

ALL GROUND BEEF MEALS PLAN

APRIL 2017

Table of Contents

Recipes

1. Fully Loaded Beef Nachos
2. Beef Ravioli Bake
3. Cheesy Beef & Rice Bake {Filling}
4. Beef & Veggie Biscuit Pot Pie
5. Beef Chili with Refried Beans

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. Fully Loaded Beef 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 16 - oz. red salsa
- 4 - oz. can(s) green chiles
- 1 - bag(s) corn tortilla chips**
- 2 - cup(s) shredded Monterrey Jack cheese**
- Garnish: - sour cream and guacamole**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the green chilies.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Add the red salsa and green chilies with a pinch salt and pepper. Combine and warm through.
3. On a large plate or platter, add a thick layer of corn tortilla chips. Spoon the meat mixture on top and then sprinkle the shredded cheese on top. If needed, place in the microwave to melt the cheese.
4. Prepare the fruit.
5. Serve Fully Loaded Beef Nachos Verde with fruit.

Assembly Prep Directions for 2 Meals

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

Open, drain and rinse 2 cans of green chilies.

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

- Half of the browned ground beef
- 4 oz. can green chilies
- 16 oz. jar red salsa
- 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 for reheating and then assemble the nachos as directed.*

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

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

2. Beef Ravioli Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 25 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
- 26 - oz. jar(s) spaghetti sauce
- 20 - oz. fresh or frozen ravioli
- - Salt and pepper
- 1/2 - cup(s) Parmesan cheese
- 1 1/2 - cup(s) shredded mozzarella cheese
- Garnish: - fresh basil**
- Side: - veggies**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly spray a 9x13-inch baking dish.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and stir in the spaghetti sauce.
3. Place the ravioli into the base of the baking dish and pour 1 cup of hot water over the top. Then pour the beef-spaghetti sauce over the top and then sprinkle with salt and pepper.
4. Sprinkle the grated Parmesan cheese on top and then the shredded mozzarella cheese over the top.
5. Bake in the preheated oven for 25 minutes, or until ravioli in the middle is softened and the cheese on top is golden brown.
6. Chop the basil for the garnish.
7. Prepare the veggies and salad.
8. Serve Beef Ravioli Bake with fresh basil garnish, veggies and salad.

Assembly Prep Directions for 2 Meals

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

To each 9x13-inch disposable tray, layer the following ingredients:

- 20 oz. package fresh or frozen ravioli
- Half of the browned ground beef
- 26 oz. jar spaghetti sauce
- Salt and pepper
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Do NOT add hot water to the freezer tray.

Cover with foil or lid, add label to top 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 bowl of water for about 20 minutes, before adding the HOT water, and 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: *Unfortunately, there isn't a great gluten-free option for this meal.*

3. Cheesy Beef & Rice Bake {Filling}

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 60 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
- 10 - oz. can(s) cream of mushroom soup
- 10 - oz. bag frozen peas and carrots
- 2 - cup(s) water**
- 1 - cup(s) white rice**
- 2 - cup(s) shredded cheddar cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the cream of mushroom soup.
2. Preheat oven to 400 F.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Stir in the cream of mushroom soup and the peas and carrots. Then mix in the water.
4. Pour the beef mixture into a 9x13 inch baking dish, then stir the uncooked rice into the beef mixture. Cover with foil and bake in the preheated oven for 50 minutes. Uncover and sprinkle the shredded cheese on top and bake another 10 minutes.
5. Prepare the veggies.
6. Serve Cheesy Beef & Rice Bake 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 cream of mushroom soup.

