

TRADITIONAL MEAL PLAN

JANUARY 2017

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1. Sour Cream Chicken Enchiladas

Yield: 4 servings

Active Time: 15 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.

** 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 cup(s) sour cream
- 1 x 7 oz. can(s) green chiles
- 1/2 cup(s) chicken broth
- 2 cup(s) shredded rotisserie chicken
- 1 tsp garlic powder
- Salt and pepper
- 12 flour tortillas
- 2 cup(s) shredded pepper jack cheese
- Side: veggies**
- 1 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open the can of green chilies.
3. In large mixing bowl, combine the sour cream, green chiles and chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.
4. Stir in the rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas. Nestle each enchilada in the prepared baking dish, seam side down. Assemble all the enchiladas into the baking dish (10 to 12 enchiladas should fit cozy in the baking dish).
5. Pour the reserved sour cream sauce over the top. Then top with shredded Pepper Jack cheese.
6. Bake in the preheated oven for 15 to 20 minutes, or until cheese has melted on top.
7. Prepare veggies.
8. Serve Sour Cream Chicken Enchiladas with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans green chilies.

In large mixing bowl, combine 3 cups sour cream, 2 cans green chiles and 1 cup of chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.

Stir in the 4 cups shredded rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas.

To each disposable tray, layer the following ingredients:

- 12 enchiladas, nestled snugly
- Reserved sour cream sauce
- 2 cups shredded Pepper Jack 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: *Unfortunately, there isn't a great dairy-free option for this meal.*

Gluten-Free Modifications: *Use corn tortillas to make this a gluten-free meal.*

2. Italian Wedding Soup

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 chicken
- 1 cup(s) breadcrumbs
- 2 egg(s)
- 1 tsp Italian seasoning
- 1 Tbsp olive oil
- 2 cup(s) chicken broth
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 10 oz. box(es) frozen spinach
- 1 x 1 cup(s) small shell pasta noodles**
- Salt and pepper
- Garnish: Parmesan cheese**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a mixing bowl, combine the ground chicken, bread crumbs, eggs and Italian seasoning and form into into 3/4 inch-diameter meatballs.
2. In a large saucepan or Dutch oven, add the olive oil and brown the meatballs on all sides. Add the chicken broth plus 2 to 3 cups of water.
3. Open the diced tomatoes. Open the frozen spinach.
4. Stir in the diced tomatoes and frozen spinach, then bring to a rolling boil. Then reduce heat to simmering.
5. Add the pasta noodles and cook about 10 minutes. Remove the soup from heat once pasta is ready, so they don't overcook.
6. Prepare veggies.
7. Serve Italian Wedding Soup with Parmesan cheese garnish and veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, combine 2 lbs. ground chicken, 2 cups bread crumbs, 4 eggs and 2 tsp Italian seasoning and form into into 3/4 inch-diameter meatballs.

In a large skillet, add 2 Tbsp olive oil and brown the meatballs on all sides, until cooked through. Let cool for a few minutes before adding to meal bag.

Open 2 cans of diced tomatoes. Open 2 boxes of frozen spinach.

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

- Half of the browned chicken meatballs
- 2 cups chicken broth
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- Do NOT add the pasta before freezing!

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 10 minutes, then add the pasta and cook another 10 minutes.*

Special Notes: *Save time with pre-made and pre-cooked chicken sausage meatballs.*

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

Gluten-Free Modifications: *Use gluten-free small shell pasta and gluten-free breadcrumbs for a gluten-free meal.*

3. Asian Flank Steak

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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) flank steak
- 1/2 cup(s) canola oil
- 1/4 cup(s) soy sauce
- 1/4 cup(s) rice wine vinegar
- 2 Tbsp honey
- 2 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp ground ginger
- Salt and pepper
- Garnish: sesame seeds**
- Side: rice**
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the canola oil, soy sauce, rice wine vinegar, honey, minced onion, minced garlic, ground ginger and a few pinches of salt and pepper.
2. Place the flank steak in baking dish and pour the marinade over the top. Cover with plastic wrap and marinate in the fridge overnight, ideally.
3. Cook the rice, as directed.
4. Heat a large skillet or grill pan on the stovetop, then sear both sides of the flank steak for 30 seconds each side. Pour a little of the marinade on top, then flip and pour a little more over the other side. Sear-saute for 1 to 2 more minutes per side, until cooked to your liking.
5. Let rest for a few minutes, then slice against the grain and garnish with sesame seeds.
6. Prepare the salad.
7. Serve Asian Flank Steak with rice and salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 1 cup canola oil, 1/2 cup soy sauce, 1/2 cup rice wine vinegar, 4 Tbsp honey, 4 Tbsp minced onion, 2 tsp minced garlic, 2 tsp ground ginger and a few pinches of salt and pepper.

