

ALL GROUND BEEF MEALS PLAN

MARCH 2017

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1. Cheesy Beef Casserole

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 - red bell pepper(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 15 - oz. can(s) diced tomatoes
- 6 - oz. can(s) tomato paste
- 8 - oz. box(es) egg noodles
- 2 - cup(s) sour cream
- 1 - cup(s) Parmesan cheese
- 2 - cup(s) shredded cheddar cheese
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F/180 C.
2. Cook the egg noodles as directed. Drain and gently mix with the sour cream and Parmesan cheese until egg noodles are coated. Place the egg noodles into baking dish.
3. Chop the red bell pepper.
4. In a large skillet, brown the ground beef with the chopped red bell pepper, minced onion and garlic powder. Once browned, drain and then mix in the diced tomatoes and tomato paste until sauce forms.
5. Add the beef sauce over the egg noodles in the baking dish. Then top with the shredded cheese. Bake in the preheated oven for 15 to 20 minutes, or until warmed through and cheese on top is melted.
6. Prepare the salad.
7. Serve Cheesy Beef Casserole 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 let cool.

Open 2 cans of diced tomatoes and 2 cans of tomato paste.

Cook 16 oz. egg noodles. Drain and mix in 4 cups of sour cream and 2 cups of Parmesan cheese and coat the noodles, tossing gently.

Chop 2 red bell peppers. Toss with the browned ground beef. Stir in the diced tomatoes and tomato paste.

To each disposable tray, add the following ingredients:

- Creamy pasta
- Half of the ground beef mixture
- 2 cups of shredded cheddar 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 is not a great dairy-free option for this meal.

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

2. Greek Burgers

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 - lb(s) ground beef
- 4 - oz. Feta cheese
- 2 - Tbsp lemon juice
- 1 - tsp dried oregano
- 1 - tsp minced garlic
- 1/2 - tsp salt
- 1/4 - cup(s) Greek yogurt**
- 2 - Tbsp grated cucumber**
- 2 - Tbsp lemon juice**
- 4 - hamburger buns**
- Garnish: - sliced tomato**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)
- - Foil

Cooking Directions for Single Meal

1. Preheat the grill or griddle.
2. Combine the ground beef, feta cheese, 2 Tbsp lemon juice, dried oregano, minced garlic and salt in a medium mixing bowl. Form into 4 patties.
3. Place the patties on the grill or griddle. Grill for 5 to 6 minutes per side, or until internal temperature reaches 160 F.
4. In a small bowl, mix together the Greek yogurt, grated cucumber and 2 Tbsp lemon juice.
5. Prepare the tomato and salad.
6. Serve Greek Burgers with sliced tomato and yogurt sauce with salad.

Assembly Prep Directions for 2 Meals

Combine 2 lbs. ground beef, 8 oz. feta cheese, 4 Tbsp lemon juice, 2 tsp dried oregano, 2 tsp minced garlic, and 1 tsp salt in a medium mixing bowl. Form into 8 patties.

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

- 4 burger patties
- Foil or parchment paper in between patties

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 grill and grilling as directed.

Dairy-Free Modifications: Replace the feta cheese with goat cheese in the patties and omit the yogurt sauce dressing. If you cannot tolerate goat cheese, then omit entirely.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free bun or in lettuce wrap.

3. Skillet Calzone {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 45 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
- 1 - green bell pepper(s)
- 15 - oz. can(s) tomato sauce
- 1 - Tbsp Italian seasoning
- 6 - oz. can(s) black olives
- - Salt and pepper
- 2 - cup(s) shredded mozzarella cheese**
- 2 - refrigerated pizza dough**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and chop the green bell pepper.
2. Open and drain the black olives.
3. Preheat oven to 400 F/200 C.
4. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the green bell pepper, tomato sauce, Italian seasoning and black olives. Warm through over low heat for 5 minutes.
5. Spray an oven-proof skillet with non stick cooking spray. Roll out one pizza dough and line the bottom of the skillet with the dough. Bake in the preheated oven for 5 minutes, then add the pizza filling, shredded cheese and top with the other pizza dough, carefully pinching the dough around the edges together. (The bottom dough will still be warm, but you should be able to pinch it.)
6. Bake for 15 to 20 more minutes, or until the pizza dough is cooked through.
7. Prepare the veggies.
8. Serve Skillet Calzone 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 let cool.

Seed and chop 2 green bell peppers.

Open 2 cans of tomato sauce. Open and drain 2 cans of black olives.

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

- Half of the browned ground beef
- Half of the chopped green bell pepper
- 1 - 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning
- 1 - 6 oz. can drained black olives

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. In another skillet, assemble and bake the calzone as directed.

Dairy-Free Modifications: Omit the shredded cheese topping for dairy-free meal.

