

THE 20 MEALS PLAN

FEBRUARY 2017

Table of Contents

Recipes

1. Oven Baked BBQ Ribs
2. Skillet Korean Beef
3. Slow Cooker Pineapple Chicken
4. Chicken Fajita Nachos
5. Baked Chicken Piccata
6. Beef & Refried Bean Burritos
7. Slow Cooker Beef Ragu
8. Andouille Cajun Soup
9. Slow Cooker BBQ Shrimp
10. Southwest Mac n Cheese Bake

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. Oven Baked BBQ Ribs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 1 hour 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

- 3 lb(s) baby back pork ribs
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 Tbsp smoked paprika
- 1 tsp salt
- 1 tsp pepper
- 2 cup(s) sweet BBQ sauce
- Side: baked beans**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 325 F. Set the rack of ribs on large rimmed baking sheet or baking dish.
2. In a small mixing bowl, combine the chili powder, ground cumin, smoked paprika, salt and pepper. Coat the rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto the ribs.
3. Bake in the preheated oven for 1 hour and 15 minutes. Brush the remaining BBQ sauce onto the ribs. Bake another 15 minutes.
4. Warm the baked beans.
5. Prepare veggies.
6. Serve BBQ Ribs with baked beans and veggies.

Assembly Prep Directions for 2 Meals

Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.

In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.

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

- Half of the ribs with half of the rub and 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 ribs completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before baking as directed.*

Special Notes: *Because a rack of ribs is large and awkward to freeze, you could cut them into smaller pieces and use gallon size baggies. You also could purchase the Ziploc 2 gallon or larger baggies. (Most grocery stores don't carry these, but you could get them from Amazon or online.) Or you could wrap the ribs and rub (not the sauce) in plastic wrap and then foil and freeze that way, then brush the BBQ sauce on just before baking.*

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. Skillet Korean Beef

Yield: 4 servings

Active Time: 10 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

- 2 Tbsp canola oil
- 2 lb(s) stew beef
- 1 cup(s) beef stock
- 1/4 cup(s) soy sauce
- 3 Tbsp sesame oil
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt and pepper
- 1 tsp cornstarch**
- Garnish: sliced green onions**
- Side: rice**
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice, as directed.
2. In a large skillet, heat the canola oil and brown the stew beef pieces, tossing often.
3. In a small bowl, whisk together the beef stock, soy sauce, sesame oil, minced onion, garlic powder, ground ginger and salt and pepper. Pour over the browned beef pieces, reduce heat to medium low and saute for 5 to 7 minutes, or until beef is cooked through.
4. Swirl the cornstarch with a tablespoon or two of water and stir it into the sauce. Let it simmer for 2 to 3 minutes to thicken the sauce.
5. Prepare the salad.
6. Serve Skillet Korean Beef with green onion garnish over rice with salad.

Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.

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

- 2 lbs. stew beef
- Half of the prepared 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 transferring to skillet and cooking the beef and sauce together. Stir in cornstarch as directed to thicken the sauce.

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

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

3. Slow Cooker Pineapple Chicken

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.

** 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
- 3/4 cup(s) chicken stock
- 1/4 cup(s) brown sugar
- 3 Tbsp soy sauce
- 1 tsp minced garlic
- 1 x 20 oz. can(s) pineapple chunks
- Salt and pepper
- 1 Tbsp cornstarch**
- Garnish: sesame seeds**
- Side: rice**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Drain the pineapple juice into a small bowl. Set the drained can of pineapple to the side. Add the chicken stock, brown sugar, soy sauce and minced garlic to the bowl with the pineapple juice.
2. Place the chicken breasts in the base of the slow cooker and pour the pineapple chunks around the chicken. Season with salt and pepper. Pour the pineapple-soy sauce mixture over the top.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, swirl the cornstarch with a few Tbsp of water and stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Cook the rice as directed.
5. Prepare veggies.
6. Serve Slow Cooker Pineapple Chicken with sesame seed garnish over rice with veggies.