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

- 1 1/2 lb. flank steak
- Half of the prepared marinade

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 or grill pan and searing as directed.*

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

Gluten-Free Modifications: *Use gluten-free soy sauce for gluten-free meal.*

4. Buffalo Chicken 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

- 2 large boneless chicken breasts
- 2 celery stalk(s)
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 8 oz. can(s) tomato sauce
- 1 cup(s) chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic
- Salt and pepper
- Garnish: blue cheese crumbles**
- Side: salad**
- Side: dinner rolls**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Chop the celery.
3. Open the cans of diced tomatoes and tomato sauce. Open, drain, and rinse the black beans.
4. In a large saucepan, add the diced chicken, chopped celery, black beans, diced tomatoes, tomato sauce, chicken broth, hot sauce, and minced garlic.
5. Bring to bubbling, then reduce heat and cover. Cook for 5 to 10 minutes, or until chicken has cooked through. Season with salt and pepper to taste.
6. Prepare the salad.
7. Warm the dinner rolls.
8. Ladle into serving bowls and add pinch of crumbled blue cheese to each bowl. Add more hot sauce to taste.
9. Serve Buffalo Chicken Chili with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Cut the 4 chicken breasts into bite-size pieces.

Chop 4 celery stalks.

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

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

- Half of the diced chicken
- Half of the chopped celery
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 cup chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic

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, or until chicken is cooked through.

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

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

5. Slow Cooker BBQ Chicken & Cornbread

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 6 hours on low 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.

****** 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

- 4 small boneless chicken breasts
- 1 x 15 oz. can(s) corn
- 2 small sweet potatoes
- 2 cup(s) BBQ sauce
- 1 box Jiffy cornbread mix
- 1 egg(s)
- 1/3 cup(s) milk
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and dice the sweet potatoes into 1/2-inch cubes.
2. Open and drain the can(s) of corn.
3. Spray bottom of slow cooker with cooking spray. Add the chicken breasts, corn, diced sweet potatoes and pour the BBQ sauce over the top. Add about 1/4 to 1/2 cup of water to thin out the sauce.
4. In a small mixing bowl, prepare Jiffy cornbread mix as directed on box and then pour over the top of the BBQ chicken mixture. Set to low and cook for 6 hours.
5. Prepare veggies.
6. Serve Slow Cooker BBQ Chicken & Cornbread with side of veggies.

Assembly Prep Directions for 2 Meals

Peel and dice 4 small sweet potatoes into 1/2-inch cubes.

Open and drain 2 cans of corn.

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

- 4 small boneless chicken breasts
- 1 - 15 oz. can corn
- Half of the diced sweet potatoes
- 2 cups BBQ sauce

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 contents of the baggie to the slow cooker with amount of water listed above. Mix up the cornbread as directed and pour on top of the chicken and sauce and then cook on low for 6 hours.*

Special Notes: *Keep the cornbread mix in your pantry until it's time to make the 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.*

Complete Shopping List by Recipe

1. Sour Cream Chicken Enchiladas

- 3 cup(s) sour cream
- 2x7 oz. can(s) green chiles
- 1 cup(s) chicken broth
- 4 cup(s) shredded rotisserie chicken
- 2 tsp garlic powder
- Salt and pepper
- 24 flour tortillas
- 4 cup(s) shredded pepper jack cheese
- veggies
- 2 9x13 disposable foil tray

3. Asian Flank Steak

- 3 lb(s) flank steak
- 1 cup(s) canola oil
- 1/2 cup(s) soy sauce
- 1/2 cup(s) rice wine vinegar
- 4 Tbsp honey
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp ground ginger
- Salt and pepper
- sesame seeds
- rice
- salad
- 2 gallon-size freezer baggie(s)