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

4. Chipotle 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
- 1 - red bell pepper(s)
- 15 - oz. can(s) tomato sauce
- 1 - Tbsp chili powder
- 1 - tsp chipotle chili powder
- 1 - tsp ground cumin
- 2 - cup(s) beef broth
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of tomato sauce.
2. Seed and chop the red bell pepper.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped red bell pepper, tomato sauce, chili powder, chipotle chili powder, ground cumin and saute for 5 minutes.
4. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Chipotle Chili with salad.

Assembly Prep Directions for 2 Meals

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

Seed and chop 2 red bell peppers.

Open and drain 2 cans of tomato sauce.

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin
- 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.

5. Layered Taco Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 40 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
- 1 - tsp chili powder
- 1 - tsp ground cumin
- 1 - cup(s) red salsa
- 2 - cup(s) container cottage cheese
- 2 - cup(s) shredded cheddar cheese
- 16 - corn tortillas
- Garnish: - shredded lettuce and tomatoes**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F/180 C. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chili powder, ground cumin and salsa.
3. In a mixing bowl, combine the cottage cheese and shredded cheese.
4. Add a single layer of corn tortillas to the bottom of the dish, covering it as best you can. You might need to tear a tortilla in half to fill in some sections. Add half of the ground beef mixture, then half of the cottage cheese-shredded cheese mixture, then repeat to make a second layer.
5. Bake in the preheated oven for 25 to 30 minutes, or until cheese has melted.
6. Prepare the veggies and garnishes.
7. Serve Layered Taco Bake with garnishes and veggies.

Assembly Prep Directions for 2 Meals

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

In a mixing bowl, combine 4 cups of cottage cheese and 4 cups shredded cheese.

To each disposable tray, layer the following ingredients:

- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture
- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture

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 when served with gluten-free sides.

Complete Shopping List by Recipe

1. Cheesy Beef Casserole

- ☐ 2 - lb(s) ground beef
- ☐ 2 - red bell pepper(s)
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2x15 - oz. can(s) diced tomatoes
- ☐ 2x6 - oz. can(s) tomato paste
- ☐ 2x8 - oz. box(es) egg noodles
- ☐ 4 - cup(s) sour cream
- ☐ 1 - cup(s) Parmesan cheese
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

3. Skillet Calzone {Filling}

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - green bell pepper(s)
- ☐ 2x15 - oz. can(s) tomato sauce
- ☐ 2 - Tbsp Italian seasoning
- ☐ 2x6 - oz. can(s) black olives
- ☐ - Salt and pepper
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ 4 - refrigerated pizza dough
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Layered Taco Bake

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ 2 - cup(s) red salsa
- ☐ 2x2 - cup(s) container cottage cheese
- ☐ 4 - cup(s) shredded cheddar cheese

2. Greek Burgers

- ☐ 2 - lb(s) ground beef
- ☐ 8 - oz. Feta cheese
- ☐ 4 - Tbsp lemon juice
- ☐ 2 - tsp dried oregano
- ☐ 2 - tsp minced garlic
- ☐ 1 - tsp salt
- ☐ 1/2 - cup(s) Greek yogurt
- ☐ 4 - Tbsp grated cucumber
- ☐ 4 - Tbsp lemon juice
- ☐ 8 - hamburger buns
- ☐ - sliced tomato
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)
- ☐ - Foil

4. Chipotle Chili

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - red bell pepper(s)
- ☐ 2x15 - oz. can(s) tomato sauce
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp chipotle chili powder
- ☐ 2 - tsp ground cumin
- ☐ 4 - cup(s) beef broth
- ☐ - Salt and pepper
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 32 - corn tortillas
- ☐ - shredded lettuce and tomatoes
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 10 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2x8 oz. box(es) egg noodles
- ☐ 4x15 oz. can(s) tomato sauce
- ☐ 2x6 oz. can(s) black olives
- ☐ 4 cup(s) beef broth
- ☐ 2 cup(s) red salsa

Spices

- ☐ 8 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 2 tsp dried oregano
- ☐ 2 tsp minced garlic
- ☐ 1 tsp salt
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp chipotle chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp chili powder

Supplies

- ☐ **Side:** 4 9x13 disposable foil tray(s)
- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ Foil

Produce

- ☐ 4 red bell pepper(s)
- ☐ **Side:** salad
- ☐ 8 Tbsp lemon juice
- ☐ 4 Tbsp grated cucumber
- ☐ **Garnish:** sliced tomato
- ☐ 2 green bell pepper(s)
- ☐ **Side:** veggies
- ☐ **Side:** shredded lettuce and tomatoes

