

ALL GROUND BEEF MEAL PLAN

JUNE 2017

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1. Salsa Sloppy Joes

Yield: 4 servings

Active Time: 15 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 - lb(s) ground beef
- 1 - 8 oz can(s) tomato sauce
- 1 1/2 - cup(s) salsa
- 1 - Tbsp brown sugar
- - Salt and pepper
- 1 - cup(s) shredded cheddar cheese**
- 4 - sandwich buns**
- Side: - corn tortilla chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground beef in skillet and drain. Return to the skillet and stir in the tomato sauce plus 1/2 can worth of hot water, salsa and brown sugar. Season with salt and pepper to taste. Bring to bubbling and simmer for 10 minutes.
2. Once the sauce is bubbling, stir in the shredded cheddar cheese and let it melt.
3. Prepare fresh fruit.
4. Serve Salsa Sloppy Joes on hamburger buns with side of fruit and tortilla chips.

Assembly Prep Directions for 2 Meals

Brown and cool 2 lbs. ground beef.

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

- Half of the browned and cooled ground beef
- 8 oz. can tomato sauce
- 1 Tbsp brown sugar
- 1 1/2 cup 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. Stir in cheese and assemble sandwiches.*

Special Notes:

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

Gluten-Free Modifications: *Use gluten-free buns or serve as "Sloppy Joe Bowl" over bed of rice.*

2. Beef, Bean & Rice Skillet

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 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - Tbsp ground cumin
- 2 - cup(s) white rice**
- 4 - cup(s) hot water**
- - Salt and pepper
- Garnish: - shredded cheese**
- Side: - avocado slices**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed tomatoes.
2. Open, drain and rinse the can of black beans.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
4. Stir in the crushed tomatoes, black beans, cumin and some salt and pepper to taste. Combine well and bring to bubbling over medium low heat.
5. Stir in 2 cups white rice with 4 cups of hot water. Return to bubbling, then stir once and cover with tight fitting lid. Let cook for 20 minutes, or until rice is tender.
6. Prepare the salad. Slice the avocado.
7. Serve Spanish Rice Skillet with shredded cheese garnish, avocado slices and salad.

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.

Open 2 cans of crushed tomatoes.

Open, drain and rinse 2 cans of black beans.

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

- Half of the browned ground beef, cooled
- Half of the crushed tomatoes
- Half of the canned black beans
- 1 Tbsp ground cumin
- 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 cook in the rice, as directed.*

Special Notes: *If you wish to make this with brown rice, cook it separately and then stir it in with the meat sauce just before serving.*

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

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

3. Chili Cheese Hot Dogs {Filling}

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.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) tomato sauce
- 2 - Tbsp chili powder
- - Salt and pepper
- 8 - hot dogs**
- 8 - hot dog buns**
- Garnish: - shredded cheddar cheese**
- Side: - fruit**
- Side: - potato chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground beef in a saucepan with the minced onion and garlic powder. Drain, if needed, and return to saucepan.
2. Open, drain, and rinse the black beans.
3. Stir in the black beans, tomato sauce, chili powder, salt and pepper. Bring to bubbling.
4. Cook the hot dogs. Assemble hot dogs with chili and shredded cheese.
5. Serve Chili Cheese Hot Dogs with fruit and chips.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. of ground beef with the 2 Tbsp minced onion and 2 tsp garlic powder.

Open, drain and rinse 2 cans of black beans.

Open 2 cans of tomato sauce.

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

- 1 lb. browned and cooled ground beef
- Half of the canned black beans
- Half of the canned tomato sauce
- 2 Tbsp chili powder
- Salt and pepper to taste

Remove as much air as possible and seal. 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 warm bowl of water for about 20 minutes, before transferring to the skillet or saucepan for reheating. Add to hot dogs with shredded cheese.*

Dairy-Free Modifications: *Omit the cheese topping.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free buns or without buns.*

4. Grilled Taco Burgers

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
- 1/2 - small white onion(s)
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 8 - hamburger buns**
- 1 - cup(s) salsa**
- Garnish: - avocado slices**
- Side: - fruit**
- Side: - chips**
- 1 - Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and taco seasoning mix together. Make 4 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto buns and top with salsa and sliced avocado.
4. Serve Grilled Taco Burgers with fruit and chips.

