

ALL GROUND BEEF MEALS PLAN

JANUARY 2017

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1. Apricot 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 egg(s)
- 1 cup(s) breadcrumbs
- 1 tsp minced onion
- 1 tsp minced garlic
- 1 x 1 cup(s) jar(s) apricot preserves
- 1/2 cup(s) French salad dressing
- Side: rice**
- 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, egg, breadcrumbs, minced onion, and minced garlic. Mix well and form into 1-inch meatballs. Place them in a single layer into a baking dish or tray.
3. In a small mixing bowl, combine the apricot preserves and French salad dressing. Pour over the prepared meatballs.
4. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
5. Cook the rice, as directed.
6. Prepare the salad.
7. Serve Apricot Meatballs over rice with salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 2 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 tsp minced onion, and 2 tsp minced garlic. Mix well and form into 1-inch meatballs.

In a small mixing bowl, combine 2 cups apricot preserves and 1 cup French salad dressing.

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- Half of the prepared apricot sauce

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 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 served with dairy-free sides.*

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

2. Black Bean & Sweet Potato 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 2 small sweet potatoes
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 15 oz. can(s) black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cup(s) beef broth
- Salt and pepper
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the diced tomatoes. Open, drain and rinse the black beans.
2. Peel and chop the sweet potatoes.
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 sweet potatoes, diced tomatoes, black beans, chili powder, ground cumin, and lime juice and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Black Bean & Sweet Potato 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.

Peel and chop 4 small sweet potatoes.

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

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

- Half of the browned ground beef
- Half of the chopped sweet potatoes
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 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.

3. Beef & Zucchini Wraps

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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 packet taco seasoning
- 2 small zucchini
- 1 x 4 oz. can(s) diced green chilies
- Salt and pepper
- 8 flour tortillas**
- Garnish: lettuce, tomato, onion**
- Side: avocado slices**
- Side: fruit**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the zucchini.
2. In a large skillet, brown the ground beef with the taco seasoning mix. Drain and return to the skillet. Stir in the chopped zucchini and green chilies, and saute for 4 to 5 minutes, or until zucchini softens.
3. Spoon the ground beef and zucchini mixture into the flour tortillas and add tomatoes, lettuce and shredded cheese.
4. Prepare the fruit. Slice the avocado.
5. Serve Beef & Zucchini Wraps with fruit and avocado.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 packets taco seasoning. Drain and set aside to cool.

Chop 4 small zucchini.

Open 2 cans of green chilies.

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

- Half of the browned ground beef
- Half of the chopped zucchini
- 1 - 4 oz. can green chilies

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 to reheat and then spoon the filling into wraps.*

Special Notes: *Flour tortillas can be frozen in the bag they come in from the store. If you wish to freeze the tortillas with the filling, just make a note on the tortillas or freezer meal bag.*

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

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for this meal. You could serve the beef, zucchini filling over rice, instead of as a wrap.*

4. Beef & Black Bean Oven Tacos

Yield: 4 servings

Active Time: 15 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 packet(s) taco seasoning
- 1 x 15 oz. can(s) black beans
- Salt and pepper
- 12 hard taco shells**
- 1 cup(s) shredded Mexican blend cheese**
- Garnish: sour cream**
- Garnish: guacamole**
- Side: fruit**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the black beans.
2. Preheat oven to 400 F.
3. In a large skillet, brown the ground beef with the minced onion and taco seasoning. Drain and return to the skillet. Mix in the black beans and toss for a minute or two over low heat, then remove from heat.
4. Place the hard shell tacos into the base of a 7x11 or 9x9-inch baking dish. Add the beef-bean mixture into each taco shell, and then add a few pinches of shredded cheese onto each taco.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted through.
6. Prepare the fruit.
7. Top with dollops of sour cream, guacamole or other favorite taco toppings.
8. Serve Beef & Black Bean Oven Tacos with fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 packets taco seasoning. Drain and set aside to cool.

Open, drain and rinse 2 cans of black beans.

