

# ALL GROUND BEEF MEAL PLAN

AUGUST 2017

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# 1. Campfire 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.

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## Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1/2 - small white onion(s)
- 1 - tsp minced garlic
- 1 - tsp Worcestershire sauce
- 1 - tsp salt
- 1/2 - cup(s) BBQ sauce\*\*
- 2 - Tbsp mayonnaise\*\*
- 4 - slices cheddar cheese\*\*
- 4 - hamburger buns\*\*
- Side: - chips\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Preheat the grill.
2. Grate the small onion.
3. Combine the ground beef, grated onion, minced garlic, Worcestershire sauce and salt. 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 done.
5. Meanwhile, stir together the BBQ and mayonnaise.
6. Once burgers are cooked, assemble with cheddar cheese and BBQ-mayo sauce on buns.
7. Serve Campfire Burgers with fruit and/or chips.

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## Assembly Prep Directions for 2 Meals

Grate 1 white onion.

Combine 2 lbs. ground beef, grated chopped onion with 2 tsp minced garlic, 2 tsp Worcestershire sauce, 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
- Foil or parchment paper 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.*

**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 you omit the cheese slices.*

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

## 2. Coney Island Hot Dogs

*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.

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### Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 15 oz. can(s) crushed tomatoes
- 1 - cup(s) BBQ sauce
- 1 - Tbsp chili powder
- 1 - cup(s) beef broth
- - Salt and pepper
- 8 - hot dogs\*\*
- 8 - hot dog buns\*\*
- 1 - cup(s) shredded cheese
- Garnish: - ketchup and mustard\*\*
- Side: - chips\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open the can of crushed tomatoes.
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, BBQ sauce, chili powder and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
3. Warm the hot dogs and place hot dogs into buns and top with the chili. Garnish with shredded cheese, mustard and/or ketchup.
4. Serve Coney Island Hot Dogs with chips and fruit.

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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.

Open 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- 1 - 15 oz. can crushed tomatoes
- 1 cup BBQ sauce
- 1 Tbsp chili powder
- 1 cup 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 omit the shredded cheese topping.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served without a bun.*

## 3. Sloppy Lentil Joes

*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

- 1/2 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1/2 - tsp garlic powder
- 1 - cup(s) dry green lentils
- 1 - 15 oz. can(s) sloppy joe sauce
- 4 - hamburger buns\*\*
- 4 - slices cheddar cheese\*\*
- - Salt and pepper
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Cook the green lentils in water, as directed. Drain well.
2. Open and the can of sloppy joe sauce.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the cooked lentils and sloppy joe sauce. Bring to bubbling over medium low heat. Add beef mixture to hamburger buns and top with cheese slice, when ready to eat.
4. Serve Sloppy Lentil Joes with salad.

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### Assembly Prep Directions for 2 Meals

Brown 1 lbs. ground beef with 1 Tbsp minced onion and 1 tsp garlic powder. Drain and let cool.

Cook 2 cups of lentils, as directed. Drain well.

Open 2 cans of sloppy joes sauce.

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

- Half of the browned ground beef
- Half of the cooked and drained lentils
- Half of the sloppy joes sauce

Remove as much air as possible and seal. Add label to baggie 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 skillet and reheating.*

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

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

## 4. Chalupa Salad

*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
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) red salsa
- 1 - 15 oz. can pinto beans
- 1 - tsp ground cumin
- 1 - bag(s) spring mix lettuce
- 1/2 - cup(s) vinaigrette dressing
- Garnish: - crushed tortilla chips\*\*
- Side: - avocado slices\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open, drain and rinse the can of pinto 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 red salsa, pinto beans and ground cumin. Combine well and bring to bubbling over medium low heat. Spoon over lettuce and add dressing.
3. Slice the avocado.
4. Serve Chalupa Salad with crushed tortilla chips garnish, and sliced avocado.

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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, drain and rinse 2 cans of pinto beans.

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

- Half of the ground beef mixture
- Half of the pinto beans
- 1 cup red salsa
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie 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 skillet and reheating.*

**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. Skillet Ziti

*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 - 26 oz. jar(s) spaghetti sauce
- 1 - tsp crushed red pepper
- 12 - oz. ziti pasta\*\*
- 2 - cup(s) water\*\*
- 2 - cup(s) shredded mozzarella cheese\*\*
- Garnish: - grated Parmesan cheese\*\*
- Side: - salad\*\*
- 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 minced onion and garlic powder. Once browned, drain and then mix in the spaghetti sauce and crushed red pepper. Bring to bubbling, then stir in the pasta and water. Cover with lid and reduce heat to medium.
2. Let cook for 8 minutes, or until pasta is al dente. Remove from heat immediately. Top with shredded mozzarella cheese and let melt, then sprinkle grated Parmesan over top.
3. Prepare the salad.
4. Serve Skillet Ziti 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.