Assembly Prep Directions for 2 Meals

Peel and grate 1/2 small white onion.

Mix 1 lb. ground beef, grated onion, and 1 packet taco seasoning mix together. Form 4 burger patties.

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

- Half of the burger patties
- Small piece of foil 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 completely in the fridge before grilling the burgers.*

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 buns or in lettuce wrap.*

5. BBQ Bacon 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 - cup(s) bacon crumbles
- 1/2 - small white onion(s)
- 1 - tsp minced garlic
- 1 - tsp salt
- 8 - Tbsp BBQ sauce**
- 4 - hamburger buns**
- 4 - slices cheddar cheese**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. Grate the onion with a cheese grater.
3. Combine the ground beef, bacon crumbles, grated onion (with juices), minced garlic 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. If you need to cook the patties a little longer then you can move them to a cool part of the grill until they're cooked to your liking.
5. Once cooked, top with sliced cheddar cheese and BBQ sauce.
6. Serve BBQ Bacon Burgers with fruit and chips.

Assembly Prep Directions for 2 Meals

Combine 2 lbs. ground beef, 1 cup bacon crumbles, the grated onion (with juices), 2 tsp minced garlic, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.

Grate 1 small white onion with cheese grater.

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

- 4 burger patties
- Foil between patties, if needed

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.*

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: *Omit the cheese slices for dairy-free meal.*

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

Complete Shopping List by Recipe

1. Salsa Sloppy Joes

- 2 - lb(s) ground beef
- 2x1 - 8 oz can(s) tomato sauce
- 3 - cup(s) salsa
- 2 - Tbsp brown sugar
- Salt and pepper
- 2 - cup(s) shredded cheddar cheese
- 4 - sandwich buns
- corn tortilla chips
- fruit
- 2 - gallon-size freezer baggie(s)

3. Chili Cheese Hot Dogs {Filling}

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) tomato sauce
- 4 - Tbsp chili powder
- Salt and pepper
- 16 - hot dogs
- 16 - hot dog buns
- shredded cheddar cheese
- fruit
- potato chips
- 2 - gallon-size freezer baggie(s)

5. BBQ Bacon Burgers

- 2 - lb(s) ground beef
- 1 - cup(s) bacon crumbles
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - tsp salt
- 16 - Tbsp BBQ sauce
- 8 - hamburger buns
- 8 - slices cheddar cheese

2. Beef, Bean & Rice Skillet

- 2 - lb(s) ground beef
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp ground cumin
- 4 - cup(s) white rice
- 8 - cup(s) hot water
- Salt and pepper
- shredded cheese
- avocado slices
- salad
- 2 - gallon-size freezer baggie(s)

4. Grilled Taco Burgers

- 2 - lb(s) ground beef
- 1 - small white onion(s)
- 2 - packet(s) taco seasoning
- Salt and pepper
- 16 - hamburger buns
- 2 - cup(s) salsa
- avocado slices
- fruit
- chips
- 2 - Foil
- 2 - gallon-size freezer baggie(s)

- chips
- fruit
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 10 lb(s) ground beef
- 16 hot dogs
- 1 cup(s) bacon crumbles

Pantry Staples - Canned, Boxed

- 2x1 8 oz can(s) tomato sauce
- 5 cup(s) salsa
- 4 15 oz. can(s) black beans
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) white rice
- 2x1 15 oz. can(s) tomato sauce

Sauces/Condiments

- 16 Tbsp BBQ sauce

Dairy/Frozen

- 2 cup(s) shredded cheddar cheese
- Side:** shredded cheese
- Garnish:** shredded cheddar cheese
- 8 slices cheddar cheese

