

# ALL GROUND BEEF MEALS PLAN

FEBRUARY 2017

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# 1. 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.

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## 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)

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## 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.

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## 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.

## 2. Skillet Beef & Tortellini

*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.

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### Ingredients for Single Meal

- 1 lb(s) ground beef
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 26 oz. jar(s) marinara sauce
- 20 oz. fresh or frozen tortellini
- 1 cup(s) beef stock
- 1 Tbsp Italian seasoning
- Salt and pepper
- 1/2 cup(s) heavy cream\*\*
- 1 cup(s) shredded mozzarella cheese\*\*
- Side: veggies\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
2. Stir in the marinara sauce, tortellini, beef stock, Italian seasoning, salt and pepper. Bring to bubbling, cover and cook about 10 minutes, or until tortellini is cooked.
3. Then stir in the cream and sprinkle the cheese over the top. Cook over low heat another few minutes, until cheese is melted.
4. Prepare veggies.
5. Serve Skillet Beef & Tortellini with veggies.

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### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

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

- Half of the browned ground beef
- 26 oz. jar marinara sauce
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp Italian seasoning

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

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes. Transfer to skillet and cook the pasta and sauce. Once the tortellini is cooked, stir in the cream and top with shredded mozzarella cheese and cook until cheese melts.*

**Special Notes:** *Use your preferred variety of tortellini. If cooking from frozen, you might need to add 5 minutes to the cooking time.*

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

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

## 3. Cheesy Beef Nachos

*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.

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### Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 x 4 oz. can(s) diced green chilies
- 1 bag(s) corn tortilla chips\*\*
- 2 cup(s) shredded mild cheddar cheese\*\*
- 1 cup(s) shredded Pepperjack cheese\*\*
- Salt and pepper
- Garnish: sour cream\*\*
- Garnish: salsa\*\*
- Side: fruit\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can(s) of diced green chilies.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, chili powder, ground cumin and green chilies. Drain and return to saucepan.
4. On a large oven-safe serving platter or baking dish, spread the tortilla chips on the bottom and top with the cooked beef combo. Top with the shredded sharp cheddar cheese and shredded Pepper Jack cheese.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream and salsa.
6. Prepare the fruit.
7. Serve Cheesy Beef Nachos with fruit.

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### Assembly Prep Directions for 2 Meals

Open 2 cans of diced green chilies.

Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies. Let cool.

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

- Half of the browned ground beef
- Salt and pepper

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

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a skillet and reheating. Assemble and bake nachos as directed.*

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

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

## 4. Cincinnati 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.

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### Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 x 28 oz. can(s) crushed tomatoes
- 1 tsp Worcestershire sauce
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1/2 tsp ground allspice
- 1 oz. unsweetened chocolate
- Salt and pepper
- 1 x Side: spaghetti pasta\*\*
- Side: salad\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open and drain the can(s) of crushed tomatoes. Chop the unsweetened chocolate.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, Worcestershire sauce, chili powder, ground cumin, cinnamon, allspice and unsweetened chocolate. Saute for 5 minutes, then reduce heat and simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
3. Cook the spaghetti pasta, as directed.
4. Prepare the salad.
5. Serve Cincinnati Chili over spaghetti with salad.

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### Assembly Prep Directions for 2 Meals

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

Chop unsweetened chocolate.

Open and drain 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 tsp Worcestershire sauce
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1/2 tsp allspice
- Salt and pepper
- 1 oz. unsweetened chocolate

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 spaghetti.*

## 5. 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.

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### 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)

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### 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.