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

- Half of the browned ground beef
- 1 - 15 oz. can black beans

Remove as much air as possible and seal. Add label to baggie 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 skillet to reheat the beef and beans, then assemble and bake the tacos.*

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

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

5. Top 8 Allergen Free Meatloaf

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 75 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.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 1/2 lb(s) ground beef
- 1/2 cup(s) coconut flour
- 1/3 cup(s) applesauce
- 1/4 cup(s) ketchup
- 1 small white onion(s)
- 1 Tbsp Italian seasoning
- Salt and pepper
- Garnish: ketchup**
- Side: salad**
- 1 9x5 disposable foil loaf pans
- Foil

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Finely grate the white onion.
3. In a large mixing bowl, combine the ground beef, coconut flour, applesauce, ketchup, 3 Tbsp of the grated onion and juices, the Italian seasoning and a pinch of salt and pepper. Form into loaf and add to 9x5-inch loaf pan.
4. Bake in the preheated oven for 65 minutes. Remove and add ketchup topping and bake for another 10 minutes, or until meatloaf is cooked through.
5. Let cool for 10 minutes before slicing and serving.
6. Prepare the salad.
7. Serve Top 8 Free Meatloaf with salad.

Assembly Prep Directions for 2 Meals

Finely grate 2 small white onions.

In a large mixing bowl, combine 3 lbs. ground beef, 1 cup coconut flour, 2/3 cup applesauce, 1/2 cup ketchup, 6 Tbsp of the grated onion and juices, 2 Tbsp Italian seasoning and a pinch of salt and pepper. Mix well into meatloaf.

To each disposable loaf tray, add the following ingredients:

- Half of the meatloaf mixture into each tray

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.*

Special Notes: *Read ingredient labels closely for complete Top 8 Free recipe.*

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.*

Complete Shopping List by Recipe

1. Apricot Meatballs

- 2 lb(s) ground beef
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp minced onion
- 2 tsp minced garlic
- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- rice
- salad
- 2 9x13 disposable foil tray

3. Beef & Zucchini Wraps

- 2 lb(s) ground beef
- 2 taco seasoning
- 4 small zucchini
- 2x4 oz. can(s) diced green chilies
- Salt and pepper
- 16 flour tortillas
- lettuce, tomato, onion
- avocado slices
- fruit
- 2 gallon-size freezer baggie(s)

5. Top 8 Allergen Free Meatloaf

- 3 lb(s) ground beef
- 1 cup(s) coconut flour
- 2/3 cup(s) applesauce
- 1/2 cup(s) ketchup
- 2 small white onion(s)
- 2 Tbsp Italian seasoning
- Salt and pepper
- ketchup
- salad
- 2 9x5 disposable foil loaf pans

2. Black Bean & Sweet Potato Chili

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

4. Beef & Black Bean Oven Tacos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 packet(s) taco seasoning
- 2x15 oz. can(s) black beans
- Salt and pepper
- 24 hard taco shells
- 2 cup(s) shredded Mexican blend cheese
- sour cream
- guacamole
- fruit
- 2 gallon-size freezer baggie(s)

Foil

Complete Shopping List by Store Section/Category

Meat

- 11 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2 cup(s) breadcrumbs
- Side:** rice
- 2x15 oz. can(s) diced tomatoes
- 4x15 oz. can(s) black beans
- 4 cup(s) beef broth
- 2x4 oz. can(s) diced green chilies
- 2 cup(s) applesauce

Sauces/Condiments

- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- 1 cup(s) ketchup
- Garnish:** ketchup

Dairy/Frozen

- 2 egg(s)
- 2 cup(s) shredded Mexican blend cheese
- Garnish:** sour cream

Produce

- Side:** salad
- 4 small sweet potatoes
- 4 Tbsp lime juice
- 4 small zucchini
- Side:** lettuce, tomato, onion
- Side:** avocado slices
- Side:** fruit
- Side:** guacamole
- 1 cup(s) coconut flour
- 2 small white onion(s)

