

ALL GROUND BEEF MEALS PLAN

SEPTEMBER 2016

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1. Chickpea Beef Chili

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) chickpeas
- 1 x 15 oz. can(s) diced tomatoes
- 2 cup(s) beef broth
- 2 Tbsp chili powder
- Salt and pepper
- Garnish: shredded cheese
- Garnish: sour cream
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the chickpeas.
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 chickpeas, diced tomatoes, beef broth and chili powder. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle. Season with salt and pepper to taste.
3. Prepare veggies.
4. Serve Chickpea Beef Chili with sour cream and shredded cheese garnish, and veggies.

Assembly Prep Directions for 2 Meals

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

Open 2 cans of diced tomatoes.

Open and drain 2 cans of chickpeas.

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

- Half of the cooled browned ground beef
- Half of the diced tomatoes
- Half of the drained chickpeas
- 2 cups beef broth
- 2 Tbsp chili powder
- 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.

Dairy-Free Modifications: Omit the cheese and sour cream garnishes for dairy-free meal.

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

2. Lazy Lasagna Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 60 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 16 oz. small shell pasta
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 24 oz. container cottage cheese
- 4 cup(s) shredded mozzarella cheese
- 1/2 cup(s) Parmesan cheese
- 2 egg(s)
- 2 Tbsp Italian seasoning
- 1 x 26 oz. jar(s) spaghetti sauce
- Salt and pepper
- Side: salad
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Cook the pasta to al dente, about 7 minutes. Drain and add to 9x13-inch baking dish.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt, and pepper. Drain and gently toss with the pasta in the baking dish.
4. In a large mixing bowl, combine cottage cheese, half of the shredded mozzarella cheese, all of the Parmesan cheese, eggs, and Italian seasoning.
5. Spread the cheese mixture in and around the pasta in the baking dish. Top with spaghetti sauce and add the remaining shredded mozzarella cheese.
6. Cover and bake in the preheated oven for 45 minutes, then uncover and bake another 10 minutes.
7. Prepare the salad.
8. Serve Lazy Lasagna Bake with salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.

Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.

In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: Put tray 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 shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.

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

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

3. Baked Swedish Meatballs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 lb(s) ground pork
- 2 egg(s)
- 1/2 cup(s) Panko breadcrumbs
- 1 Tbsp minced onion
- 1/2 tsp ground allspice
- 1/2 tsp ground nutmeg
- Salt and pepper
- 2 Tbsp butter
- 1/4 cup(s) all purpose flour
- 2 cup(s) beef broth
- 1 cup(s) sour cream
- 2 Tbsp red raspberry preserves
- Side: box(es) pasta
- Side: salad
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat oven to 375 F.
2. In a large mixing bowl, combine the ground beef, ground pork, eggs, Panko breadcrumbs, minced onion, ground allspice and ground nutmeg and salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into a baking dish.
3. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
4. While the meatballs are baking, make the cream sauce. Melt the butter in a large skillet, then stir in the flour to make a thick paste. Quickly stir in the beef broth and whisk vigorously to keep flour from clumping. Once the beef sauce begins to thicken, stir in the sour cream and red raspberry preserves. Pour the sauce over the meatballs once they finish baking.
5. Cook the pasta, as directed.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 2 lbs. ground beef, 2 lbs. ground pork, 4 eggs, 1 cup Panko breadcrumbs, 2 Tbsp minced onion, 1 tsp ground allspice and 1 tsp ground nutmeg. Season with salt and pepper, to taste. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.

To each disposable tray, add the following ingredients:

- Half of the premade Swedish meatballs
- Note: Do NOT add the sauce ingredients to the tray.

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: Put covered pan 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 in a shallow tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed. Make cream sauce while meatballs are baking and pour over cooked meatballs.

Special Notes: If you wish to make this with brown rice, cook it separately and then stir it in with the meat sauce just before serving.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free breadcrumbs, gluten-free flour and gluten-free pasta.

6. Prepare the salad.
7. Serve Baked Swedish Meatballs over pasta with salad.

4. Frito Pie {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) red kidney beans
- 1 x 15 oz. can(s) diced green chiles
- 2 Tbsp chili powder
- 1 Tbsp ground cumin
- Salt and pepper
- 1 cup(s) shredded sharp cheddar cheese
- 8 individual size bags Fritos
- Side: fruit
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan.
2. Open and drain the can of red kidney beans, and open can diced tomatoes with green chiles.
3. Stir in the diced tomatoes, drained red kidney beans plus 1 cup of hot water. Stir in the chili powder, ground cumin, salt and pepper. Bring to bubbling and reduce heat and simmer for 10 minutes to allow flavors to mingle.
4. Open up the bags of fritos and spoon ground beef mixture into each bag and top with a pinch of shredded cheddar cheese.
5. Prepare fruit.
6. Serve Frito Pie with fruit.