Assembly Prep Directions for 2 Meals

Drain and reserve the pineapple juice from 2 cans of pineapple chunks in small bowl. To the pineapple juice, add 1 1/2 cups chicken stock, 1/2 cup brown sugar, 6 Tbsp soy sauce and 2 tsp minced garlic.

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

- 4 boneless chicken breasts
- Half of the drained pineapple chunks
- Half of the prepared sauce
- Do NOT add the cornstarch 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 to the slow cooker and cooking on low for 8 hours. Thicken with cornstarch at the end of the cooking cycle as directed.

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

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

4. Chicken Fajita Nachos

Yield: 4 servings

Active Time: 10 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

- 2 cup(s) rotisserie chicken(s)
- 1 Tbsp canola oil
- 1 red bell pepper(s)
- 1 green bell pepper(s)
- 1 small white onion(s)
- 1 Tbsp lime juice
- 1 Tbsp taco seasoning
- 1 bag(s) corn tortilla chips**
- 2 cup(s) shredded Monterey Jack cheese**
- Garnish: guacamole**
- Side: fruit**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Seed and slice the bell peppers. Slice the onion.
3. In a large skillet, heat the canola oil and saute the bell peppers and onions with the lime juice for 3 to 4 minutes. Move the onions and bell peppers to large mixing bowl and toss with the rotisserie chicken and taco seasoning.
4. Add the tortilla chips to large rimmed baking sheet or large baking dish. Top with the chicken and peppers mixture, then top with cheese.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted and is bubbly.
6. Prepare fruit.
7. Serve Chicken Fajita Nachos with guacamole garnish and fruit.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers and 2 green bell peppers.

Slice 2 white onions.

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

- 2 cups rotisserie chicken
- Half of the sliced bell peppers
- Half of the sliced onion
- 2 Tbsp lime juice
- 1 Tbsp taco seasoning

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 skillet and sauteing the chicken and bell peppers combo for 4 to 5 minutes, then assembling and baking nachos.*

Dairy-Free Modifications: *Omit the cheese for dairy-free nachos.*

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

5. Baked Chicken Piccata

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.

** 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

- 8 bone-in chicken thighs
- 3 Tbsp melted butter
- Salt and pepper
- 4 lemon(s)
- 1/4 cup(s) capers
- 1 tsp minced garlic
- 1/2 cup(s) chicken stock
- 1/4 cup(s) lemon juice
- 1/4 cup(s) white cooking wine
- Side: rice**
- Side: salad**
- 1 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F. Place the chicken thighs into baking dish. Brush with melted butter and season with salt and pepper.
2. Slice the lemons. Arrange lemon slices, capers and minced garlic over the chicken thighs.
3. Pour the chicken stock, lemon juice, and white cooking wine into the baking dish, but not on top of the chicken. Bake in the preheated oven for 30 to 35 minutes, or until chicken is cooked through.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Baked Chicken Picatta with rice and salad.

Assembly Prep Directions for 2 Meals

Slice 8 lemons.

Melt 6 Tbsp butter.

To each disposable tray, add the following ingredients:

- 8 bone-in chicken thighs
- Half of the melted butter
- Salt and pepper
- Half of the sliced lemons
- 1/4 cup capers
- 1 tsp minced garlic
- 1/2 cup chicken stock
- 1/4 cup lemon juice
- 1/4 cup white cooking wine

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

Dairy-Free Modifications: Brush chicken with olive oil or dairy-free margarine for dairy-free meal.

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

6. Beef & Refried Bean Burritos

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
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 10 oz. can(s) diced tom green chilies
- 15 oz. can(s) refried beans
- 1 Tbsp taco seasoning
- Salt and pepper
- 12 burrito size tortillas**
- 2 cup(s) shredded Monterrey Jack cheese**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the diced tomatoes with green chilies and the refried beans.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the diced tomatoes with green chilies, refried beans, and taco seasoning. Season with salt and pepper to taste.
3. Spoon the meat and bean mixture into tortillas, add pinchful of cheese and roll up.
4. Prepare veggies.
5. Serve Beef & Refried Bean Burritos 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 set aside to cool.

