

CLEAN EATS PLAN

NOVEMBER 2016

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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. Slow Cooker Chicken Enchilada Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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

- 3 boneless chicken breasts
- 1 x 15 oz. can(s) pinto beans
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) tomato & green chiles
- 1 x 6 oz. can(s) tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cup(s) chicken stock
- Salt and pepper
- Garnish: shredded Monterrey Jack cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the pinto beans, black beans, diced tomatoes with green chiles and tomato paste.
2. Place the chicken breasts, pinto beans, black beans, diced tomatoes with green chiles and tomato paste into the base of the slow cooker. Sprinkle in the taco seasoning and chili powder, then pour in the chicken stock plus 4 cups hot water.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the soup. Season with salt and pepper to taste. Add a garnish of shredded Monterrey Jack cheese to each bowl.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Enchilada Soup with veggies

Assembly Prep Directions for 2 Meals

Open 2 cans of pinto beans, 2 cans of black beans, 2 cans of diced tomatoes with green chiles, and 2 cans of tomato paste.

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

- 3 boneless chicken breasts
- Half of the pinto beans
- Half of the black beans
- Half of the diced tomatoes with green chiles
- Half of the tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cups chicken stock
- 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 with 4 cups hot water and cooking on low for 8 hours.*

Special Notes: *To cook in saucepan, add all contents of baggie plus 4 cups hot water and simmer on medium low for 30 minutes, or until chicken is cooked through. Shred chicken before serving.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the shredded cheese topping.*

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

3. Braised Apricot Chicken

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 Tbsp canola oil
- 4 boneless chicken breasts
- 1 small white onion(s)
- 1/2 cup(s) orange juice
- 2 Tbsp red wine vinegar
- 2 Tbsp honey
- 1 Tbsp minced garlic
- 1 1/2 cup(s) dried apricots
- Salt and pepper
- Garnish: sliced almonds
- Side: couscous
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion.
2. In a large saucepan, heat the oil and brown both sides of the chicken breasts. Add the onion and saute for 3 minutes with the chicken, then add in the orange juice, vinegar, honey and garlic.
3. Saute over medium heat for 5 to 8 minutes, turning the chicken 2 to 3 times. Reduce heat to low and add the apricots. Simmer for another 8 to 10 minutes, or until chicken is cooked through. Season with salt and pepper to taste.
4. Cook the couscous, as directed.
5. Prepare veggies.
6. Serve Braised Apricot Chicken with sliced almond garnish and side of couscous and veggies.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

In a small mixing bowl, whisk together 1 cup orange juice, 4 Tbsp red wine vinegar, 4 Tbsp honey and 2 Tbsp minced garlic.

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

- 4 boneless chicken breasts
- Half of the chopped onion
- Half of the prepared marinade
- 1 1/2 cups dried apricots
- 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 adding all ingredients to the saucepan and cooking over medium low heat, until chicken is cooked through. Turn chicken a few times while sauteing.

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 like rice or quinoa.

4. Beef & Sweet Potato Stew

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 Tbsp olive oil
- 1 lb(s) stew beef
- 4 small sweet potatoes
- 4 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 4 cup(s) beef broth
- 1 x 6 oz. can(s) tomato paste
- 1 tsp paprika
- 1 tsp dried thyme
- Salt and pepper
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open can of tomato paste.
2. Peel and dice the sweet potatoes. Peel and dice the carrots.
3. Chop the celery. Chop the onion.
4. In a large saucepan, heat the olive oil and brown the stew beef pieces. Stir in the chopped celery, onion, sweet potatoes and carrots and saute for 3 to 5 minutes, tossing often. Stir in the beef broth and tomato paste. Whisk in the paprika and dried thyme. Bring to bubbling and reduce heat and simmer for 10 minutes to allow flavors to mingle.
5. Prepare the salad.
6. Serve Beef & Sweet Potato Stew with salad.

Assembly Prep Directions for 2 Meals

Peel and dice 8 sweet potatoes. Peel and dice 8 carrots.

Chop 4 celery stalks. Chop 2 onions.

Open 2 cans of tomato paste.

