corn
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans crushed tomatoes
- 5 cups chicken stock
- 10 cups beef broth
- 2 - 10 oz. cans cream of mushroom soup
- 4 - 15 oz. cans white beans
- 2 - 15 oz. cans sloppy joe sauce

Starchy Sides - Bread, Pasta, Rice

- 4 cups white rice
- 2 - 12 oz. boxes rotini pasta noodles
- 16 hot dog buns
- Side:** egg noodles x 2
- Side:** chips x 2

Sauces/Condiments

Spices

- 12 Tbsp minced onion
- 10 tsp garlic powder
- 2 Tbsp ground cumin
- 4 Tbsp taco seasoning
- 2 tsp paprika
- Salt and pepper

Dairy/Eggs

- 2 cups sour cream
- 6 cups shredded cheddar cheese
- 4 cups whole milk
- Garnish:** shredded cheese x 2
- Garnish:** shredded cheese or sour cream x 2

Supplies

- 10 gallon-size freezer baggies



Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items or other ingredients not needed for freezer meal prep.

***In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.*

1. Spanish Rice Skillet

- 2 lbs. ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 10 oz. cans diced tomatoes with green chiles
- 2 green bell peppers
- 2 - 15 oz. cans corn
- 2 Tbsp ground cumin
- Salt and pepper

2. Swirly Taco Pasta Skillet

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans crushed tomatoes
- 4 Tbsp taco seasoning
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies

3. Slow Cooker Beef Stroganoff

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cups beef broth
- 2 tsp paprika
- 2 - 10 oz. cans cream of mushroom soup
- Salt and pepper

4. Bacon Cheeseburger Chili

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 - 15 oz. cans white beans
- 8 cups beef broth
- Salt and pepper

5. Sloppy Dogs {Topping}

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans sloppy joe sauce



Freezer Meal Prep Day Shopping List by Store Section/ Category

Note: *This shopping list doesn't include any side dish items or other ingredients not needed for freezer meal prep.*

Meat

- 10 lbs. ground beef

Produce

- 2 green bell peppers

Pantry Staples - Canned, Boxed, Jarred

- 2 - 10 oz. cans diced tomatoes with green chiles
- 2 - 15 oz. cans corn
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans crushed tomatoes
- 5 cups chicken stock
- 10 cups beef broth
- 2 - 10 oz. cans cream of mushroom soup
- 4 - 15 oz. cans white beans
- 2 - 15 oz. cans sloppy joe sauce

Sauces/Condiments

Spices

- 12 Tbsp minced onion
- 10 tsp garlic powder
- 2 Tbsp ground cumin
- 4 Tbsp taco seasoning
- 2 tsp paprika
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies



Assembly Prep Instructions

- Print out the Assembly Instructions page and/or Loading Table and set out on the counter.
- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or stations.

Pre-Cook & Chop Instructions

- Brown 10 lbs. ground beef with 10 Tbsp minced onion and 10 tsp garlic powder. Drain and set aside to cool before adding to baggies.
- Seed and chop 2 green bell peppers.
- Open and drain 2 cans of corn.
- Open 2 cans of diced tomatoes with green chiles.
- Open, drain and rinse 2 cans of black beans.
- Open 2 cans of crushed tomatoes.
- Open, drain and rinse 4 cans of white beans.
- Open 2 cans of sloppy joe sauce.
- Open 2 cans of cream of mushroom soup.



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Assembly Instructions for Loading Bags

Spanish Rice Skillet

To each of the **Spanish Rice Skillet** bags, add the following ingredients:

- 1/10 of the browned ground beef
- Half of the green bell peppers
- 10 oz. can diced tomatoes with green chiles
- 15 oz. can corn
- 1 Tbsp ground cumin
- Salt and pepper

Swirly Taco Pasta Skillet

To each of the **Swirly Taco Pasta Skillet** bags, add the following ingredients:

- 1/10 of the browned beef
- 15 oz. can black beans, drained and rinsed
- 15 oz. can crushed tomatoes
- 2 Tbsp taco seasoning
- Salt and pepper

Slow Cooker Beef Stroganoff

To each of the **Slow Cooker Beef Stroganoff** bags, add the following ingredients:

- 1/10 of the browned ground beef
- 1 cup beef broth
- 1 tsp paprika
- 10 oz. can cream of mushroom soup
- Salt and pepper

Bacon Cheeseburger Chili

To each of the **Bacon Cheeseburger Chili** bags, add the following ingredients:

- 1/10 of the browned ground beef
- 2 - 15 oz. cans white beans
- 4 cups beef broth
- Salt and pepper

Sloppy Dogs {Topping}

To each of the **Sloppy Dogs {Topping}** bags, add the following ingredients:

- 1/10 of the browned ground beef
- 15 oz. can sloppy joe sauce

For all the bags, remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.