Open 2 cans of diced tomatoes with green chiles.

Open 2 cans of refried beans.

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

- Half of the browned ground beef
- 1 - 10 oz. can diced tomatoes with green chiles
- 1 - 15 oz. can refried beans
- 1 Tbsp taco seasoning
- 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 skillet to reheat and then spoon the meat and bean mixture into tortillas, add pinchful of cheese and roll up.*

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

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

7. Slow Cooker Beef Ragu

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.

** 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 lb(s) stew beef
- Salt and pepper
- 1 x 28 oz. can(s) crushed tomatoes
- 1/4 cup(s) sliced green olives
- 1 cup(s) beef stock
- 2 whole carrots
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 2 Tbsp heavy cream**
- Garnish: shredded Parmesan cheese**
- Side: pasta**
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and shred the carrots.
2. Place the stew beef into the base of the slow cooker and season with salt and pepper. Pour the crushed tomatoes, sliced green olives, beef stock, shredded carrots, minced onion, minced garlic, oregano, rosemary and gently stir to combine.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, stir in the heavy cream. Garnish sauce with shredded Parmesan cheese.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Beef Ragu over pasta with side salad.

Assembly Prep Directions for 2 Meals

Peel and shred 4 whole carrots.

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

- 2 lbs. stew beef
- Salt and pepper
- 1 - 28 oz. can crushed tomatoes
- 1/4 cup sliced green olives
- 1 cup beef stock
- Half of the shredded carrots
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary

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 and cooking on low for 8 hours. Stir in the heavy cream at the end of cooking.

Special Notes: Substitution idea: if your store doesn't sell "stew beef" - you can cut a 2 lb. beef chuck roast into 1-inch pieces.

Dairy-Free Modifications: Omit the heavy cream and Parmesan cheese garnish for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free pasta or serve with rice.

8. Andouille Cajun 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 x 2 15 oz. can(s) white beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 small white onion(s)
- 2 small green bell pepper(s)
- 2 celery stalk(s)
- 12 oz. andouille sausage
- 2 tsp minced garlic
- 1 Tbsp Cajun seasoning
- 2 cup(s) chicken stock
- Salt and pepper
- Side: French loaf bread**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the white beans. Open the can of diced tomatoes.
2. Chop the onion. Seed and chop the green bell pepper. Chop the celery.
3. Slice the andouille sausage.
4. To a Dutch oven or large saucepan, add the white beans, diced tomatoes, onion, bell peppers, celery, sliced sausage, minced garlic, Cajun seasoning and 2 cups chicken stock. Bring to bubbling and simmer for 15 minutes. Season with salt and pepper.
5. Warm the French loaf.
6. Serve Andouille Cajun Soup with French loaf slices.

Assembly Prep Directions for 2 Meals

Slice 24 oz. andouille sausage.

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

Open and drain 4 cans of white beans. Open 2 cans of diced tomatoes.

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

- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- Half of the chopped onion
- Half of the chopped green peppers
- Half of the chopped celery
- 2 tsp minced garlic
- Half of the sliced andouille sausage
- 1 Tbsp Cajun seasoning
- 2 cups chicken stock

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 like rice or roasted potatoes.*

9. Slow Cooker BBQ Shrimp

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 1 hour 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

- 2 lb(s) peeled deveined shrimp
- 3 Tbsp butter
- 3 Tbsp Worcestershire sauce
- 2 tsp minced garlic
- 1 cup(s) BBQ sauce
- Salt and pepper
- Garnish: lemon wedges**
- Side: French loaf bread**
- Side: Tbsp veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the peeled and deveined shrimp into the base of the slow cooker. Add the butter, worcestershire sauce, minced garlic and BBQ sauce and toss gently.
2. Set the slow cooker on low and cook for 1 hour. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
3. Warm the loaf bread.
4. Prepare the veggies.
5. Serve Slow Cooker BBQ Shrimp and lemon wedge garnish with bread and veggies.

