

ALL BEEF MEAL PLAN

SEPTEMBER 2017

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1. Beef Taquitos

Yield: 4 servings

Active Time: 15 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 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 8 oz can(s) tomato sauce
- 1 - packet(s) taco seasoning
- 24 - corn tortillas
- 1 - cup(s) shredded Pepperjack cheese
- Garnish: - canola oil**
- Side: - avocado slices**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the tomato sauce and taco seasoning. Stir in the shredded Pepperjack cheese
3. If needed, warm the corn tortillas so they will roll easily.
4. Spoon the meat sauce evenly into the corn tortillas and wrap tightly. Place into baking dish or baking sheet, brush with canola oil and then bake in the preheated oven for 10 to 15 minutes, or until tops begin to golden. If you wish to turn them once halfway through, you can.
5. Prepare the salad.
6. Serve Beef Taquitos with side salad and avocado.

Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and stir in 2 cans of tomato sauce and 2 packets of taco seasoning. Mix in 2 cups of shredded Pepperjack cheese.

Warm the corn tortillas and roll the beef and cheese into the tortillas. Line them up into the tray.

To each disposable tray, add the following ingredients:

- Single or double layer of taquitos**

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. **Just before baking, brush with canola oil.*

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.*

2. Cheeseburger Meatloaf

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

- 2 - lb(s) lean ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) breadcrumbs
- 2 - egg(s)
- 2 - cup(s) shredded sharp cheddar cheese
- Garnish: - ketchup**
- Side: - salad**
- Side: - mashed potatoes**
- 1 - 9x5 disposable foil loaf pans
- 1 - piece(s) of parchment paper

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. In a large mixing bowl, combine the ground beef, minced onion, garlic powder, bread crumbs, eggs and mix well.
3. Set out a large rectangle of parchment paper and press the meatloaf into a rectangle shape, with the short side the length of the loaf pan. It will be about 1/4-inch thick. Sprinkle the shredded cheese over the meatloaf and then carefully roll up the cheese into the meatloaf, like a jelly roll bread.
4. Remove the parchment paper and place the rolled meatloaf into the pan. (I turn the pan upside down over the meatloaf and then flip it rightside up.)
5. Bake in the preheated oven for 55 to 60 minutes, or until beef is cooked in the middle. Brush with ketchup or BBQ sauce on top, once it's baked.
6. Prepare the salad.
7. Prepare the mashed potatoes.
8. Serve Cheeseburger Meatloaf with salad and mashed potatoes.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 4 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, 2 cups bread crumbs, 4 eggs and mix well into meat loaf. Divide meat into 2 parts to make 2 meatloaves.

Set out 2 large rectangles of parchment paper. Divide the meatloaf mixture in half and place onto both pieces of parchment paper. Press the meatloaf into a rectangle on each piece (about 1/4-inch thick), with the short side the length of the loaf pan. Sprinkle the shredded cheese over each meatloaf and then carefully roll up the cheese into the meatloaf, like a jelly roll bread.

Remove the parchment paper and place the rolled meatloaf into the pan. (I turn the pan upside down over the meatloaf and then flip it rightside up.)

To each disposable loaf tray, add the following ingredients:

- 1 rolled meatloaf

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: *Use gluten-free breadcrumbs for a gluten-free meatloaf.*

3. Beefy Tot-chos

Yield: 4 servings

Active Time: 15 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 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - 4 oz. can(s) green chiles
- 30 - oz. frozen tater tots
- 1 - cup(s) shredded mild cheddar cheese
- 1 - cup(s) shredded Pepperjack cheese
- - Salt and pepper
- Garnish: - sour cream**
- Garnish: - salsa**
- Side: - fruit**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the can of diced green chilies.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, chili powder, ground cumin and green chilies. Drain and return to saucepan.
4. Add the frozen tater tots to the base of a 9x13-inch baking dish, then spread the cooked beef combo over the top. Top with the shredded cheddar cheese and shredded Pepperjack cheese. Cover with foil and bake in the preheated oven for 25 to 30 minutes. Then uncover and bake another 10 minutes, or until cheese has melted. Garnish with sour cream and salsa.
5. Prepare the fruit.
6. Serve Beefy Tot-chos with fruit.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies.

Open 2 cans of diced green chilies.

To each disposable tray, add the following ingredients:

- 1 bag of frozen tater tots
- Half of the cooked ground beef over the tots in each tray
- 1 cup shredded cheddar cheese
- 1 cup shredded Pepperjack cheese
- Salt and pepper

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 warm bowl of water for about 20 minutes, before transferring to oven and baking covered with foil, then uncovered, as directed.*