Produce

- Side:** fruit
- Garnish:** avocado slices
- Side:** salad
- 2 small white onion(s)

Starchy Sides

- Side:** 4 sandwich buns
- Side:** corn tortilla chips
- 16 hot dog buns
- Side:** potato chips
- 24 hamburger buns
- Side:** chips

Spices

- 2 Tbsp brown sugar
- Salt and pepper
- 6 Tbsp minced onion
- 4 tsp garlic powder
- 2 Tbsp ground cumin
- 4 Tbsp chili powder
- 2 packet(s) taco seasoning
- 2 tsp minced garlic
- 2 tsp salt

Supplies

- Side:** 10 gallon-size freezer baggie(s)
- 8 cup(s) hot water
- 2 Foil

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. Salsa Sloppy Joes

- 2 lb(s) ground beef
- 2x1 8 oz can(s) tomato sauce
- 3 cup(s) salsa
- 2 Tbsp brown sugar
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Chili Cheese Hot Dogs {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 4 Tbsp chili powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. BBQ Bacon Burgers

- 2 lb(s) ground beef
- 1 cup(s) bacon crumbles
- 1 small white onion(s)
- 2 tsp minced garlic
- 2 tsp salt
- 2 gallon-size freezer baggie(s)

2. Beef, Bean & Rice Skillet

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) crushed tomatoes
- 2 Tbsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Grilled Taco Burgers

- 2 lb(s) ground beef
- 1 small white onion(s)
- 2 packet(s) taco seasoning
- Salt and pepper
- 2 Foil
- 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
- 1 cup(s) bacon crumbles

Pantry Staples - Canned, Boxed

- 2x1 8 oz can(s) tomato sauce
- 3 cup(s) salsa
- 4 15 oz. can(s) black beans
- 2x1 15 oz. can(s) crushed tomatoes
- 2x1 15 oz. can(s) tomato sauce

Supplies

- 10x gallon-size freezer baggie(s)
- 2 Foil

Produce

- 2 small white onion(s)

Spices

- 2 Tbsp brown sugar
- Salt and pepper
- 6 Tbsp minced onion
- 4 tsp garlic powder
- 2 Tbsp ground cumin
- 4 Tbsp chili powder
- 2 packet(s) taco seasoning
- 2 tsp minced garlic
- 2 tsp salt

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 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Brown 2 lbs. of ground beef with the 2 Tbsp minced onion and 2 tsp garlic powder.
- Brown and cool 2 lbs. ground beef.
- Combine 2 lbs. ground beef, 1 cup bacon crumbles, the grated onion (with juices), 2 tsp minced garlic, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.
- Grate 1 small white onion with cheese grater.
- Mix 1 lb. ground beef, grated onion, and 1 packet taco seasoning mix together. Form 4 burger patties.
- Open 2 cans of crushed tomatoes.
- Open 2 cans of tomato sauce.
- Open, drain and rinse 2 cans of black beans.
- Open, drain and rinse 2 cans of black beans.
- Peel and grate 1/2 small white onion.

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.

Salsa Sloppy Joes

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

- Half of the browned and cooled ground beef
- 8 oz. can tomato sauce
- 1 Tbsp brown sugar
- 1 1/2 cup salsa
- Salt and pepper

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

Chili Cheese Hot Dogs {Filling}

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

- 1 lb. browned and cooled ground beef
- Half of the canned black beans
- Half of the canned tomato sauce
- 2 Tbsp chili powder
- Salt and pepper to taste

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

BBQ Bacon Burgers

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

- 4 burger patties
- Foil between patties, if needed

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

Beef, Bean & Rice Skillet

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

- Half of the browned ground beef, cooled
- Half of the crushed tomatoes
- Half of the canned black beans
- 1 Tbsp ground cumin
- Salt and pepper

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

Grilled Taco Burgers

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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