Assembly Prep Directions for 2 Meals

To each freezer bag, add the following ingredients:

- 2 lbs. peeled deveined shrimp
- 3 Tbsp butter
- 3 Tbsp worcestershire sauce
- 2 tsp minced garlic
- 1 cup BBQ 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 the slow cooker and cooking on low for 1 hour.*

Special Notes: *Make grits and enjoy a shrimp & grits night.*

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

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

10. Southwest Mac n Cheese Bake

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.

** 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 x 1 lb(s) box(es) elbow pasta noodles
- 1 cup(s) sour cream
- 1 x 10 oz. can(s) diced tom green chilies
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) corn
- 2 cup(s) Mexican blend shredded cheese
- Garnish: bunch cilantro**
- Side: salad**
- 1 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the pasta, as directed, to al dente. Drain well.
2. Preheat oven to 350 F.
3. Open the diced tomatoes with green chilies.
4. Open and drain the black beans and corn.
5. In a large mixing bowl, toss together the sour cream, diced tomatoes and green chilies with their juices, drained black beans and corn and half of the shredded cheese.
6. Pour the drained pasta into the bowl and toss with the sour cream mixture. Pour into baking dish and top with remaining shredded cheese.
7. Bake in the preheated oven for 15 to 20 minutes, or until warmed through and cheese is melted on top.
8. Prepare the salad.
9. Serve Southwest Mac n Cheese Bake with cilantro garnish and salad.

Assembly Prep Directions for 2 Meals

Cook the pasta, as directed, to al dente. Drain well.

Open 2 cans diced tomatoes with green chilies.

Open and drain 2 cans of black beans and 2 cans of corn.

In a large mixing bowl, toss together 2 cups sour cream, 2 cans diced tomatoes and green chilies with their juices, 2 cans drained black beans and 2 cans drained corn and 2 cups of the shredded cheese.

Pour the drained pasta into the bowl and toss with the sour cream mixture.

To each disposable tray, add the following ingredients:

- Half of the pasta and sour cream mixture
- Half of the remaining shredded cheese on top

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 is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free if you use small shell gluten-free pasta.*

Complete Shopping List by Recipe

1. Oven Baked BBQ Ribs

- 6 lb(s) baby back pork ribs
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp pepper
- 4 cup(s) sweet BBQ sauce
- baked beans
- veggies
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Pineapple Chicken

- 8 small boneless chicken breasts
- 1 1/2 cup(s) chicken stock
- 1/2 cup(s) brown sugar
- 6 Tbsp soy sauce
- 2 tsp minced garlic
- 2x20 oz. can(s) pineapple chunks
- Salt and pepper
- 2 Tbsp cornstarch
- sesame seeds
- rice
- veggies
- 2 gallon-size freezer baggie(s)

5. Baked Chicken Piccata

- 16 bone-in chicken thighs
- 6 Tbsp melted butter
- Salt and pepper
- 8 lemon(s)
- 1/2 cup(s) capers
- 2 tsp minced garlic
- 1 cup(s) chicken stock
- 1/2 cup(s) lemon juice

2. Skillet Korean Beef

- 4 Tbsp canola oil
- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 tsp cornstarch
- sliced green onions
- rice
- salad
- 2 gallon-size freezer baggie(s)

4. Chicken Fajita Nachos

- 4 cup(s) rotisserie chicken(s)
- 2 Tbsp canola oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 Tbsp lime juice
- 2 Tbsp taco seasoning
- 1 bag(s) corn tortilla chips
- 4 cup(s) shredded Monterey Jack cheese
- guacamole
- fruit
- 2 gallon-size freezer baggie(s)

6. Beef & Refried Bean Burritos

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x10 oz. can(s) diced tom green chilies
- 30 oz. can(s) refried beans
- 2 Tbsp taco seasoning
- Salt and pepper
- 24 burrito size tortillas

- 1/2 cup(s) white cooking wine
- rice
- salad
- 2 9x13 disposable foil tray(s)