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

- Half of the browned ground beef
- 1 - 10 oz. can cream of mushroom soup
- 1 - 10 oz. bag frozen peas and carrots

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

Freeze & Thaw Instructions: *Search for homemade cream of mushroom soup recipe on 5dollardinner.com, if you don't want to use a store bought can.*

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

Gluten-Free Modifications: *Use a gluten-free cream of mushroom soup, or make your own.*

4. Beef & Veggie Biscuit Pot Pie

Yield: 4 servings

Active Time: 15 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 10 - oz. can(s) cream of mushroom soup
- 16 - oz. bag(s) frozen mixed vegetables
- 1 - cup(s) Parmesan cheese
- 10 - refrigerated biscuits**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then stir in the cream of mushroom soup and the frozen mixed vegetables.
3. Add the beef mixture to a 9x13 inch baking dish. Then sprinkle the Parmesan cheese on top.
4. Bake in the preheated oven for 20 minutes, and then add the biscuits on top and bake for another 15 minutes.
5. Prepare the salad.
6. Serve Beef & Veggie Biscuit Pot Pie with salad.

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 cream of mushroom soup.

To each disposable tray, add the following ingredients:

- Half of the browned ground beef
- 1 - 10 oz. can cream of mushroom soup
- 1 - 10 oz. bag frozen peas and carrots
- 1 cup Parmesan cheese, sprinkled on top
- Do NOT add the biscuits before freezing.

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 reheating for 20 minutes. Add biscuits on top and bake for another 15 minutes.*

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.*

5. Beef Chili with Refried Beans

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 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) refried beans
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 2 - cup(s) beef broth
- - Salt and pepper
- Side: - cornbread**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the diced tomatoes. Open the refried beans.
2. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the diced tomatoes, refried beans, chili powder, ground cumin and beef broth and bring to bubbling. Reduce heat and simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
3. Prepare the cornbread, as directed
4. Serve Beef Chili with Refried Beans with cornbread.

Assembly Prep Directions for 2 Meals

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

Open and drain 2 cans of diced tomatoes. Open 2 cans of refried beans.

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can refried beans
- 1 Tbsp 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.

Complete Shopping List by Recipe

1. Fully Loaded Beef Nachos

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 32 - oz. red salsa
- 2x4 - oz. can(s) green chiles
- 1 - bag(s) corn tortilla chips
- 4 - cup(s) shredded Monterrey Jack cheese
- sour cream and guacamole
- fruit
- 2 - gallon-size freezer baggie(s)

3. Cheesy Beef & Rice Bake (Filling)

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x10 - oz. can(s) cream of mushroom soup
- 2x10 - oz. bag frozen peas and carrots
- 4 - cup(s) water
- 2 - cup(s) white rice
- 4 - cup(s) shredded cheddar cheese
- veggies
- 2 - gallon-size freezer baggie(s)

5. Beef Chili with Refried Beans

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) diced tomatoes
- 2 - 15 oz. can(s) refried beans
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 4 - cup(s) beef broth
- Salt and pepper
- cornbread
- 2 - gallon-size freezer baggie(s)

2. Beef Ravioli Bake

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x26 - oz. jar(s) spaghetti sauce
- 40 - oz. fresh or frozen ravioli
- Salt and pepper
- 1/2 - cup(s) Parmesan cheese
- 3 - cup(s) shredded mozzarella cheese
- fresh basil
- veggies
- salad
- 2 - gallon-size freezer baggie(s)

4. Beef & Veggie Biscuit Pot Pie

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x10 - oz. can(s) cream of mushroom soup
- 2x16 - oz. bag(s) frozen mixed vegetables
- 1 - cup(s) Parmesan cheese
- 20 - refrigerated biscuits
- salad
- 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 10 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 32 oz. red salsa
- 2x4 oz. can(s) green chiles
- 4x10 oz. can(s) cream of mushroom soup
- 4 cup(s) water
- 2 cup(s) white rice
- 2 15 oz. can(s) diced tomatoes
- 2 15 oz. can(s) refried beans
- 4 cup(s) beef broth
- Side:** cornbread

Sauces/Condiments

- 2x26 oz. jar(s) spaghetti sauce

Dairy/Frozen

- 4 cup(s) shredded Monterrey Jack cheese
- Garnish:** sour cream and guacamole
- 40 oz. fresh or frozen ravioli
- Side:** 2 cup(s) Parmesan cheese
- 3 cup(s) shredded mozzarella cheese
- 2x10 oz. bag frozen peas and carrots
- 4 cup(s) shredded cheddar cheese
- 2x16 oz. bag(s) frozen mixed vegetables
- 20 refrigerated biscuits