5. Slow Cooker BBQ Chicken & Cornbread

- 8 small boneless chicken breasts
- 2x15 oz. can(s) corn
- 4 small sweet potatoes
- 4 cup(s) BBQ sauce
- 2 Jiffy cornbread mix
- 2 egg(s)
- 2/3 cup(s) milk
- veggies

2. Italian Wedding Soup

- 2 lb(s) ground chicken
- 2 cup(s) breadcrumbs
- 4 egg(s)
- 2 tsp Italian seasoning
- 2 Tbsp olive oil
- 4 cup(s) chicken broth
- 2x15 oz. can(s) diced tomatoes
- 2x10 oz. box(es) frozen spinach
- 2x1 cup(s) small shell pasta noodles
- Salt and pepper
- Parmesan cheese
- veggies
- 2 gallon-size freezer baggie(s)

4. Buffalo Chicken Chili

- 4 large boneless chicken breasts
- 4 celery stalk(s)
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 cup(s) chicken broth
- 4 Tbsp red hot pepper sauce
- 2 tsp minced garlic
- Salt and pepper
- blue cheese crumbles
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 cup(s) shredded rotisserie chicken
- 2 lb(s) ground chicken
- 3 lb(s) flank steak
- 4 large boneless chicken breasts
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x7 oz. can(s) green chiles
- 7 cup(s) chicken broth
- 2 cup(s) breadcrumbs
- 4x15 oz. can(s) diced tomatoes
- 2x1 cup(s) small shell pasta noodles
- Side:** rice
- 2x15 oz. can(s) black beans
- 2x8 oz. can(s) tomato sauce
- 2x15 oz. can(s) corn
- 2 Jiffy cornbread mix

Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) canola oil
- 1 cup(s) soy sauce
- 1 cup(s) rice wine vinegar
- 4 Tbsp honey
- 4 Tbsp red hot pepper sauce
- 4 cup(s) BBQ sauce

Dairy/Frozen

- 3 cup(s) sour cream
- 4 cup(s) shredded pepper jack cheese
- 6 egg(s)
- 2x10 oz. box(es) frozen spinach
- Side:** Parmesan cheese
- Garnish:** blue cheese crumbles
- 2 cup(s) milk

Produce

- Side:** veggies
- Side:** salad
- 4 celery stalk(s)
- 4 small sweet potatoes

Starchy Sides

- 24 flour tortillas
- Side:** dinner rolls

Spices

- 2 tsp garlic powder
- Salt and pepper
- 2 tsp Italian seasoning
- 4 Tbsp minced onion
- 4 tsp minced garlic
- 2 tsp ground ginger
- Garnish:** sesame seeds

Supplies

- Side:** 2 9x13 disposable foil tray
- Side:** 8 gallon-size freezer baggie(s)

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. Sour Cream Chicken Enchiladas

- 3 cup(s) sour cream
- 2x7 oz. can(s) green chiles
- 1 cup(s) chicken broth
- 4 cup(s) shredded rotisserie chicken
- 2 tsp garlic powder
- Salt and pepper
- 24 flour tortillas
- 4 cup(s) shredded pepper jack cheese
- 2 9x13 disposable foil tray

3. Asian Flank Steak

- 3 lb(s) flank steak
- 1 cup(s) canola oil
- 1/2 cup(s) soy sauce
- 1/2 cup(s) rice wine vinegar
- 4 Tbsp honey
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp ground ginger
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Slow Cooker BBQ Chicken & Cornbread

- 8 small boneless chicken breasts
- 2x15 oz. can(s) corn
- 4 small sweet potatoes
- 4 cup(s) BBQ sauce
- 2 Jiffy cornbread mix
- 2 egg(s)
- 2/3 cup(s) milk
- 2 gallon-size freezer baggie(s)

2. Italian Wedding Soup

- 2 lb(s) ground chicken
- 2 cup(s) breadcrumbs
- 4 egg(s)
- 2 tsp Italian seasoning
- 2 Tbsp olive oil
- 4 cup(s) chicken broth
- 2x15 oz. can(s) diced tomatoes
- 2x10 oz. box(es) frozen spinach
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Buffalo Chicken Chili