7. Slow Cooker Beef Ragu

- 4 lb(s) stew beef
- Salt and pepper
- 2x28 oz. can(s) crushed tomatoes
- 1/2 cup(s) sliced green olives
- 2 cup(s) beef stock
- 4 whole carrots
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried rosemary
- 4 Tbsp heavy cream
- shredded Parmesan cheese
- pasta
- salad
- 2 gallon-size freezer baggie(s)

9. Slow Cooker BBQ Shrimp

- 4 lb(s) peeled deveined shrimp
- 6 Tbsp butter
- 6 Tbsp Worcestershire sauce
- 4 tsp minced garlic
- 2 cup(s) BBQ sauce
- Salt and pepper
- lemon wedges
- French loaf bread
- Tbsp veggies
- 2 gallon-size freezer baggie(s)

- 4 cup(s) shredded Monterrey Jack cheese
- veggies
- 2 gallon-size freezer baggie(s)

8. Andouille Cajun Soup

- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 24 oz. andouille sausage
- 4 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 4 cup(s) chicken stock
- Salt and pepper
- French loaf bread
- 2 gallon-size freezer baggie(s)

10. Southwest Mac n Cheese Bake

- 2x1 lb(s) box(es) elbow pasta noodles
- 2 cup(s) sour cream
- 2x10 oz. can(s) diced tom green chilies
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) corn
- 4 cup(s) Mexican blend shredded cheese
- bunch cilantro
- salad
- 2 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 6 lb(s) baby back pork ribs
- 8 lb(s) stew beef
- 8 small boneless chicken breasts
- 4 cup(s) rotisserie chicken(s)
- 16 bone-in chicken thighs
- 2 lb(s) ground beef
- 24 oz. andouille sausage
- 4 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- Side:** baked beans
- 4 cup(s) beef stock
- Side:** rice
- 6 cup(s) chicken stock
- 2x20 oz. can(s) pineapple chunks
- 1 cup(s) capers
- 4x10 oz. can(s) diced tom green chilies
- 30 oz. can(s) refried beans
- 2x28 oz. can(s) crushed tomatoes
- 1 cup(s) sliced green olives
- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2x1 lb(s) box(es) elbow pasta noodles
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) corn

Sauces/Condiments

- 4 cup(s) sweet BBQ sauce
- 6 Tbsp canola oil

Produce

- Side:** veggies
- Garnish:** sliced green onions
- Side:** salad
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 2 Tbsp lime juice
- Side:** guacamole
- Side:** fruit
- 8 lemon(s)
- 1 cup(s) lemon juice
- 4 whole carrots
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- Garnish:** lemon wedges
- Side:** Tbsp veggies
- Garnish:** bunch cilantro

Starchy Sides

- Side:** 1 bag(s) corn tortilla chips
- 24 burrito size tortillas
- Side:** pasta
- Side:** French loaf bread

Spices

- 2 Tbsp chili powder
- 2 Tbsp ground cumin

- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 6 Tbsp soy sauce
- 1 cup(s) white cooking wine
- 6 Tbsp Worcestershire sauce
- 2 cup(s) BBQ sauce

- 2 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp pepper
- 8 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 tsp cornstarch
- 1 cup(s) brown sugar
- 14 tsp minced garlic
- 2 Tbsp cornstarch
- Garnish:** sesame seeds
- 4 Tbsp taco seasoning
- 2 tsp dried oregano
- 2 tsp dried rosemary
- 2 Tbsp Cajun seasoning

Dairy/Frozen

- 4 cup(s) shredded Monterey Jack cheese
- 6 Tbsp melted butter
- 4 cup(s) shredded Monterey Jack cheese
- 4 Tbsp heavy cream
- Garnish:** shredded Parmesan cheese
- 6 Tbsp butter
- 2 cup(s) sour cream
- 4 cup(s) Mexican blend shredded cheese

Supplies

- Side:** 16 gallon-size freezer baggie(s)
- Side:** 4 9x13 disposable foil tray(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. Oven Baked BBQ Ribs

