

ALL GROUND BEEF MEALS PLAN

OCTOBER 2016

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1. Skillet Beef with Biscuit Topping

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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
 - 2 Tbsp minced onion
 - 1 tsp garlic powder
 - 15 oz. can(s) pork and beans
 - 1 x 15 oz. can(s) tomato sauce
 - 2 Tbsp yellow mustard
 - 1 Tbsp ground cumin
 - 8 slices cheddar cheese
 - 10 refrigerated biscuits
 - Side: fruit
 - 1 gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Open the cans of pork and beans and tomato sauce.
2. Preheat oven to 400 F.
3. In a large oven-safe skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the pork and beans and tomato sauce. Mix in the mustard and ground cumin and simmer for 10 minutes to allow flavors to mingle.
4. Add the slices of cheese directly onto the sauce, then top with the biscuits - arranged in a single layer with 1/2" space between them.
5. Transfer skillet to the oven and bake for 15 minutes, or until biscuits are baked through.
6. Prepare the fruit.
7. Serve Skillet Beef with Biscuit Topping with fruit.

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 pork and beans. Open 2 cans of tomato sauce.

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

- Half of the browned ground beef
- Half of the pork and beans
- Half of the tomato sauce
- 2 Tbsp yellow mustard
- 1 Tbsp ground cumin

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.

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 to reheat and then cook with cheese and biscuits as directed.

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

Gluten-Free Modifications: Unfortunately, there is not a great gluten-free alternative for this meal.

2. Bolognese Sauce

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 25 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

- 4 slices bacon
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 28 oz. can(s) crushed tomatoes
- 1 Tbsp Italian seasoning
- 4 whole carrots
- 1 celery stalk(s)
- 1/2 small white onion(s)
- Garnish: grated Parmesan cheese
- Side: box(es) pasta
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook and crumble the bacon.
2. Shred the carrots. Finely chop the celery and onion.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, Italian seasoning, shredded carrots, chopped celery and chopped onion. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Bolognese Sauce over pasta with grated Parmesan garnish and side of veggies.

Assembly Prep Directions for 2 Meals

- Cook and crumble 8 slices bacon.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.
- To each gallon-size plastic freezer baggie, add the following ingredients:
- Half of the browned ground beef
 - 1 - 28 oz. can crushed tomatoes
 - 1 Tbsp Italian seasoning
 - Half of the shredded carrots
 - Half of the chopped celery
 - Half of the chopped onion

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.

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 grated Parmesan cheese for dairy-free meal.

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

3. Best Meatloaf Ever

Yield: 4 servings

Active Time: 10 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

- 1 1/2 lb(s) lean ground beef
 - 1 egg(s)
 - 2 slices sandwich bread
 - 4 saltine crackers
 - 2 Tbsp sour cream
 - 2 Tbsp Worcestershire sauce
 - 1 x 8 oz. can(s) tomato sauce
 - 1/4 cup(s) ketchup
 - Side: salad
 - Side: dinner rolls
 - 1 9x5 disposable foil loaf pans
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Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Toast and crumble the bread. Crush the saltine crackers. Open the can of tomato sauce.
3. In a large mixing bowl, combine the ground beef, egg, crumbled bread, crushed crackers, sour cream, worcestershire sauce and tomato sauce. Form into loaf and press into 9x5-inch loaf pan. Bake in the preheated oven for 50 minutes.
4. Remove from oven and add ketchup in zigzag form over the top of the meatloaf. Return to oven and bake another 10 minutes, or until done.
5. Prepare the salad.
6. Warm the dinner rolls.
7. Serve Best Meatloaf Ever with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Toast and crumble 4 bread slices. Crush 8 saltine crackers. Open 2 cans of tomato sauce.

In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, the crumbled bread, crushed crackers, 4 Tbsp sour cream, 4 Tbsp worcestershire sauce and 2 cans of tomato sauce. Mix well and divide evenly into 2 loaves.

To each disposable loaf pan, add the following ingredients:
• Half of the meatloaf mixture

Cover with foil or lid, add label and freeze.

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

Dairy-Free Modifications: Omit the sour cream in the meatloaf for dairy-free meal.