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

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

4. Beef Burrito Skillet

Yield: 4 servings

Active Time: 10 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 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - Tbsp ground cumin
- 1 - 10 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) black beans
- 1 - green bell pepper(s)
- - Salt and pepper
- 4 - flour tortillas
- 2 - cup(s) shredded Monterrey Jack cheese
- Side: - avocado slices**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and chop the green bell pepper.
2. Open, drain and rinse the can of black beans.
3. In a large skillet, brown the ground beef with the minced onion, garlic powder and ground cumin. Drain and return to the skillet. Stir in the diced tomatoes with green chilies, diced green bell pepper, drained black beans, salt and pepper to taste. Combine well and bring to bubbling over medium low heat.
4. Slice the tortillas into 4-inch by 1-inch strips using a knife or pizza cutter.
5. Float the tortillas strips on top of the beef mixture and then top with shredded cheese. Let simmer for another 3 to 5 minutes, to allow cheese to melt.
6. Prepare the salad. Slice the avocado.
7. Serve Beef Burrito Skillet with shredded cheese garnish, avocado slices and salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder and 2 Tbsp ground cumin. Drain and set aside to cool.

Seed and chop 2 green bell peppers.

Open, drain and rinse 2 cans of black beans.

Open 2 cans of diced tomatoes with green chiles.

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

- Half of the browned ground beef
- Half of the green bell peppers
- Half of the diced tomatoes with green chilies
- Half of the black beans
- 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: *Do not add the tortillas or cheese at the time you freeze the meat. Both can be frozen in their packages and pulled out when you make this meal.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with strips of corn tortillas.*

5. Sloppy Joe Biscuit Casserole

Yield: 4 servings

Active Time: 15 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
- 1 - 15 oz. can(s) sloppy joe sauce
- 1 - 15 oz. can(s) corn
- 5 - refrigerated biscuits
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open the sloppy joe sauce. Open and drain the corn.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the sloppy joe sauce and corn.
4. Add the beef sauce to a pie plate or 9-inch quiche dish.
5. Separate the biscuits into 5 pieces and cut in half. Place the halved biscuit dough, cut-flat side down, around the edge of the baking dish, leaving the middle exposed.
6. Bake in the preheated oven for 11 to 13 minutes, or until biscuit dough is cooked through.
7. Prepare the salad.
8. Serve Sloppy Joe Casserole 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 sloppy joe sauce and 2 cans of corn.

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

- Half of the ground beef mixture
- Half of the sloppy joe sauce
- Half of the corn
- Do NOT freeze with the biscuits.

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 the meat sauce, then adding to baking dish with the biscuits and baking as directed.*

Dairy-Free Modifications: *This meal is dairy-free if you use dairy-free biscuit dough.*

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

Complete Shopping List by Recipe

1. Beef Taquitos

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x - 8 oz can(s) tomato sauce
- 2 - packet(s) taco seasoning
- 48 - corn tortillas
- 2 - cup(s) shredded Pepperjack cheese
- canola oil
- avocado slices
- salad
- 2 - 9x13 disposable foil tray(s)

3. Beefy Tot-chos

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 2 - 4 oz. can(s) green chiles
- 60 - oz. frozen tater tots
- 2 - cup(s) shredded mild cheddar cheese
- 2 - cup(s) shredded Pepperjack cheese
- Salt and pepper
- sour cream
- salsa
- fruit
- 2 - 9x13 disposable foil tray(s)

5. Sloppy Joe Biscuit Casserole

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 2 - 15 oz. can(s) corn
- 10 - refrigerated biscuits
- salad
- 2 - gallon-size freezer baggie(s)

2. Cheeseburger Meatloaf

- 4 - lb(s) lean ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) breadcrumbs
- 4 - egg(s)
- 4 - cup(s) shredded sharp cheddar cheese
- ketchup
- salad
- mashed potatoes
- 2 - 9x5 disposable foil loaf pans
- 2 - piece(s) of parchment paper

4. Beef Burrito Skillet

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - Tbsp ground cumin
- 2x1 - 10 oz. can(s) diced tomatoes
- 2 - 15 oz. can(s) black beans
- 2 - green bell pepper(s)
- Salt and pepper
- 8 - flour tortillas
- 4 - cup(s) shredded Monterrey Jack cheese
- avocado slices
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 lb(s) ground beef
- 4 lb(s) lean ground beef

Pantry Staples - Canned, Boxed

- 2x 8 oz can(s) tomato sauce
- 2 cup(s) breadcrumbs
- 2 4 oz. can(s) green chiles
- Garnish:** salsa
- 2x1 10 oz. can(s) diced tomatoes
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 15 oz. can(s) corn

Sauces/Condiments

- Garnish:** canola oil
- Garnish:** ketchup

Dairy/Frozen

- 4 cup(s) shredded Pepperjack cheese
- 4 egg(s)
- 4 cup(s) shredded sharp cheddar cheese
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- Garnish:** sour cream
- 4 cup(s) shredded Monterrey Jack cheese
- 10 refrigerated biscuits

Produce

- Side:** avocado slices
- Side:** salad
- Side:** mashed potatoes
- Side:** fruit
- 2 green bell pepper(s)

Starchy Sides

- 48 corn tortillas
- 8 flour tortillas

Spices

- 10 Tbsp minced onion
- 10 tsp garlic powder
- 2 packet(s) taco seasoning
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 Tbsp ground cumin