Assembly Prep Directions for 2 Meals

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

Open 2 cans of diced tomatoes with green chiles. Open and drain 2 cans of red kidney beans.

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

- Half of the browned ground beef
- Half of the diced tomatoes with green chiles
- Half of the drained red kidney beans
- 2 Tbsp chili powder
- 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 a skillet and reheating.

Dairy-Free Modifications: Omit the shredded cheese for dairy-free meal.

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

5. 5-Ingredient Chili

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 small white onion(s)
- 2 15 oz. cans red kidney beans
- 1 x 2 can(s) tomato & green chilies
- 2 Tbsp chili powder
- Salt and pepper
- Garnish: shredded cheese
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Dice the onion.
2. Open and drain the 2 cans of red kidney beans. Open 2 cans diced tomatoes with green chiles.
3. In a large saucepan, brown the ground beef with salt and pepper. Drain and return to saucepan. Stir in the diced tomatoes with green chiles, drained red kidney beans, and 1 cup of hot water. Stir in the diced onion and chili powder. Bring to bubbling and reduce heat and simmer for 10 minutes to allow flavors to mingle.
4. Prepare the salad.
5. Serve 5-Ingredient Chili with shredded cheese garnish and salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef.

Dice onions.

Open and drain 4 cans of red kidney beans.

Open 4 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 drained red kidney beans
- Half of the diced tomatoes with green chiles
- Half of the diced onion
- 2 Tbsp chili powder
- 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 with 1 cup of water and reheating.

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

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

Complete Shopping List by Recipe

1. Chickpea Beef Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x15 oz. can(s) chickpeas
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 4 Tbsp chili powder
- ☐ Salt and pepper
- ☐ shredded cheese
- ☐ sour cream
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

3. Baked Swedish Meatballs

- ☐ 2 lb(s) ground beef
- ☐ 2 lb(s) ground pork
- ☐ 4 egg(s)
- ☐ 1 cup(s) Panko breadcrumbs
- ☐ 2 Tbsp minced onion
- ☐ 1 tsp ground allspice
- ☐ 1 tsp ground nutmeg
- ☐ Salt and pepper
- ☐ 4 Tbsp butter
- ☐ 1/2 cup(s) all purpose flour
- ☐ 4 cup(s) beef broth
- ☐ 1 cup(s) sour cream
- ☐ 4 Tbsp red raspberry preserves
- ☐ box(es) pasta
- ☐ salad
- ☐ 2 9x13 disposable foil tray

5. 5-Ingredient Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 small white onion(s)
- ☐ 4 15 oz. cans red kidney beans
- ☐ 2x2 can(s) tomato & green chilies
- ☐ 4 Tbsp chili powder

2. Lazy Lasagna Bake

- ☐ 32 oz. small shell pasta
- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 1/2 cup(s) Parmesan cheese
- ☐ 4 egg(s)
- ☐ 4 Tbsp Italian seasoning
- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ Salt and pepper
- ☐ salad
- ☐ 2 9x13 disposable foil tray

4. Frito Pie {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 2x15 oz. can(s) diced green chiles
- ☐ 4 Tbsp chili powder
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 2 cup(s) shredded sharp cheddar cheese
- ☐ 16 individual size bags Fritos
- ☐ fruit
- ☐ 2 gallon-size freezer baggie(s)

- ☐ Salt and pepper
- ☐ shredded cheese
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 10 lb(s) ground beef
- ☐ 2 lb(s) ground pork

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) chickpeas
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 8 cup(s) beef broth
- ☐ 32 oz. small shell pasta
- ☐ **Side:** box(es) pasta
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 2x15 oz. can(s) diced green chiles
- ☐ 4 15 oz. cans red kidney beans
- ☐ 2x2 can(s) tomato & green chilies

Spices

- ☐ 8 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 12 Tbsp chili powder
- ☐ Salt and pepper
- ☐ 4 Tbsp Italian seasoning
- ☐ 1 tsp ground allspice
- ☐ 1 cup(s) all purpose flour
- ☐ 2 Tbsp ground cumin

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ **Side:** 4 9x13 disposable foil tray
- ☐ 1 cup(s) Panko breadcrumbs
- ☐ 1 tsp ground nutmeg

