

# ALL GROUND BEEF MEAL PLAN

**MAY 2017**

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# 1. Hashbrown Beef Bake

*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
  - 30 - oz. frozen shredded hash browns
  - 1 - 10 oz can(s) cream of mushroom
  - 1 - cup(s) milk
  - 2 - cup(s) shredded cheddar cheese
  - Side: - salad\*\*
  - 1 - 9x13 disposable foil tray(s)
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## Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can of cream of mushroom soup.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the shredded hash browns, cream of mushroom soup, milk plus half of the shredded cheese.
4. Pour into a baking dish and top with remaining shredded cheese. Bake in the preheated oven for 30 minutes, or until warmed through and cheese on top is melted.
5. Prepare the salad.
6. Serve Hashbrown Beef Bake 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. Drain and let cool.

Open 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.

Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup.

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the 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 when you use gluten-free cream of mushroom soup (Pacific Foods brand.)

## 2. Moroccan 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
- 1/2 - small white onion(s)
- 1 - tsp minced garlic
- 4 - tsp chopped parsley
- 2 - tsp paprika
- 2 - tsp ground cumin
- 1 - tsp salt
- 4 - hamburger buns\*\*
- 2 - small white onion(s)\*\*
- 1 - tsp white sugar\*\*
- 1 - tsp olive oil\*\*
- Side: - chips\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Preheat the grill.
2. Grate the onion.
3. Combine the ground beef and grated onion with the minced garlic, parsley, paprika, cumin and salt in a medium mixing bowl. Form into 4 patties.
4. Place the patties on the grill tray or veggie basket. See note about ways to keep patties together when grilling. Grill for 5 to 6 minutes per side, or until internal temperature should reach 165 F.
5. While the burgers are cooking, caramelize the onions in a small skillet. Slice the onions, then add the olive oil and sugar to skillet and saute the onion slices over low heat for 20 - 30 minutes.
6. Serve Moroccan Burgers with caramelized onions and a side of chips and fruit.

### Assembly Prep Directions for 2 Meals

Grate 1 small white onion.

Combine the 2 lbs. ground beef with the grated onion. Then mix in 2 tsp minced garlic, 8 tsp chopped parsley, 4 tsp paprika, 4 tsp ground cumin and 2 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
- Optional, piece of foil or parchment paper between patties to prevent sticking

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. Caramelize the onions as directed and serve on the burgers.

**Special Notes:** If you don't have a tray for your grill, put the patties in the freezer for 30 minutes to help them firm up and hold together better when grilling. Or you could grill them from partially frozen. Alternative cooking method: wrap the patties tightly in foil and place them in a 350 F oven for about 5 – 10 minutes until the desired temperature is reached.

**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 bun or in lettuce wrap.

## 3. Beef Tostadas {Filling}

*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
- 1 - cup(s) red salsa
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- 8 - tostada shells\*\*
- 1 - cup(s) shredded cheddar cheese\*\*
- Garnish: - shredded lettuce\*\*
- Side: - refried beans\*\*
- 1 - gallon-size freezer baggie(s)

### 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 stove. Stir in the salsa, chili powder and ground cumin. Warm through over low heat for 5 minutes. Season with salt and pepper to taste.
2. Place the tostadas onto a plate and add shredded lettuce and beef mixture. Top with shredded cheese.
3. Warm the refried beans.
4. Serve Beef Tostadas with side of beans.

### 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.

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

- Half of the browned ground beef
- 1 cup red salsa
- 1 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

**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 tostadas as directed.

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

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

## 4. Cornbread Taco Bake {Filling}

*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
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - small green bell pepper(s)
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - 15 oz. can(s) corn
- 1 - 8 oz can(s) tomato sauce
- - Salt and pepper
- 1 - Jiffy cornbread mix\*\*
- 1 - cup(s) shredded cheese\*\*
- Garnish: - avocado slices\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Seed and chop the green bell pepper.
3. Open and drain the can of corn. Open the tomato sauce.
4. 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 green bell pepper, drained corn, chili powder, cumin and salt and pepper. Combine well and bring to bubbling over medium low heat.
5. Prepare the cornbread mix as directed.
6. Pour the ground beef mixture into the bottom of baking dish and then pour the cornbread batter around the edges of the baking dish (it might not cover the entire surface of the dish.)
7. Bake in the preheated oven for 25 minutes. Add the shredded cheese onto the cornbread and then bake another 5 minutes.
8. Prepare the salad. Slice the avocado.
9. Serve Cornbread Taco Bake with avocado slices and salad.