Gluten-Free Modifications: Use 1:1 substitution of gluten-free breadcrumbs in the meatloaf for gluten-free meal. Serve with gluten-free sides.

4. Stuffed Sweet Potatoes {Filling}

Yield: 4 servings

Active Time: 10 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

- 4 large sweet potatoes
- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cup(s) beef stock
- 1 cup(s) shredded cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Place sweet potatoes in baking dish and slit with knife. Bake in the preheated oven for 1 hour to 1 hour 15 minutes. Baking time will depend on thickness of the sweet potatoes.
2. Open, drain, and rinse the black beans.
3. Open and drain the diced tomatoes.
4. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the black beans, diced tomatoes, chili powder, ground cumin and salt and pepper. Add in 2 cups of beef stock and simmer over low heat while the sweet potatoes are baking.
5. When the sweet potatoes are finished baking, spoon the chili into each sweet potato and top with a few pinchfuls of shredded cheddar cheese.
6. Prepare the veggies.
7. Serve Stuffed Sweet Potatoes 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 let cool.

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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.

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. Bake sweet potatoes as directed and add filling to sweet potatoes before serving.

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

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

5. Bacon Cheeseburger Nachos

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 cup(s) bacon crumbles
 - 1 bag(s) corn tortilla chips
 - 2 cup(s) shredded sharp cheddar cheese
 - Salt and pepper
 - Garnish: sour cream
 - Garnish: salsa
 - Side: fruit
 - 1 gallon-size freezer baggie(s)
-

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt and pepper. Drain and return to saucepan. Stir in the bacon crumbles.
3. On a large oven-safe serving platter or baking dish, spread the tortilla chips on the bottom and top with the cooked beef-bacon combo. Top with the shredded sharp cheddar cheese. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream and salsa.
4. Prepare the fruit.
5. Serve Bacon Cheeseburger Nachos with fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Mix in 2 cups crumbled bacon. Let cool.

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

- Half of the browned ground beef and bacon
- Salt and pepper

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.

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. Assemble and bake nachos 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 served with gluten-free sides.

Complete Shopping List by Recipe

1. Skillet Beef with Biscuit Topping

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 30 oz. can(s) pork and beans
- 2x15 oz. can(s) tomato sauce
- 4 Tbsp yellow mustard
- 2 Tbsp ground cumin
- 16 slices cheddar cheese
- 20 refrigerated biscuits
- fruit
- 2 gallon-size freezer baggie(s)

2. Bolognese Sauce

- 8 slices bacon
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x28 oz. can(s) crushed tomatoes
- 2 Tbsp Italian seasoning
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- grated Parmesan cheese
- box(es) pasta
- veggies
- 2 gallon-size freezer baggie(s)

3. Best Meatloaf Ever

- 3 lb(s) lean ground beef
- 2 egg(s)
- 4 slices sandwich bread
- 8 saltine crackers
- 2 Tbsp sour cream
- 4 Tbsp Worcestershire sauce
- 2x8 oz. can(s) tomato sauce
- 1/2 cup(s) ketchup
- salad
- dinner rolls
- 2 9x5 disposable foil loaf pans

4. Stuffed Sweet Potatoes {Filling}

- 8 large sweet potatoes
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 4 cup(s) beef stock
- 2 cup(s) shredded cheddar cheese
- veggies
- 2 gallon-size freezer baggie(s)

5. Bacon Cheeseburger Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) bacon crumbles
- 1 bag(s) corn tortilla chips
- 4 cup(s) shredded sharp cheddar cheese
- Salt and pepper
- sour cream



- salsa
- fruit
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 lb(s) ground beef
- 8 slices bacon
- 3 lb(s) lean ground beef
- 4 cup(s) beef stock
- 2 cup(s) bacon crumbles

Produce

- Side:** fruit
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- Side:** veggies
- Side:** salad
- 8 large sweet potatoes

Pantry Staples - Canned, Boxed

- 30 oz. can(s) pork and beans
- 4x15 oz. can(s) tomato sauce
- 2x28 oz. can(s) crushed tomatoes
- Side:** box(es) pasta
- 4x8 oz. can(s) tomato sauce
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- Garnish:** salsa