Produce

- ☐ **Side:** veggies
- ☐ **Side:** salad
- ☐ 16 individual size bags Fritos
- ☐ **Side:** fruit
- ☐ 2 small white onion(s)

Sauces/Condiments

- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ 4 Tbsp red raspberry preserves

Dairy/Frozen

- ☐ **Side:** shredded cheese
- ☐ **Side:** sour cream
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 8 egg(s)
- ☐ 4 Tbsp butter
- ☐ **Side:** 1 cup(s) sour cream
- ☐ 2 cup(s) shredded sharp cheddar cheese

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****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. Chickpea Beef Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x15 oz. can(s) chickpeas
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 4 Tbsp chili powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Baked Swedish Meatballs

- ☐ 2 lb(s) ground beef
- ☐ 2 lb(s) ground pork
- ☐ 4 egg(s)
- ☐ 1 cup(s) Panko breadcrumbs
- ☐ 2 Tbsp minced onion
- ☐ 1 tsp ground allspice
- ☐ 1 tsp ground nutmeg
- ☐ Salt and pepper
- ☐ 2 9x13 disposable foil tray

5. 5-Ingredient Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 small white onion(s)
- ☐ 4 15 oz. cans red kidney beans
- ☐ 2x2 can(s) tomato & green chilies
- ☐ 4 Tbsp chili powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

2. Lazy Lasagna Bake

- ☐ 32 oz. small shell pasta
- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 4 egg(s)
- ☐ 4 Tbsp Italian seasoning
- ☐ 2x26 oz. jar(s) spaghetti sauce
- ☐ Salt and pepper
- ☐ 2 9x13 disposable foil tray

4. Frito Pie {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 2x15 oz. can(s) diced green chiles
- ☐ 4 Tbsp chili powder
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- ☐ 10 lb(s) ground beef
- ☐ 2 lb(s) ground pork

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) chickpeas
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 32 oz. small shell pasta
- ☐ 2x15 oz. can(s) red kidney beans
- ☐ 2x15 oz. can(s) diced green chiles
- ☐ 4 15 oz. cans red kidney beans
- ☐ 2x2 can(s) tomato & green chilies

Spices

- ☐ 8 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 12 Tbsp chili powder
- ☐ Salt and pepper
- ☐ 4 Tbsp Italian seasoning
- ☐ 1 tsp ground allspice
- ☐ 2 Tbsp ground cumin

Supplies

- ☐ 6x gallon-size freezer baggie(s)
- ☐ 4x 9x13 disposable foil tray
- ☐ 1 cup(s) Panko breadcrumbs
- ☐ 1 tsp ground nutmeg

Produce

- ☐ 2 small white onion(s)

Sauces/Condiments

- ☐ 2x26 oz. jar(s) spaghetti sauce

Dairy/Frozen

- ☐ 2x24 oz. container cottage cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 1x cup(s) Parmesan cheese
- ☐ 8 egg(s)

Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ Brown 2 lbs. ground beef, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Open and drain 2 cans of chickpeas.
- ☐ Brown 2 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.
- ☐ Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.
- ☐ In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.
- ☐ In a large mixing bowl, combine 2 lbs. ground beef, 2 lbs. ground pork, 4 eggs, 1 cup Panko breadcrumbs, 2 Tbsp minced onion, 1 tsp ground allspice and 1 tsp ground nutmeg. Season with salt and pepper, to taste. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.
- ☐ Brown 2 lbs. ground beef, 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Open 2 cans of diced tomatoes with green chiles. Open and drain 2 cans of red kidney beans.
- ☐ Brown 2 lbs. ground beef.
- ☐ Dice onions.
- ☐ Open and drain 4 cans of red kidney beans.
- ☐ Open 4 cans of diced tomatoes with green chiles.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Chickpea Beef Chili

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

- Half of the cooled browned ground beef
- Half of the diced tomatoes
- Half of the drained chickpeas
- 2 cups beef broth
- 2 Tbsp chili powder
- Salt and pepper

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

Baked Swedish Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade Swedish meatballs
- Note: Do NOT add the sauce ingredients to the tray.

Cover with foil or lid, add label and freeze.

Lazy Lasagna Bake

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Frito Pie {Filling}

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

- Half of the browned ground beef
- Half of the diced tomatoes with green chiles
- Half of the drained red kidney beans
- 2 Tbsp chili powder
- 1 Tbsp ground cumin
- Salt and pepper

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

5-Ingredient Chili

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

- Half of the browned ground beef
- Half of the drained red kidney beans
- Half of the diced tomatoes with green chiles
- Half of the diced onion
- 2 Tbsp chili powder
- Salt and pepper

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