Produce

- Side:** fruit
- Side:** fresh basil
- Side:** veggies
- Side:** salad

Starchy Sides

- Side:** 1 bag(s) corn tortilla chips

Spices

- 10 Tbsp minced onion
- 10 tsp garlic powder
- Salt and pepper
- 2 Tbsp chili powder
- 2 tsp ground cumin

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 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. Fully Loaded Beef Nachos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 32 oz. red salsa
- 2x4 oz. can(s) green chiles
- 2 gallon-size freezer baggie(s)

3. Cheesy Beef & Rice Bake (Filling)

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x10 oz. can(s) cream of mushroom soup
- 2x10 oz. bag frozen peas and carrots
- 2 gallon-size freezer baggie(s)

5. Beef Chili with Refried Beans

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) diced tomatoes
- 2 15 oz. can(s) refried beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 4 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Beef Ravioli Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x26 oz. jar(s) spaghetti sauce
- 40 oz. fresh or frozen ravioli
- Salt and pepper
- 3 cup(s) shredded mozzarella cheese
- 2 gallon-size freezer baggie(s)

4. Beef & Veggie Biscuit Pot Pie

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x10 oz. can(s) cream of mushroom soup
- 2x16 oz. bag(s) frozen mixed vegetables
- 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

- 10 lb(s) ground beef

Sauces/Condiments

- 2x26 oz. jar(s) spaghetti sauce

Dairy/Frozen

- 40 oz. fresh or frozen ravioli
- 3x cup(s) Parmesan cheese
- 3 cup(s) shredded mozzarella cheese
- 2x10 oz. bag frozen peas and carrots
- 2x16 oz. bag(s) frozen mixed vegetables

Pantry Staples - Canned, Boxed

- 32 oz. red salsa
- 2x4 oz. can(s) green chiles
- 4x10 oz. can(s) cream of mushroom soup
- 2 15 oz. can(s) diced tomatoes
- 2 15 oz. can(s) refried beans
- 4 cup(s) beef broth

Spices

- 10 Tbsp minced onion
- 10 tsp garlic powder
- Salt and pepper
- 2 Tbsp chili powder
- 2 tsp ground cumin

Supplies

- 8x gallon-size freezer baggie(s)
- 2x 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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Set aside to cool.
- Open 2 cans of cream of mushroom soup.
- Open 2 cans of cream of mushroom soup.
- Open and drain 2 cans of diced tomatoes. Open 2 cans of refried beans.
- Open, drain and rinse 2 cans of green chilies.

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.

Fully Loaded Beef Nachos

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

- Half of the browned ground beef
- 4 oz. can green chilies
- 16 oz. jar red salsa
- Salt and pepper

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

Beef Ravioli Bake

To each 9x13-inch disposable tray, layer the following ingredients:

- 20 oz. package fresh or frozen ravioli
- Half of the browned ground beef
- 26 oz. jar spaghetti sauce
- Salt and pepper
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Do NOT add hot water to the freezer tray.

Cover with foil or lid, add label to top and freeze.

Cheesy Beef & Rice Bake {Filling}

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

- Half of the browned ground beef
- 1 - 10 oz. can cream of mushroom soup
- 1 - 10 oz. bag frozen peas and carrots

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

Beef & Veggie Biscuit Pot Pie

To each disposable tray, add the following ingredients:

- Half of the browned ground beef
- 1 - 10 oz. can cream of mushroom soup
- 1 - 10 oz. bag frozen peas and carrots
- 1 cup Parmesan cheese, sprinkled on top
- Do NOT add the biscuits before freezing.

Cover with foil or lid, add label and freeze.

Beef Chili with Refried Beans

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can refried beans
- 1 Tbsp 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.