- 6 lb(s) baby back pork ribs
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp pepper
- 4 cup(s) sweet BBQ sauce
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Pineapple Chicken

- 8 small boneless chicken breasts
- 1 1/2 cup(s) chicken stock
- 1/2 cup(s) brown sugar
- 6 Tbsp soy sauce
- 2 tsp minced garlic
- 2x20 oz. can(s) pineapple chunks
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Baked Chicken Piccata

- 16 bone-in chicken thighs
- 6 Tbsp melted butter
- Salt and pepper
- 8 lemon(s)
- 1/2 cup(s) capers
- 2 tsp minced garlic
- 1 cup(s) chicken stock
- 1/2 cup(s) lemon juice
- 1/2 cup(s) white cooking wine
- 2 9x13 disposable foil tray(s)

7. Slow Cooker Beef Ragù

- 4 lb(s) stew beef

2. Skillet Korean Beef

- 4 Tbsp canola oil
- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Chicken Fajita Nachos

- 4 cup(s) rotisserie chicken(s)
- 2 Tbsp canola oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 Tbsp lime juice
- 2 Tbsp taco seasoning
- 2 gallon-size freezer baggie(s)

6. Beef & Refried Bean Burritos

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x10 oz. can(s) diced tom green chilies
- 30 oz. can(s) refried beans
- 2 Tbsp taco seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

8. Andouille Cajun Soup

- 2x2 15 oz. can(s) white beans

- Salt and pepper
- 2x28 oz. can(s) crushed tomatoes
- 1/2 cup(s) sliced green olives
- 2 cup(s) beef stock
- 4 whole carrots
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried rosemary
- 2 gallon-size freezer baggie(s)

9. Slow Cooker BBQ Shrimp

- 4 lb(s) peeled deveined shrimp
- 6 Tbsp butter
- 6 Tbsp Worcestershire sauce
- 4 tsp minced garlic
- 2 cup(s) BBQ sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

- 2x15 oz. can(s) diced tomatoes
- 2 small white onion(s)
- 4 small green bell pepper(s)
- 4 celery stalk(s)
- 24 oz. andouille sausage
- 4 tsp minced garlic
- 2 Tbsp Cajun seasoning
- 4 cup(s) chicken stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

10. Southwest Mac n Cheese Bake

- 2x1 lb(s) box(es) elbow pasta noodles
- 2 cup(s) sour cream
- 2x10 oz. can(s) diced tom green chilies
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) corn
- 4 cup(s) Mexican blend shredded cheese
- 2 9x13 disposable foil tray(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

- 6 lb(s) baby back pork ribs
- 8 lb(s) stew beef
- 8 small boneless chicken breasts
- 4 cup(s) rotisserie chicken(s)
- 16 bone-in chicken thighs
- 2 lb(s) ground beef
- 24 oz. andouille sausage
- 4 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 4 cup(s) beef stock
- 6 cup(s) chicken stock
- 2x20 oz. can(s) pineapple chunks
- 1 cup(s) capers
- 4x10 oz. can(s) diced tom green chilies
- 30 oz. can(s) refried beans
- 2x28 oz. can(s) crushed tomatoes
- 1 cup(s) sliced green olives
- 2x2 15 oz. can(s) white beans
- 2x15 oz. can(s) diced tomatoes
- 2x1 lb(s) box(es) elbow pasta noodles
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) corn

Spices

- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp salt
- 2 tsp pepper
- 8 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper

Produce

- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 2 Tbsp lime juice
- 8 lemon(s)
- 1 cup(s) lemon juice
- 4 whole carrots
- 4 small green bell pepper(s)
- 4 celery stalk(s)

Sauces/Condiments

- 4 cup(s) sweet BBQ sauce
- 6 Tbsp canola oil
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 6 Tbsp soy sauce
- 1 cup(s) white cooking wine
- 6 Tbsp Worcestershire sauce
- 2 cup(s) BBQ sauce

Dairy/Frozen

- 6 Tbsp melted butter
- 6 Tbsp butter
- 2 cup(s) sour cream
- 4 cup(s) Mexican blend shredded cheese