Starchy Sides

- ☐ 8 hamburger buns
- ☐ 32 corn tortillas

Dairy/Frozen

- ☐ 4 cup(s) sour cream
- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 8 cup(s) shredded cheddar cheese
- ☐ 8 oz. Feta cheese
- ☐ 1 cup(s) Greek yogurt
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 4 refrigerated pizza dough
- ☐ 2x2 cup(s) container cottage cheese

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. Cheesy Beef Casserole

- ☐ 2 lb(s) ground beef
- ☐ 2 red bell pepper(s)
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2x8 oz. box(es) egg noodles
- ☐ 4 cup(s) sour cream
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 9x13 disposable foil tray(s)

3. Skillet Calzone {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 green bell pepper(s)
- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 2 Tbsp Italian seasoning
- ☐ 2x6 oz. can(s) black olives
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Layered Taco Bake

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 tsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 cup(s) red salsa
- ☐ 2x2 cup(s) container cottage cheese
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 32 corn tortillas
- ☐ 2 9x13 disposable foil tray(s)

2. Greek Burgers

- ☐ 2 lb(s) ground beef
- ☐ 8 oz. Feta cheese
- ☐ 4 Tbsp lemon juice
- ☐ 2 tsp dried oregano
- ☐ 2 tsp minced garlic
- ☐ 1 tsp salt
- ☐ 2 gallon-size freezer baggie(s)
- ☐ Foil

4. Chipotle Chili

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 red bell pepper(s)
- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp chipotle chili powder
- ☐ 2 tsp ground cumin
- ☐ 4 cup(s) beef broth
- ☐ 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

- ☐ 10 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2x8 oz. box(es) egg noodles
- ☐ 4x15 oz. can(s) tomato sauce
- ☐ 2x6 oz. can(s) black olives
- ☐ 4 cup(s) beef broth
- ☐ 2 cup(s) red salsa

Spices

- ☐ 8 Tbsp minced onion
- ☐ 8 tsp garlic powder
- ☐ 2 tsp dried oregano
- ☐ 2 tsp minced garlic
- ☐ 1 tsp salt
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp chipotle chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp chili powder

Supplies

- ☐ 4x 9x13 disposable foil tray(s)
- ☐ 6x gallon-size freezer baggie(s)
- ☐ Foil

Produce

- ☐ 4 red bell pepper(s)
- ☐ 4 Tbsp lemon juice
- ☐ 2 green bell pepper(s)

Starchy Sides

- ☐ 32 corn tortillas

Dairy/Frozen

- ☐ 4 cup(s) sour cream
- ☐ 2x cup(s) Parmesan cheese
- ☐ 8 cup(s) shredded cheddar cheese
- ☐ 8 oz. Feta cheese
- ☐ 2x2 cup(s) container cottage cheese

Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Open 2 cans of diced tomatoes and 2 cans of tomato paste.
- ☐ Cook 16 oz. egg noodles. Drain and mix in 4 cups of sour cream and 2 cups of Parmesan cheese and coat the noodles, tossing gently.
- ☐ Chop 2 red bell peppers. Toss with the browned ground beef. Stir in the diced tomatoes and tomato paste.
- ☐ Combine 2 lbs. ground beef, 8 oz. feta cheese, 4 Tbsp lemon juice, 2 tsp dried oregano, 2 tsp minced garlic, and 1 tsp salt in a medium mixing bowl. Form into 8 patties.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- ☐ Seed and chop 2 green bell peppers.
- ☐ Open 2 cans of tomato sauce. Open and drain 2 cans of black olives.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- ☐ Seed and chop 2 red bell peppers.
- ☐ Open and drain 2 cans of tomato sauce.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp chili powder and 2 tsp ground cumin. Let cool.
- ☐ In a mixing bowl, combine 4 cups of cottage cheese and 4 cups shredded cheese.

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.

Cheesy Beef Casserole

To each disposable tray, add the following ingredients:

- Creamy pasta
- Half of the ground beef mixture
- 2 cups of shredded cheddar cheese

Cover with foil or lid, add label and freeze.

Skillet Calzone {Filling}

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

- Half of the browned ground beef
- Half of the chopped green bell pepper
- 1 - 15 oz. can tomato sauce
- 1 Tbsp Italian seasoning
- 1 - 6 oz. can drained black olives

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

Layered Taco Bake

To each disposable tray, layer the following ingredients:

- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture
- Single layer of corn tortillas
- 1/4 of the browned ground beef
- 1/2 cup red salsa
- 1/4 of the cottage cheese mixture

Cover with foil or lid, add label and freeze.

Greek Burgers

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

- 4 burger patties
- Foil or parchment paper in between patties

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

Chipotle Chili

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

- Half of the browned ground beef
- 1 - 15 oz. can tomato sauce
- Half of the chopped bell peppers
- 1 Tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin
- 2 cups beef broth
- Salt and pepper

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