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

- Half of the ground beef mixture
- 1 - 26 oz. jar spaghetti sauce
- 1 tsp crushed red pepper

Remove as much air as possible and seal. Add label to baggie 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 skillet to reheat beef sauce and cook pasta. (Follow pasta cooking directions in recipe.)*

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

**Gluten-Free Modifications:** *Use gluten-free pasta for gluten-free meal.*

# Complete Shopping List by Recipe

## 1. Campfire Burgers

- 2 - lb(s) ground beef
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - tsp Worcestershire sauce
- 2 - tsp salt
- 1 - cup(s) BBQ sauce
- 4 - Tbsp mayonnaise
- 8 - slices cheddar cheese
- 8 - hamburger buns
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

## 3. Sloppy Lentil Joes

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - cup(s) dry green lentils
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 8 - hamburger buns
- 8 - slices cheddar cheese
- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

## 5. Skillet Ziti

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 26 oz. jar(s) spaghetti sauce
- 2 - tsp crushed red pepper
- 24 - oz. ziti pasta
- 4 - cup(s) water
- 4 - cup(s) shredded mozzarella cheese

## 2. Coney Island Hot Dogs

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x - 15 oz. can(s) crushed tomatoes
- 2 - cup(s) BBQ sauce
- 2 - Tbsp chili powder
- 2 - cup(s) beef broth
- Salt and pepper
- 16 - hot dogs
- 16 - hot dog buns
- 1 - cup(s) shredded cheese
- ketchup and mustard
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

## 4. Chalupa Salad

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) red salsa
- 2 - 15 oz. can pinto beans
- 2 - tsp ground cumin
- 2 - bag(s) spring mix lettuce
- 1 - cup(s) vinaigrette dressing
- crushed tortilla chips
- avocado slices
- 2 - gallon-size freezer baggie(s)

- grated Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 9 lb(s) ground beef
- 16 hot dogs

## Pantry Staples - Canned, Boxed

- 2x 15 oz. can(s) crushed tomatoes
- 2 cup(s) beef broth
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 cup(s) red salsa
- 2 15 oz. can pinto beans
- 24 oz. ziti pasta
- 4 cup(s) water

## Sauces/Condiments

- 2 tsp Worcestershire sauce
- 3 cup(s) BBQ sauce
- 4 Tbsp mayonnaise
- Garnish:** ketchup and mustard
- 1 cup(s) vinaigrette dressing
- 2x1 26 oz. jar(s) spaghetti sauce

## Dairy/Frozen

- 16 slices cheddar cheese
- Side:** 1 cup(s) shredded cheese
- 4 cup(s) shredded mozzarella cheese
- Garnish:** grated Parmesan cheese

## Produce

- 1 small white onion(s)
- Side:** fruit
- 2 cup(s) dry green lentils
- Side:** salad
- 2 bag(s) spring mix lettuce
- Side:** avocado slices

## Starchy Sides

- 16 hamburger buns
- Side:** chips
- 16 hot dog buns
- Garnish:** crushed tortilla chips

## Spices

- 2 tsp minced garlic
- 2 tsp salt
- 8 Tbsp minced onion
- 7 tsp garlic powder
- 2 Tbsp chili powder
- Salt and pepper
- 2 tsp ground cumin
- 2 tsp crushed red pepper

## 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. Campfire Burgers

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

## 3. Sloppy Lentil Joes

- 1 lb(s) ground beef
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 2 cup(s) dry green lentils
- 2x1 15 oz. can(s) sloppy joe sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Skillet Ziti

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 26 oz. jar(s) spaghetti sauce
- 2 tsp crushed red pepper
- 2 gallon-size freezer baggie(s)

## 2. Coney Island Hot Dogs

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x 15 oz. can(s) crushed tomatoes
- 2 cup(s) BBQ sauce
- 2 Tbsp chili powder
- 2 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Chalupa Salad

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) red salsa
- 2 15 oz. can pinto beans
- 2 tsp ground cumin
- 2 bag(s) spring mix lettuce
- 1 cup(s) vinaigrette dressing
- 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

- 9 lb(s) ground beef

## Pantry Staples - Canned, Boxed

- 2x 15 oz. can(s) crushed tomatoes
- 2 cup(s) beef broth
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 cup(s) red salsa
- 2 15 oz. can pinto beans

## Spices

- 2 tsp minced garlic
- 2 tsp salt
- 8 Tbsp minced onion
- 7 tsp garlic powder
- 2 Tbsp chili powder
- Salt and pepper
- 2 tsp ground cumin
- 2 tsp crushed red pepper

## Supplies

- 10x gallon-size freezer baggie(s)

## Produce

- 1 small white onion(s)
- 2 cup(s) dry green lentils
- 2 bag(s) spring mix lettuce

## Sauces/Condiments

- 2 tsp Worcestershire sauce
- 2 cup(s) BBQ sauce
- 1 cup(s) vinaigrette dressing
- 2x1 26 oz. jar(s) spaghetti sauce

## Dairy/Frozen

- 2x cup(s) shredded 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 1 lbs. ground beef with 1 Tbsp minced onion and 1 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 let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Combine 2 lbs. ground beef, grated chopped onion with 2 tsp minced garlic, 2 tsp Worcestershire sauce, and 2 tsp salt in a medium mixing bowl. Form into 8 patties.
- Cook 2 cups of lentils, as directed. Drain well.
- Grate 1 white onion.
- Open 2 cans of crushed tomatoes.
- Open 2 cans of sloppy joes sauce.
- Open, drain and rinse 2 cans of pinto 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.

### Campfire Burgers

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

- 4 burger patties
- Foil or parchment paper between patties

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

### Sloppy Lentil Joes

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

- Half of the browned ground beef
- Half of the cooked and drained lentils
- Half of the sloppy joes sauce

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

### Skillet Ziti

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

- Half of the ground beef mixture
- 1 - 26 oz. jar spaghetti sauce
- 1 tsp crushed red pepper

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

### Coney Island Hot Dogs

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

- Half of the browned ground beef
- 1 - 15 oz. can crushed tomatoes
- 1 cup BBQ sauce
- 1 Tbsp chili powder
- 1 cup beef broth
- Salt and pepper

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

### Chalupa Salad

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

- Half of the ground beef mixture
- Half of the pinto beans
- 1 cup red salsa
- 1 tsp ground cumin

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