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

- 1 lb. stew beef
- Half of the diced sweet potatoes
- Half of the diced carrots
- Half of the chopped celery
- Half of the chopped onion
- 4 cups beef broth
- 1 - 6 oz. can tomato paste
- 1 tsp paprika
- 1 tsp dried thyme
- 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 bowl of warm water for about 20 minutes, before transferring to a saucepan and cooking. Bring to boil and then reduce heat and simmer for 10 minutes.

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.

5. Maple Roasted Salmon

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) salmon fillet
- Salt and pepper
- 1/4 cup(s) maple syrup
- 2 Tbsp soy sauce
- 1 tsp minced garlic
- Side: rice
- Side: veggies
- gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Cut salmon fillet into 4 pieces. Place in small baking dish and sprinkle salt and pepper over the top.
3. In a small mixing bowl, combine the maple syrup, soy sauce and minced garlic. Pour over each piece of salmon.
4. Bake in the preheated oven for 15 to 20 minutes, or until salmon is no longer pink in the middle.
5. Cook rice, as directed.
6. Prepare veggies.
7. Serve Maple Roasted Salmon with side of rice and veggies.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. of salmon fillet into 8 pieces.

In a small mixing bowl, combine 1/2 cup maple syrup, 4 Tbsp soy sauce and 2 tsp minced garlic.

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

- Half of the salmon pieces
- Salt and pepper
- Half of the prepared sauce

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 bowl of warm water for about 20 minutes, before transferring to baking dish and baking as directed.

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

Gluten-Free Modifications: Recipe is gluten-free when you use gluten-free soy sauce.

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. Braised Apricot Chicken

- ☐ 2 Tbsp canola oil
- ☐ 8 boneless chicken breasts
- ☐ 2 small white onion(s)
- ☐ 1 cup(s) orange juice
- ☐ 4 Tbsp red wine vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp minced garlic
- ☐ 3 cup(s) dried apricots
- ☐ Salt and pepper
- ☐ sliced almonds
- ☐ couscous
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

5. Maple Roasted Salmon

- ☐ 2 lb(s) salmon fillet
- ☐ Salt and pepper
- ☐ 1/2 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce
- ☐ 2 tsp minced garlic
- ☐ rice
- ☐ veggies

2. Slow Cooker Chicken Enchilada Soup

- ☐ 6 boneless chicken breasts
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2 taco seasoning
- ☐ 2 Tbsp chili powder
- ☐ 4 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ shredded Monterrey Jack cheese
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

4. Beef & Sweet Potato Stew

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 8 small sweet potatoes
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 8 cup(s) beef broth
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2 tsp paprika
- ☐ 2 tsp dried thyme
- ☐ Salt and pepper
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

☐ gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 2 lb(s) ground beef
- ☐ 14 boneless chicken breasts
- ☐ 2 lb(s) stew beef
- ☐ 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) diced tomatoes
- ☐ 12 cup(s) beef broth
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 4x6 oz. can(s) tomato paste
- ☐ 4 cup(s) chicken stock
- ☐ **Side:** rice

Spices

- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp dried oregano
- ☐ 1 tsp cinnamon
- ☐ Salt and pepper
- ☐ 2 taco seasoning
- ☐ 2 Tbsp minced garlic
- ☐ 2 tsp paprika
- ☐ 2 tsp dried thyme
- ☐ 2 tsp minced garlic

Supplies

- ☐ 2 cup(s) raisins
- ☐ **Side:** 8 gallon-size freezer baggie(s)

Produce

- ☐ 2 green bell pepper(s)
- ☐ **Side:** salad
- ☐ **Side:** veggies
- ☐ 4 small white onion(s)
- ☐ 3 cup(s) dried apricots
- ☐ **Garnish:** sliced almonds
- ☐ **Side:** couscous
- ☐ 8 small sweet potatoes
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)

Sauces/Condiments

- ☐ 2 Tbsp canola oil
- ☐ 4 Tbsp red wine vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce

Dairy/Frozen

- ☐ **Garnish:** shredded Monterrey Jack cheese
- ☐ 1 cup(s) orange juice

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. Braised Apricot Chicken

- ☐ 2 Tbsp canola oil
- ☐ 8 boneless chicken breasts
- ☐ 2 small white onion(s)
- ☐ 1 cup(s) orange juice
- ☐ 4 Tbsp red wine vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp minced garlic
- ☐ 3 cup(s) dried apricots
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Maple Roasted Salmon

- ☐ 2 lb(s) salmon fillet
- ☐ Salt and pepper
- ☐ 1/2 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce
- ☐ 2 tsp minced garlic
- ☐ gallon-size freezer baggie(s)

2. Slow Cooker Chicken Enchilada Soup

- ☐ 6 boneless chicken breasts
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2 taco seasoning
- ☐ 2 Tbsp chili powder
- ☐ 4 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Beef & Sweet Potato Stew

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) stew beef
- ☐ 8 small sweet potatoes
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)
- ☐ 2 small white onion(s)
- ☐ 8 cup(s) beef broth
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2 tsp paprika
- ☐ 2 tsp dried thyme
- ☐ 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

- ☐ 2 lb(s) ground beef
- ☐ 14 boneless chicken breasts
- ☐ 2 lb(s) stew beef
- ☐ 2 lb(s) salmon fillet

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) diced tomatoes
- ☐ 12 cup(s) beef broth
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 4x6 oz. can(s) tomato paste
- ☐ 4 cup(s) chicken stock

Spices

- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp dried oregano
- ☐ 1 tsp cinnamon
- ☐ Salt and pepper
- ☐ 2 taco seasoning
- ☐ 2 Tbsp minced garlic
- ☐ 2 tsp paprika
- ☐ 2 tsp dried thyme
- ☐ 2 tsp minced garlic

Supplies

- ☐ 2 cup(s) raisins
- ☐ 8x gallon-size freezer baggie(s)

Produce

- ☐ 2 green bell pepper(s)
- ☐ 4 small white onion(s)
- ☐ 3 cup(s) dried apricots
- ☐ 8 small sweet potatoes
- ☐ 8 whole carrots
- ☐ 4 celery stalk(s)

Sauces/Condiments

- ☐ 2 Tbsp canola oil
- ☐ 4 Tbsp red wine vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) maple syrup
- ☐ 4 Tbsp soy sauce

Dairy/Frozen

- ☐ 1 cup(s) orange juice

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.
- ☐ Open 2 cans of pinto beans, 2 cans of black beans, 2 cans of diced tomatoes with green chiles, and 2 cans of tomato paste.
- ☐ Chop 2 small white onions.
- ☐ In a small mixing bowl, whisk together 1 cup orange juice, 4 Tbsp red wine vinegar, 4 Tbsp honey and 2 Tbsp minced garlic.
- ☐ Peel and dice 8 sweet potatoes. Peel and dice 8 carrots.
- ☐ Chop 4 celery stalks. Chop 2 onions.
- ☐ Open 2 cans of tomato paste.
- ☐ Cut 2 lbs. of salmon fillet into 8 pieces.
- ☐ In a small mixing bowl, combine 1/2 cup maple syrup, 4 Tbsp soy sauce and 2 tsp minced garlic.

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.

Braised Apricot Chicken

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

- 4 boneless chicken breasts
- Half of the chopped onion
- Half of the prepared marinade
- 1 1/2 cups dried apricots
- Salt and pepper

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

Maple Roasted Salmon

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

- Half of the salmon pieces

Slow Cooker Chicken Enchilada Soup

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

- 3 boneless chicken breasts
- Half of the pinto beans
- Half of the black beans
- Half of the diced tomatoes with green chiles
- Half of the tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cups chicken stock
- Salt and pepper

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

Beef & Sweet Potato Stew

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

- 1 lb. stew beef
- Half of the diced sweet potatoes
- Half of the diced carrots
- Half of the diced celery
- Half of the chopped onion
- 4 cups beef broth
- 1 - 6 oz. can tomato paste
- 1 tsp paprika
- 1 tsp dried thyme
- Salt and pepper

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

- Salt and pepper
- Half of the prepared sauce

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.