Starchy Sides

- 4 slices sandwich bread
- Side:** dinner rolls
- Side:** 1 bag(s) corn tortilla chips

Sauces/Condiments

- 4 Tbsp yellow mustard
- 4 Tbsp Worcestershire sauce
- 1 cup(s) ketchup

Spices

- 10 Tbsp minced onion
- 8 tsp garlic powder
- 2 Tbsp ground cumin
- 2 Tbsp Italian seasoning
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper

Dairy/Frozen

- 16 slices cheddar cheese
- Garnish:** grated Parmesan cheese
- 2 egg(s)
- Side:** 2 Tbsp sour cream
- 2 cup(s) shredded cheddar cheese
- 4 cup(s) shredded sharp cheddar cheese
- Side:** sour cream

Supplies

- 20 refrigerated biscuits
- Side:** 8 gallon-size freezer baggie(s)
- 8 saltine crackers
- Side:** 2 9x5 disposable foil loaf pans

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. Skillet Beef with Biscuit Topping

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 30 oz. can(s) pork and beans
- 2x15 oz. can(s) tomato sauce
- 4 Tbsp yellow mustard
- 2 Tbsp ground cumin
- 2 gallon-size freezer baggie(s)

2. Bolognese Sauce

- 8 slices bacon
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x28 oz. can(s) crushed tomatoes
- 2 Tbsp Italian seasoning
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 2 gallon-size freezer baggie(s)

3. Best Meatloaf Ever

- 3 lb(s) lean ground beef
- 2 egg(s)
- 4 slices sandwich bread
- 8 saltine crackers
- 4 Tbsp Worcestershire sauce
- 2x8 oz. can(s) tomato sauce
- 2 9x5 disposable foil loaf pans

4. Stuffed Sweet Potatoes {Filling}

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

5. Bacon Cheeseburger Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) bacon crumbles
- 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

- 8 lb(s) ground beef
- 8 slices bacon
- 3 lb(s) lean ground beef
- 4 cup(s) beef stock
- 2 cup(s) bacon crumbles

Produce

- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- veggies

Pantry Staples - Canned, Boxed

- 30 oz. can(s) pork and beans
- 4x15 oz. can(s) tomato sauce
- 2x28 oz. can(s) crushed tomatoes
- 4x8 oz. can(s) tomato sauce
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes

Starchy Sides

- 4 slices sandwich bread

Sauces/Condiments

- 4 Tbsp yellow mustard
- 4 Tbsp Worcestershire sauce

Spices

- 10 Tbsp minced onion
- 8 tsp garlic powder
- 2 Tbsp ground cumin
- 2 Tbsp Italian seasoning
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper

Dairy/Frozen

- 2 egg(s)
- 4x Tbsp sour cream

Supplies

- 8x gallon-size freezer baggie(s)
- 8 saltine crackers
- 2x 9x5 disposable foil loaf pans

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 with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Open 2 cans of pork and beans. Open 2 cans of tomato sauce.
- Cook and crumble 8 slices bacon.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.
- Toast and crumble 4 bread slices. Crush 8 saltine crackers. Open 2 cans of tomato sauce.
- In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, the crumbled bread, crushed crackers, 4 Tbsp sour cream, 4 Tbsp worcestershire sauce and 2 cans of tomato sauce. Mix well and divide evenly into 2 loaves.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of diced tomatoes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Mix in 2 cups crumbled bacon. Let cool.

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.

Skillet Beef with Biscuit Topping

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

- Half of the browned ground beef
- Half of the pork and beans
- Half of the tomato sauce
- 2 Tbsp yellow mustard
- 1 Tbsp ground cumin

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.

Best Meatloaf Ever

To each disposable loaf pan, add the following ingredients:

- Half of the meatloaf mixture

Cover with foil or lid, add label and freeze.

Bolognese Sauce

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion

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.

Stuffed Sweet Potatoes {Filling}

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

- Half of the browned ground beef
- Half of the drained and rinsed black beans
- Half of the drained diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper
- 2 cups beef stock

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.

Bacon Cheeseburger Nachos

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

- Half of the browned ground beef and bacon
- Salt and pepper

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.