- 4 large boneless chicken breasts
- 4 celery stalk(s)
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) diced tomatoes
- 2x8 oz. can(s) tomato sauce
- 2 cup(s) chicken broth
- 4 Tbsp red hot pepper sauce
- 2 tsp minced garlic
- 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

- 4 cup(s) shredded rotisserie chicken
- 2 lb(s) ground chicken
- 3 lb(s) flank steak
- 4 large boneless chicken breasts
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x7 oz. can(s) green chiles
- 7 cup(s) chicken broth
- 2 cup(s) breadcrumbs
- 4x15 oz. can(s) diced tomatoes
- 2x15 oz. can(s) black beans
- 2x8 oz. can(s) tomato sauce
- 2x15 oz. can(s) corn
- 2 Jiffy cornbread mix

Sauces/Condiments

- 2 Tbsp olive oil
- 1 cup(s) canola oil
- 1 cup(s) soy sauce
- 1 cup(s) rice wine vinegar
- 4 Tbsp honey
- 4 Tbsp red hot pepper sauce
- 4 cup(s) BBQ sauce

Dairy/Frozen

- 3 cup(s) sour cream
- 4 cup(s) shredded pepper jack cheese
- 6 egg(s)
- 2x10 oz. box(es) frozen spinach
- 2 cup(s) milk

Produce

- 4 celery stalk(s)
- 4 small sweet potatoes

Starchy Sides

- 24 flour tortillas

Spices

- 2 tsp garlic powder
- Salt and pepper
- 2 tsp Italian seasoning
- 4 Tbsp minced onion
- 4 tsp minced garlic
- 2 tsp ground ginger

Supplies

- 2x 9x13 disposable foil tray
- 8x gallon-size freezer baggie(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

- Open 2 cans green chilies.
- In large mixing bowl, combine 3 cups sour cream, 2 cans green chiles and 1 cup of chicken broth. Stir in the garlic powder, salt and pepper to taste. Scoop out 1 cup of the sour cream sauce and set aside.
- Stir in the 4 cups shredded rotisserie chicken. Then spoon sour cream-chicken mixture into the flour tortillas.
- In a mixing bowl, combine 2 lbs. ground chicken, 2 cups bread crumbs, 4 eggs and 2 tsp Italian seasoning and form into into 3/4 inch-diameter meatballs.
- In a large skillet, add 2 Tbsp olive oil and brown the meatballs on all sides, until cooked through. Let cool for a few minutes before adding to meal bag.
- Open 2 cans of diced tomatoes. Open 2 boxes of frozen spinach.
- In a large mixing bowl, whisk together 1 cup canola oil, 1/2 cup soy sauce, 1/2 cup rice wine vinegar, 4 Tbsp honey, 4 Tbsp minced onion, 2 tsp minced garlic, 2 tsp ground ginger and a few pinches of salt and pepper.
- Cut the 4 chicken breasts into bite-size pieces.
- Chop 4 celery stalks.
- Open the 2 cans of diced tomatoes and 2 cans of tomato sauce. Open, drain, and rinse 2 cans of black beans.
- Peel and dice 4 small sweet potatoes into 1/2-inch cubes.
- Open and drain 2 cans of corn.

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.

Sour Cream Chicken Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas, nestled snugly
- Reserved sour cream sauce
- 2 cups shredded Pepper Jack cheese

Cover with foil or lid, add label and freeze.

Asian Flank Steak

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

- 1 1/2 lb. flank steak
- Half of the prepared marinade

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

Slow Cooker BBQ Chicken & Cornbread

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

- 4 small boneless chicken breasts
- 1 - 15 oz. can corn
- Half of the diced sweet potatoes
- 2 cups BBQ sauce

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

Italian Wedding Soup

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

- Half of the browned chicken meatballs
- 2 cups chicken broth
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- Do NOT add the pasta before freezing!

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

Buffalo Chicken Chili

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

- Half of the diced chicken
- Half of the chopped celery
- 1 - 15 oz. can black beans
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 cup chicken broth
- 2 Tbsp red hot pepper sauce
- 1 tsp minced garlic

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