Starchy Sides

- 16 flour tortillas

Spices

- 2 tsp minced onion
- 2 tsp minced garlic
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 taco seasoning
- 2 packet(s) taco seasoning
- 2 Tbsp Italian seasoning

Supplies

- Side:** 2 9x13 disposable foil tray
- Side:** 6 gallon-size freezer baggie(s)
- 24 hard taco shells
- Side:** 2 9x5 disposable foil loaf pans
- Foil

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. Apricot Meatballs

- 2 lb(s) ground beef
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp minced onion
- 2 tsp minced garlic
- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- 2 9x13 disposable foil tray

2. Black Bean & Sweet Potato Chili

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

3. Beef & Zucchini Wraps

- 2 lb(s) ground beef
- 2 taco seasoning
- 4 small zucchini
- 2x4 oz. can(s) diced green chilies
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Beef & Black Bean Oven Tacos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 packet(s) taco seasoning
- 2x15 oz. can(s) black beans
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Top 8 Allergen Free Meatloaf

- 3 lb(s) ground beef
- 1 cup(s) coconut flour
- 2/3 cup(s) applesauce
- 1/2 cup(s) ketchup
- 2 small white onion(s)
- 2 Tbsp Italian seasoning
- Salt and pepper
- 2 9x5 disposable foil loaf pans
- Foil

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

- 2 cup(s) breadcrumbs
- 2x15 oz. can(s) diced tomatoes
- 4x15 oz. can(s) black beans
- 4 cup(s) beef broth
- 2x4 oz. can(s) diced green chilies
- 2 cup(s) applesauce

Spices

- 2 tsp minced onion
- 2 tsp minced garlic
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 taco seasoning
- 2 packet(s) taco seasoning
- 2 Tbsp Italian seasoning

Supplies

- 2x 9x13 disposable foil tray
- 6x gallon-size freezer baggie(s)
- 2x 9x5 disposable foil loaf pans
- Foil

Produce

- 4 small sweet potatoes
- 4 Tbsp lime juice
- 4 small zucchini
- 1 cup(s) coconut flour
- 2 small white onion(s)

Sauces/Condiments

- 2x1 cup(s) jar(s) apricot preserves
- 1 cup(s) French salad dressing
- 1 cup(s) ketchup

Dairy/Frozen

- 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

- In a large mixing bowl, combine 2 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 tsp minced onion, and 2 tsp minced garlic. Mix well and form into 1-inch meatballs.
- In a small mixing bowl, combine 2 cups apricot preserves and 1 cup French salad dressing.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and chop 4 small sweet potatoes.
- Open 2 cans of diced tomatoes. Open, drain and rinse 2 cans of black beans.
- Brown 2 lbs. ground beef with 2 packets taco seasoning. Drain and set aside to cool.
- Chop 4 small zucchini.
- Open 2 cans of green chilies.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 packets taco seasoning. Drain and set aside to cool.
- Open, drain and rinse 2 cans of black beans.
- Finely grate 2 small white onions.
- In a large mixing bowl, combine 3 lbs. ground beef, 1 cup coconut flour, 2/3 cup applesauce, 1/2 cup ketchup, 6 Tbsp of the grated onion and juices, 2 Tbsp Italian seasoning and a pinch of salt and pepper. Mix well into meatloaf.

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.

Apricot Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- Half of the prepared apricot sauce

Cover with foil or lid, add label and freeze.

Black Bean & Sweet Potato Chili

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

- Half of the browned ground beef
- Half of the chopped sweet potatoes
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cups beef broth
- Salt and pepper

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

Beef & Zucchini Wraps

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

- Half of the browned ground beef
- Half of the chopped zucchini
- 1 - 4 oz. can green chilies

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

Beef & Black Bean Oven Tacos

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

- Half of the browned ground beef
- 1 - 15 oz. can black beans

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

Top 8 Allergen Free Meatloaf

To each disposable loaf tray, add the following ingredients:

- Half of the meatloaf mixture into each tray

Cover with foil or lid, add label and freeze.