### 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.

Seed and chop 2 green bell peppers.

Open and drain 2 cans of corn.

Open 2 cans of tomato sauce.

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

- Half of the browned ground beef
- Half of the green bell peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 - 15 oz. can corn
- 1 - 8 oz. can tomato 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 skillet to reheat and then bake with cornbread topping as directed.

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

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

## 5. Zucchini Meatballs

*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 1/2 - lb(s) ground beef
- 1 - small zucchini
- 1 - egg(s)
- 1/2 - cup(s) breadcrumbs
- 1 - tsp minced garlic
- 1 - tsp Italian seasoning
- - Salt and pepper
- 1 - 26 oz. jar(s) spaghetti sauce
- Side: - pasta\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Preheat oven to 375 F.
2. Shred or grate the zucchini with a cheese grater.
3. In a large mixing bowl, combine the ground beef, shredded zucchini, egg, breadcrumbs, minced garlic, Italian seasoning with a pinch of salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into a baking dish. Pour the spaghetti sauce over the top. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Zucchini Meatballs over pasta with salad.

### Assembly Prep Directions for 2 Meals

Shred 2 zucchini with cheese grater.

In a large mixing bowl, combine 2 lbs. ground beef, shredded zucchini, 2 eggs, 1 cup breadcrumbs, 2 tsp minced garlic, 2 tsp Italian seasoning with salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.

To each disposable tray, add the following ingredients:

- Half of the premade zucchini meatballs
- 1 - 26 oz. jar spaghetti sauce over the meatballs

Cover with foil or lid, add label 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 tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when made with gluten-free breadcrumbs and gluten-free pasta.*

# Complete Shopping List by Recipe

## 1. Hashbrown Beef Bake

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 60 - oz. frozen shredded hash browns
- ☐ 2x1 - 10 oz can(s) cream of mushroom
- ☐ 2 - cup(s) milk
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

## 3. Beef Tostadas {Filling}

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - cup(s) red salsa
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ - Salt and pepper
- ☐ 16 - tostada shells
- ☐ 2 - cup(s) shredded cheddar cheese
- ☐ - shredded lettuce
- ☐ - refried beans
- ☐ 2 - gallon-size freezer baggie(s)

## 5. Zucchini Meatballs

- ☐ 3 - lb(s) ground beef
- ☐ 2 - small zucchini
- ☐ 2 - egg(s)
- ☐ 1 - cup(s) breadcrumbs
- ☐ 2 - tsp minced garlic
- ☐ 2 - tsp Italian seasoning

## 2. Moroccan Burgers

- ☐ 2 - lb(s) ground beef
- ☐ 1 - small white onion(s)
- ☐ 2 - tsp minced garlic
- ☐ 8 - tsp chopped parsley
- ☐ 4 - tsp paprika
- ☐ 4 - tsp ground cumin
- ☐ 2 - tsp salt
- ☐ 8 - hamburger buns
- ☐ 4 - small white onion(s)
- ☐ 2 - tsp white sugar
- ☐ 2 - tsp olive oil
- ☐ - chips
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)

## 4. Cornbread Taco Bake {Filling}

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - small green bell pepper(s)
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ 2 - 15 oz. can(s) corn
- ☐ 2x1 - 8 oz can(s) tomato sauce
- ☐ - Salt and pepper
- ☐ 2x1 - Jiffy cornbread mix
- ☐ 1 - cup(s) shredded cheese
- ☐ - avocado slices
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ - Salt and pepper
- ☐ 2x1 - 26 oz. jar(s) spaghetti sauce
- ☐ - pasta
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 11 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 cup(s) red salsa
- ☐ 16 tostada shells
- ☐ **Side:** refried beans
- ☐ 2 15 oz. can(s) corn
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 2x1 Jiffy cornbread mix
- ☐ 1 cup(s) breadcrumbs

## Sauces/Condiments

- ☐ 2 tsp olive oil
- ☐ 2x1 26 oz. jar(s) spaghetti sauce

## Dairy/Frozen

- ☐ 60 oz. frozen shredded hash browns
- ☐ 2 cup(s) milk
- ☐ 6 cup(s) shredded cheddar cheese
- ☐ **Side:** 1 cup(s) shredded cheese
- ☐ 2 egg(s)