Supplies

- Side:** 4 9x13 disposable foil tray(s)
- Side:** 2 9x5 disposable foil loaf pans
- 2 piece(s) of parchment paper
- Side:** 4 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. Beef Taquitos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x 8 oz can(s) tomato sauce
- 2 packet(s) taco seasoning
- 48 corn tortillas
- 2 cup(s) shredded Pepperjack cheese
- 2 9x13 disposable foil tray(s)

3. Beefy Tot-chos

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 4 oz. can(s) green chiles
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- 2 cup(s) shredded Pepperjack cheese
- Salt and pepper
- 2 9x13 disposable foil tray(s)

5. Sloppy Joe Biscuit Casserole

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 15 oz. can(s) corn
- 10 refrigerated biscuits
- 2 gallon-size freezer baggie(s)

2. Cheeseburger Meatloaf

- 4 lb(s) lean ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) breadcrumbs
- 4 egg(s)
- 4 cup(s) shredded sharp cheddar cheese
- 2 9x5 disposable foil loaf pans
- 2 piece(s) of parchment paper

4. Beef Burrito Skillet

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 Tbsp ground cumin
- 2x1 10 oz. can(s) diced tomatoes
- 2 15 oz. can(s) black beans
- 2 green bell pepper(s)
- Salt and pepper
- 8 flour tortillas
- 4 cup(s) shredded Monterrey Jack cheese
- 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

- 8 lb(s) ground beef
- 4 lb(s) lean ground beef

Pantry Staples - Canned, Boxed

- 2x 8 oz can(s) tomato sauce
- 2 cup(s) breadcrumbs
- 2 4 oz. can(s) green chiles
- 2x1 10 oz. can(s) diced tomatoes
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 15 oz. can(s) corn

Spices

- 10 Tbsp minced onion
- 10 tsp garlic powder
- 2 packet(s) taco seasoning
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 Tbsp ground cumin

Supplies

- 4x 9x13 disposable foil tray(s)
- 2x 9x5 disposable foil loaf pans
- 2 piece(s) of parchment paper
- 4x gallon-size freezer baggie(s)

Produce

- 2 green bell pepper(s)

Starchy Sides

- 48 corn tortillas
- 8 flour tortillas

Dairy/Frozen

- 4 cup(s) shredded Pepperjack cheese
- 4 egg(s)
- 4 cup(s) shredded sharp cheddar cheese
- 60 oz. frozen tater tots
- 2 cup(s) shredded mild cheddar cheese
- 4 cup(s) shredded Monterrey Jack cheese
- 10 refrigerated biscuits

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 stir in 2 cans of tomato sauce and 2 packets of taco seasoning. Mix in 2 cups of shredded Pepperjack cheese.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder and 2 Tbsp ground cumin. Drain and set aside to cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion, 2 tsp garlic powder, 1 Tbsp chili powder, 2 tsp ground cumin, and 2 cans of diced green chilies.
- In a large mixing bowl, combine 4 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, 2 cups bread crumbs, 4 eggs and mix well into meat loaf. Divide meat into 2 parts to make 2 meatloaves.
- Open 2 cans of diced green chilies.
- Open 2 cans of diced tomatoes with green chiles.
- Open 2 cans of sloppy joe sauce and 2 cans of corn.
- Open 2 cans of tomato sauce.
- Open, drain and rinse 2 cans of black beans.
- Remove the parchment paper and place the rolled meatloaf into the pan. (I turn the pan upside down over the meatloaf and then flip it rightside up.)
- Seed and chop 2 green bell peppers.
- Set out 2 large rectangles of parchment paper. Divide the meatloaf mixture in half and place onto both pieces of parchment paper. Press the meatloaf into a rectangle on each piece (about 1/4-inch thick), with the short side the length of the loaf pan. Sprinkle the shredded cheese over each meatloaf and then carefully roll up the cheese into the meatloaf, like a jelly roll bread.
- Warm the corn tortillas and roll the beef and cheese into the tortillas. Line them up into the tray.

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.

Beef Taquitos

To each disposable tray, add the following ingredients:

- Single or double layer of taquitos**

Cover with foil or lid, add label and freeze.

Beefy Tot-chos

To each disposable tray, add the following ingredients:

- 1 bag of frozen tater tots
- Half of the cooked ground beef over the tots in each tray
- 1 cup shredded cheddar cheese
- 1 cup shredded Pepperjack cheese
- Salt and pepper

Cover with foil or lid, add label and freeze.

Sloppy Joe Biscuit Casserole

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

- Half of the ground beef mixture
- Half of the sloppy joe sauce
- Half of the corn
- Do NOT freeze with the biscuits.

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

Cheeseburger Meatloaf

To each disposable loaf tray, add the following ingredients:

- 1 rolled meatloaf

Cover with foil or lid, add label and freeze.

Beef Burrito Skillet

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

- Half of the browned ground beef
- Half of the green bell peppers
- Half of the diced tomatoes with green chilies
- Half of the black beans
- Salt and pepper

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