

ALL GROUND BEEF MEALS PLAN

NOVEMBER 2016

Table of Contents

Recipes

1. Cuban Chili
2. Stuffed French Bread {Filling}
3. Sloppy Joe Sandwich Bake
4. Cheesy Hamburger Helper
5. Baked Marinara Meatballs

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. Cuban 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 green bell pepper(s)
- 1 x 1 15 oz. can(s) diced tomatoes
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cinnamon
- 2 cup(s) beef broth
- 1 cup(s) raisins
- Salt and pepper
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes.
2. Seed and chop the green bell pepper.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped bell pepper, diced tomatoes, chili powder, ground cumin, dried oregano, and cinnamon and saute for 5 minutes.
4. Stir in the beef broth and raisins and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Cuban Chili with salad.

Assembly Prep Directions for 2 Meals

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

Seed and chop 2 green bell peppers.

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 diced tomatoes
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cinnamon
- 2 cups beef broth
- 1 cup raisins
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

Special Notes: *Use unsweetened raisins for Paleo meal.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

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

2. Stuffed French Bread {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 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
- 2 celery stalk(s)
- 1 green bell pepper(s)
- 1 x 10 oz. can(s) cream of mushroom soup
- 2 tsp Worcestershire sauce
- Salt and pepper
- 1 loaf French bread
- 2 cup(s) shredded mild cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F. Slice open the loaf of French bread and remove some of the bread in the middle.
2. Chop the celery. Seed and chop the bell pepper.
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 chopped celery, bell pepper, salt and pepper and saute for 3 to 5 minutes. Stir in the cream of mushroom soup and worcestershire sauce. Simmer over low heat for 10 minutes.
4. Spoon the ground beef mixture into the French loaf bread and top with shredded cheese.
5. Bake in the preheated oven for 15 minutes, or until cheese has melted.
6. Prepare the veggies.
7. Serve Stuffed French Loaf 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.

Chop 4 celery stalks. Seed and chop 2 green bell peppers.

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
- Half of the chopped celery
- Half of the chopped green bell pepper
- Half of the cream of mushroom soup
- 2 tsp worcestershire sauce
- 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. Once warmed, add to loaf bread and bake as directed.*

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

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

3. Sloppy Joe Sandwich Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 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) sloppy joe sauce
- 4 whole wheat buns
- 4 slices Provolone cheese
- 1 cup(s) shredded mild cheddar cheese
- Side: fruit
- Side: chips
- 1 9x9-inch disposable tray

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. 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.
3. Place the bottom half of the buns into the base of the baking dish. Add layer of sloppy joe sauce, then slice of cheese, then the tops of the buns. Add remaining sloppy joe meat on top and sprinkle shredded cheese on top. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted.
4. Prepare fruit.
5. Serve Sloppy Joe Sandwich Bake with fruit and chips.

Assembly Prep Directions for 2 Meals

Open 2 cans of sloppy joe sauce.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool. Stir in 2 cans sloppy joe sauce.

To each disposable tray, add the following ingredients:

- Bottom part of hamburger bun
- Layer of sloppy joe meat
- 4 slices Provolone cheese
- Top part of hamburger bun
- Remaining sloppy joe meat
- 1 cup shredded 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 warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Omit the cheese slices and cheese on top.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sandwich bread or buns.*

4. Cheesy Hamburger Helper

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) tomato sauce
- 1 Tbsp Italian seasoning
- 1 x 12 oz. box(es) elbow pasta noodles
- 2 1/4 cup(s) beef stock
- Salt and pepper
- 2 cup(s) shredded mild cheddar cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the cans of tomato sauce.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Stir in the tomato sauce and Italian seasoning, and bring to bubbling. Then pour in the pasta and the beef stock. Press the pasta into the beef stock, cover and simmer over medium low heat for 10 minutes, or until pasta is softened.
3. Remove from heat immediately to keep pasta from overcooking. Season with salt and pepper to taste. Sprinkle shredded cheese over the beef-pasta mixture.
4. Prepare veggies.
5. Serve Cheesy Hamburger Helper with veggies.

Assembly Prep Directions for 2 Meals

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

Open 2 cans of tomato sauce.

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Salt and pepper
- 1 Tbsp Italian seasoning

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 large skillet and reheating. Once bubbling, add the pasta and beef stock, cover and simmer for 10 minutes, or until pasta is cooked. Top with shredded cheese 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 pasta.*

5. Baked Marinara Meatballs

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 1/2 lb(s) ground beef
- 1 egg(s)
- 1/2 cup(s) Italian seasoned breadcrumbs
- 2 cup(s) chunky spaghetti sauce
- Side: pasta
- Side: salad
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. In a large mixing bowl, combine the ground beef, eggs and breadcrumbs and form into 12 meatballs. Add the meatballs to 9x13-inch baking dish. Pour the spaghetti sauce directly over the meatballs.
3. Bake in the preheated oven for 30 to 35 minutes, or until cooked through. Cooking time may vary depending on size of the meatballs.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Baked Marinara Meatballs over pasta with salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1 cup Italian seasoned breadcrumbs. Form 24 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 meatballs
- 2 cups spaghetti sauce directly onto the meatballs

Cover with foil or lid, add label 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 tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when made with dairy-free sides.*

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

Complete Shopping List by Recipe

1. Cuban Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2x1 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- 4 cup(s) beef broth
- 2 cup(s) raisins
- Salt and pepper
- salad
- 2 gallon-size freezer baggie(s)