## Produce

- ☐ **Side:** salad
- ☐ 5 small white onion(s)
- ☐ 8 tsp chopped parsley
- ☐ **Side:** fruit
- ☐ **Garnish:** shredded lettuce
- ☐ 2 small green bell pepper(s)
- ☐ **Garnish:** avocado slices
- ☐ 2 small zucchini

## Starchy Sides

- ☐ 8 hamburger buns
- ☐ **Side:** chips
- ☐ **Side:** pasta

## Spices

- ☐ 6 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 4 tsp minced garlic
- ☐ 4 tsp paprika
- ☐ 8 tsp ground cumin
- ☐ 2 tsp salt
- ☐ 2 tsp white sugar
- ☐ 4 Tbsp chili powder
- ☐ Salt and pepper
- ☐ 2 tsp Italian seasoning

## Supplies

- ☐ **Side:** 4 9x13 disposable foil tray(s)
- ☐ **Side:** 6 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. Hashbrown Beef Bake

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 60 oz. frozen shredded hash browns
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 cup(s) milk
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 9x13 disposable foil tray(s)

## 3. Beef Tostadas {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 cup(s) red salsa
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 5. Zucchini Meatballs

- ☐ 3 lb(s) ground beef
- ☐ 2 small zucchini
- ☐ 2 egg(s)
- ☐ 1 cup(s) breadcrumbs
- ☐ 2 tsp minced garlic
- ☐ 2 tsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2x1 26 oz. jar(s) spaghetti sauce
- ☐ 2 9x13 disposable foil tray(s)

## 2. Moroccan Burgers

- ☐ 2 lb(s) ground beef
- ☐ 1 small white onion(s)
- ☐ 2 tsp minced garlic
- ☐ 8 tsp chopped parsley
- ☐ 4 tsp paprika
- ☐ 4 tsp ground cumin
- ☐ 2 tsp salt
- ☐ 2 gallon-size freezer baggie(s)

## 4. Cornbread Taco Bake {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 small green bell pepper(s)
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 15 oz. can(s) corn
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 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

- ☐ 11 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 cup(s) red salsa
- ☐ 2 15 oz. can(s) corn
- ☐ 2x1 8 oz can(s) tomato sauce
- ☐ 1 cup(s) breadcrumbs

## Spices

- ☐ 6 Tbsp minced onion
- ☐ 6 tsp garlic powder
- ☐ 4 tsp minced garlic
- ☐ 4 tsp paprika
- ☐ 8 tsp ground cumin
- ☐ 2 tsp salt
- ☐ 4 Tbsp chili powder
- ☐ Salt and pepper
- ☐ 2 tsp Italian seasoning

## Supplies

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

## Produce

- ☐ 1 small white onion(s)
- ☐ 8 tsp chopped parsley
- ☐ 2 small green bell pepper(s)
- ☐ 2 small zucchini

## Sauces/Condiments

- ☐ 2x1 26 oz. jar(s) spaghetti sauce

## Dairy/Frozen

- ☐ 60 oz. frozen shredded hash browns
- ☐ 2 cup(s) milk
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 egg(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. Drain and set aside to cool.
- ☐ Combine the 2 lbs. ground beef with the grated onion. Then mix in 2 tsp minced garlic, 8 tsp chopped parsley, 4 tsp paprika, 4 tsp ground cumin and 2 tsp salt in a medium mixing bowl. Form into 8 patties.
- ☐ Grate 1 small white onion.
- ☐ In a large mixing bowl, combine 2 lbs. ground beef, shredded zucchini, 2 eggs, 1 cup breadcrumbs, 2 tsp minced garlic, 2 tsp Italian seasoning with salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.
- ☐ Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup.
- ☐ Open 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open and drain 2 cans of corn.
- ☐ Seed and chop 2 green bell peppers.
- ☐ Shred 2 zucchini with cheese grater.

*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.

### Hashbrown Beef Bake

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

Cover with foil or lid, add label and freeze.

### Beef Tostadas {Filling}

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

- Half of the browned ground beef
- 1 cup red salsa
- 1 Tbsp chili powder
- 1 tsp ground cumin
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

### Zucchini Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade zucchini meatballs
- 1 - 26 oz. jar spaghetti sauce over the meatballs

Cover with foil or lid, add label and freeze.

### Moroccan Burgers

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

- 4 burger patties
- Optional, piece of foil or parchment paper between patties to prevent sticking

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

### Combread Taco Bake {Filling}

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

- Half of the browned ground beef
- Half of the green bell peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 - 15 oz. can corn
- 1 - 8 oz. can tomato sauce
- Salt and pepper

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