- 1 cup(s) brown sugar
- 14 tsp minced garlic
- 4 Tbsp taco seasoning
- 2 tsp dried oregano
- 2 tsp dried rosemary
- 2 Tbsp Cajun seasoning

Supplies

- 16x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(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

- Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.
- In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.
- In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.
- Drain and reserve the pineapple juice from 2 cans of pineapple chunks in small bowl. To the pineapple juice, add 1 1/2 cups chicken stock, 1/2 cup brown sugar, 6 Tbsp soy sauce and 2 tsp minced garlic.
- Seed and slice 2 red bell peppers and 2 green bell peppers.
- Slice 2 white onions.
- Slice 8 lemons.
- Melt 6 Tbsp butter.
- 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 diced tomatoes with green chiles.
- Open 2 cans of refried beans.
- Peel and shred 4 whole carrots.
- Slice 24 oz. andouille sausage.
- Chop 2 small white onions. Seed and chop 4 green bell peppers. Chop 4 celery stalks.
- Open and drain 4 cans of white beans. Open 2 cans of diced tomatoes.
- Cook the pasta, as directed, to al dente. Drain well.
- Open 2 cans diced tomatoes with green chilies.
- Open and drain 2 cans of black beans and 2 cans of corn.
- In a large mixing bowl, toss together 2 cups sour cream, 2 cans diced tomatoes and green chilies with their juices, 2 cans drained black beans and 2 cans drained corn and 2 cups of the shredded cheese.
- Pour the drained pasta into the bowl and toss with the sour cream mixture.

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.

Oven Baked BBQ Ribs

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

- Half of the ribs with half of the rub and BBQ sauce

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

Slow Cooker Pineapple Chicken

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

- 4 boneless chicken breasts
- Half of the drained pineapple chunks
- Half of the prepared sauce
- Do NOT add the cornstarch before freezing

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

Baked Chicken Piccata

To each disposable tray, add the following ingredients:

- 8 bone-in chicken thighs
- Half of the melted butter
- Salt and pepper
- Half of the sliced lemons
- 1/4 cup capers
- 1 tsp minced garlic
- 1/2 cup chicken stock
- 1/4 cup lemon juice
- 1/4 cup white cooking wine

Cover with foil or lid, add label and freeze.

Slow Cooker Beef Ragu

To each gallon-size plastic freezer baggie, add the

Skillet Korean Beef

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

- 2 lbs. stew beef
- Half of the prepared sauce

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

Chicken Fajita Nachos

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

- 2 cups rotisserie chicken
- Half of the sliced bell peppers
- Half of the sliced onion
- 2 Tbsp lime juice
- 1 Tbsp taco seasoning

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

Beef & Refried Bean Burritos

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

- Half of the browned ground beef
- 1 - 10 oz. can diced tomatoes with green chiles
- 1 - 15 oz. can refried beans
- 1 Tbsp taco seasoning
- Salt and pepper

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

Andouille Cajun Soup

To each gallon-size plastic freezer baggie, add the

following ingredients:

- 2 lbs. stew beef
- Salt and pepper
- 1 - 28 oz. can crushed tomatoes
- 1/4 cup sliced green olives
- 1 cup beef stock
- Half of the shredded carrots
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary

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

Slow Cooker BBQ Shrimp

To each freezer bag, add the following ingredients:

- 2 lbs. peeled deveined shrimp
- 3 Tbsp butter
- 3 Tbsp worcestershire sauce
- 2 tsp minced garlic
- 1 cup BBQ sauce
- Salt and pepper

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

following ingredients:

- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- Half of the chopped onion
- Half of the chopped green peppers
- Half of the chopped celery
- 2 tsp minced garlic
- Half of the sliced andouille sausage
- 1 Tbsp Cajun seasoning
- 2 cups chicken stock

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

Southwest Mac n Cheese Bake

To each disposable tray, add the following ingredients:

- Half of the pasta and sour cream mixture
- Half of the remaining shredded cheese on top

Cover with foil or lid, add label and freeze.