3. Sloppy Joe Sandwich Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) sloppy joe sauce
- 8 whole wheat buns
- 8 slices Provolone cheese
- 2 cup(s) shredded mild cheddar cheese
- fruit
- chips
- 2 9x9-inch disposable tray

5. Baked Marinara Meatballs

- 3 lb(s) ground beef
- 2 egg(s)
- 1 cup(s) Italian seasoned breadcrumbs
- 4 cup(s) chunky spaghetti sauce
- pasta
- salad
- 2 9x13 disposable foil tray

2. Stuffed French Bread {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 celery stalk(s)
- 2 green bell pepper(s)
- 2x10 oz. can(s) cream of mushroom soup
- 4 tsp Worcestershire sauce
- Salt and pepper
- 2 loaf French bread
- 4 cup(s) shredded mild cheddar cheese
- veggies
- 2 gallon-size freezer baggie(s)

4. Cheesy Hamburger Helper

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 2x12 oz. box(es) elbow pasta noodles
- 4 1/2 cup(s) beef stock
- Salt and pepper
- 4 cup(s) shredded mild cheddar cheese
- veggies
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 11 lb(s) ground beef
- 4 cup(s) beef stock

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2x10 oz. can(s) cream of mushroom soup
- 2 loaf French bread
- 8 whole wheat buns
- 2x15 oz. can(s) tomato sauce
- 2x12 oz. box(es) elbow pasta noodles
- 1 cup(s) Italian seasoned breadcrumbs

Sauces/Condiments

- 4 tsp Worcestershire sauce
- 2x15 oz. can(s) sloppy joe sauce
- 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- 10 cup(s) shredded mild cheddar cheese
- 8 slices Provolone cheese
- 2 egg(s)

Produce

- 4 green bell pepper(s)
- Side:** salad
- 4 celery stalk(s)
- Side:** veggies
- Side:** fruit

Starchy Sides

- Side:** chips
- Side:** pasta

Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- Salt and pepper
- 2 Tbsp Italian seasoning

Supplies

- 2 cup(s) raisins
- Side:** 6 gallon-size freezer baggie(s)
- Side:** 2 9x9-inch disposable tray
- Side:** 2 9x13 disposable foil tray

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. Cuban Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2x1 15 oz. can(s) diced tomatoes
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- 4 cup(s) beef broth
- 2 cup(s) raisins
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Sloppy Joe Sandwich Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) sloppy joe sauce
- 8 whole wheat buns
- 8 slices Provolone cheese
- 2 cup(s) shredded mild cheddar cheese
- 2 9x9-inch disposable tray

5. Baked Marinara Meatballs

- 3 lb(s) ground beef
- 2 egg(s)
- 1 cup(s) Italian seasoned breadcrumbs
- 4 cup(s) chunky spaghetti sauce
- 2 9x13 disposable foil tray

2. Stuffed French Bread {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 celery stalk(s)
- 2 green bell pepper(s)
- 2x10 oz. can(s) cream of mushroom soup
- 4 tsp Worcestershire sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Cheesy Hamburger Helper

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x15 oz. can(s) tomato sauce
- 2 Tbsp Italian seasoning
- 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

- 11 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) diced tomatoes
- 4 cup(s) beef broth
- 2x10 oz. can(s) cream of mushroom soup
- 8 whole wheat buns
- 2x15 oz. can(s) tomato sauce
- 1 cup(s) Italian seasoned breadcrumbs

Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp cinnamon
- Salt and pepper
- 2 Tbsp Italian seasoning

Supplies

- 2 cup(s) raisins
- 6x gallon-size freezer baggie(s)
- 2x 9x9-inch disposable tray
- 2x 9x13 disposable foil tray

Produce

- 4 green bell pepper(s)
- 4 celery stalk(s)

Sauces/Condiments

- 4 tsp Worcestershire sauce
- 2x15 oz. can(s) sloppy joe sauce
- 4 cup(s) chunky spaghetti sauce

Dairy/Frozen

- 8 slices Provolone cheese
- 2 cup(s) shredded mild cheddar cheese
- 2 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 with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Seed and chop 2 green bell peppers.
- Open and drain 2 cans of diced tomatoes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Chop 4 celery stalks. Seed and chop 2 green bell peppers.
- Open 2 cans of cream of mushroom soup.
- Open 2 cans of sloppy joe sauce.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool. Stir in 2 cans sloppy joe sauce.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Open 2 cans of tomato sauce.
- In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1 cup Italian seasoned breadcrumbs. Form 24 meatballs and place them in a single layer into the disposable baking dish.

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.

Cuban Chili

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

- Half of the browned ground beef
- Half of the diced tomatoes
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cinnamon
- 2 cups beef broth
- 1 cup raisins
- Salt and pepper

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

Sloppy Joe Sandwich Bake

To each disposable tray, add the following ingredients:

- Bottom part of hamburger bun
- Layer of sloppy joe meat
- 4 slices Provolone cheese
- Top part of hamburger bun
- Remaining sloppy joe meat
- 1 cup shredded cheese

Cover with foil or lid, add label and freeze.

Baked Marinara Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- 2 cups spaghetti sauce directly onto the meatballs

Cover with foil or lid, add label and freeze.

Stuffed French Bread {Filling}

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

- Half of the browned ground beef
- Half of the chopped celery
- Half of the chopped green bell pepper
- Half of the cream of mushroom soup
- 2 tsp worcestershire sauce
- Salt and pepper

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

Cheesy Hamburger Helper

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Salt and pepper
- 1 Tbsp Italian seasoning

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