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### 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.*

# Complete Shopping List by Recipe

## 1. 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)

## 3. Cheesy Beef Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2x4 oz. can(s) diced green chilies
- 1 bag(s) corn tortilla chips
- 4 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack cheese
- Salt and pepper
- sour cream
- salsa
- fruit
- 2 gallon-size freezer baggie(s)

## 5. 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

## 2. Skillet Beef & Tortellini

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x26 oz. jar(s) marinara sauce
- 40 oz. fresh or frozen tortellini
- 2 cup(s) beef stock
- 2 Tbsp Italian seasoning
- Salt and pepper
- 1 cup(s) heavy cream
- 2 cup(s) shredded mozzarella cheese
- veggies
- 2 gallon-size freezer baggie(s)

## 4. Cincinnati Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x28 oz. can(s) crushed tomatoes
- 2 tsp Worcestershire sauce
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 oz. unsweetened chocolate
- Salt and pepper
- 2xSide: spaghetti pasta
- salad
- 2 gallon-size freezer baggie(s)

- Salt and pepper
- 24 burrito size tortillas
- 4 cup(s) shredded Monterrey Jack cheese
- veggies
- 2 gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 4 lb(s) stew beef
- 8 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- 4 cup(s) beef stock
- Side:** rice
- 2x4 oz. can(s) diced green chilies
- Garnish:** salsa
- 2x28 oz. can(s) crushed tomatoes
- 2xSide: spaghetti pasta
- 2x10 oz. can(s) diced tom green chilies
- 30 oz. can(s) refried beans

## Sauces/Condiments

- 4 Tbsp canola oil
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2x26 oz. jar(s) marinara sauce
- 2 tsp Worcestershire sauce

## Dairy/Frozen

- 40 oz. fresh or frozen tortellini
- 1 cup(s) heavy cream
- 2 cup(s) shredded mozzarella cheese
- 4 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack cheese
- Garnish:** sour cream
- 4 cup(s) shredded Monterrey Jack cheese

## Produce

- Garnish:** sliced green onions
- Side:** salad
- Side:** veggies
- Side:** fruit

## Starchy Sides

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

## Spices

- 14 Tbsp minced onion
- 10 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 tsp cornstarch
- 2 Tbsp Italian seasoning
- 4 Tbsp chili powder
- 4 tsp ground cumin
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 oz. unsweetened chocolate
- 2 Tbsp taco seasoning

## Supplies

- Side:** 10 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. 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)

## 3. Cheesy Beef Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2x4 oz. can(s) diced green chilies
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. 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)

## 2. Skillet Beef & Tortellini

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x26 oz. jar(s) marinara sauce
- 40 oz. fresh or frozen tortellini
- 2 cup(s) beef stock
- 2 Tbsp Italian seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Cincinnati Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x28 oz. can(s) crushed tomatoes
- 2 tsp Worcestershire sauce
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 oz. unsweetened chocolate
- 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 lb(s) stew beef
- 8 lb(s) ground beef

## Sauces/Condiments

- 4 Tbsp canola oil
- 1 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2x26 oz. jar(s) marinara sauce
- 2 tsp Worcestershire sauce

## Dairy/Frozen

- 40 oz. fresh or frozen tortellini

## Pantry Staples - Canned, Boxed

- 4 cup(s) beef stock
- 2x4 oz. can(s) diced green chilies
- 2x28 oz. can(s) crushed tomatoes
- 2x10 oz. can(s) diced tom green chilies
- 30 oz. can(s) refried beans

## Spices

- 14 Tbsp minced onion
- 10 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 Tbsp Italian seasoning
- 4 Tbsp chili powder
- 4 tsp ground cumin
- 2 tsp cinnamon
- 1 tsp ground allspice
- 2 oz. unsweetened chocolate
- 2 Tbsp taco seasoning

## Supplies

- 10x 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

- 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.
- Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Open 2 cans of diced green chilies.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies. Let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Chop unsweetened chocolate.
- Open and drain 2 cans of crushed tomatoes.
- 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.

*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.

### 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.

### Cheesy Beef Nachos

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

- Half of the browned ground beef
- Salt and pepper

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

### Skillet Beef & Tortellini

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

- Half of the browned ground beef
- 26 oz. jar marinara sauce
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp Italian seasoning

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

### Cincinnati Chili

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 tsp Worcestershire sauce
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1/2 tsp allspice
- Salt and pepper
- 1 oz. unsweetened chocolate

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

baggie and freeze.