

ALL BEEF MEAL PLAN

OCTOBER 2017

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1. Sloppy Joe 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
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 15 oz. can(s) sloppy joe sauce
- 1 - Tbsp ground cumin
- 1 - bag(s) tortilla chips**
- 2 - cup(s) shredded Monterrey Jack cheese**
- Garnish: - sour cream**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Open 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 sloppy joe sauce and cumin. Bring to bubbling over medium low heat to allow flavors to infuse.
4. Assemble the nachos on large, rimmed baking sheet. Add chips, then sloppy joe sauce, then shredded Monterrey Jack cheese.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream.
6. Prepare fruit.
7. Serve Sloppy Joe Nachos with fruit.

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.

Open 2 cans of sloppy joe sauce.

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

- Half of the browned ground beef
- 1 - 15 oz. can sloppy joe sauce
- 1 Tbsp ground cumin

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: Find a homemade sloppy joe sauce recipe on 5dollarinnings.com.

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

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

2. Cheeseburger Rice

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
- - 15 oz. can(s) diced tomatoes
- 1/4 - cup(s) ketchup
- 1 - cup(s) white rice**
- 2 - cup(s) hot water**
- 2 - cup(s) shredded cheddar cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes.
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 diced tomatoes and ketchup. Combine well and bring to bubbling over medium low heat.
3. Stir in the white rice with the hot water. Return to bubbling, then stir once and cover with tight fitting lid. Let cook for 20 minutes, or until rice is tender. Once cooked, fluff with a fork and add shredded cheese over the top, or onto each serving.
4. Prepare veggies.
5. Serve Cheeseburger Rice 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 set aside to cool.

Open and drain 2 cans of diced tomatoes.

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1/4 cup ketchup
- Do NOT freeze the rice or water.

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 the meat sauce, and then cooking the rice, 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.

3. Unstuffed Peppers {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
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - green bell pepper(s)
- - 15 oz. can(s) diced tomatoes
- 1 x - 8 oz can(s) tomato sauce
- 1 - Tbsp Italian seasoning
- 1 - cup(s) white rice**
- 2 - cup(s) hot water**
- - Salt and pepper
- Garnish: - shredded cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and chop the green bell peppers.
2. Open and drain the can of diced tomatoes. Open the can of tomato sauce.
3. In a large skillet, brown the ground beef with the minced onion, garlic powder and chopped bell peppers. Drain and return to the skillet. Stir in the diced tomatoes, tomato sauce and Italian seasoning. Combine well and bring to bubbling over medium low heat.
4. Stir in the rice with the hot water. Return to bubbling, then stir once and cover with tight fitting lid. Let cook for 20 minutes, or until rice is tender. Season with salt and pepper to taste. (Note: if you wish to use brown rice, cook it separately and combine the the beef-pepper mixture.) Top with shredded cheese.
5. Prepare the salad.
6. Serve Unstuffed Peppers with salad.

Assembly Prep Directions for 2 Meals

Seed and chop 4 green bell peppers.

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder with the chopped bell peppers. Drain and set aside to cool.

Open 2 cans of diced tomatoes and 2 cans of tomato sauce.

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

- Half of the browned ground beef & bell peppers
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp Italian seasoning

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 the meat sauce and then cook in the rice, 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.

4. Baked Spaghetti

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

- 16 - oz. spaghetti noodles
- 2 - lb(s) ground beef
- 1 - red bell pepper(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 2 - 26 oz. jar(s) marinara sauce
- 1 - cup(s) sour cream
- 1 - egg(s)
- 1 - cup(s) grated Parmesan cheese
- 2 - cup(s) shredded mozzarella cheese
- Side: - salad
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Cook the pasta noodles to al dente. Drain well.
3. Seed and chop the red bell pepper.
4. In a large skillet, brown the ground beef with the chopped red bell pepper, minced onion and garlic powder. Once browned, drain and then mix in the jars of marinara sauce.
5. In a large mixing bowl, mix together the sour cream, egg and grated Parmesan cheese.
6. To the prepared baking dish, layer in the cooked pasta, sour cream-cheese mixture, beef sauce and then top with the shredded mozzarella cheese.
7. Cover with foil and bake in the preheated oven for 30 minutes, and then uncover and bake for another 15 to 10 minutes, or until cheese begins to golden.
8. Prepare the salad.
9. Serve Baked Spaghetti with side salad.

Assembly Prep Directions for 2 Meals

Cook the 2 boxes of pasta to al dente. Drain well.

Seed and chop 2 red bell peppers.

Brown 4 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder with the chopped bell peppers. Drain and let cool, then combine with the 4 jars of marinara sauce.

In a mixing bowl, combine 2 cups of sour cream, 2 eggs and 2 cups of grated Parmesan cheese.

To each disposable tray, add the following ingredients, in layers:

- Half of the cooked and drained spaghetti pasta
- Half of the sour cream-cheese mixture
- Half of the browned ground beef-marinara sauce
- 2 cups shredded mozzarella cheese

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

5. Beef & Veggie 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 x - 15 oz. can(s) crushed tomatoes
- 1 - green bell pepper(s)
- 1 - small zucchini
- 4 - whole carrots
- 1 - cup(s) hot water
- 1 - Tbsp Italian seasoning
- - Salt and pepper
- Garnish: - grated Parmesan cheese**
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and chop the green bell pepper. Chop the zucchini. Peel and chop the carrots.
2. Open the can of crushed tomatoes.
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 crushed tomatoes with chopped green bell pepper, chopped zucchini, chopped carrots with 1 cup of hot water. Combine well and bring to bubbling over medium low heat. Add Italian seasoning and let simmer for 6 to 8 minutes, or until veggies soften. Season with salt and pepper to taste. Garnish each serving with grated Parmesan cheese.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Beef & Veggie Skillet with dinner rolls 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. Chop 2 zucchini. Peel and chop 8 whole carrots.

Open 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- Half of the chopped green bell peppers
- Half of the chopped zucchini
- Half of the chopped carrots
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Do NOT add the hot water to the freezer baggie.

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 cook the veggies. Bring to bubbling, then add hot water and simmer for 6 to 8 minutes, or until veggies soften.

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

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides like rice or gluten-free pasta.

Complete Shopping List by Recipe

1. Sloppy Joe Nachos

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2x - 15 oz. can(s) sloppy joe sauce
- ☐ 2 - Tbsp ground cumin
- ☐ 2 - bag(s) tortilla chips
- ☐ 4 - cup(s) shredded Monterrey Jack cheese
- ☐ - sour cream
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)

3. Unstuffed Peppers {Filling}

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 4 - green bell pepper(s)
- ☐ - 15 oz. can(s) diced tomatoes
- ☐ 2x - 8 oz can(s) tomato sauce
- ☐ 2 - Tbsp Italian seasoning
- ☐ 2 - cup(s) white rice
- ☐ 4 - cup(s) hot water
- ☐ - Salt and pepper
- ☐ - shredded cheese
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

5. Beef & Veggie Skillet

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2x - 15 oz. can(s) crushed tomatoes
- ☐ 2 - green bell pepper(s)
- ☐ 2 - small zucchini
- ☐ 8 - whole carrots
- ☐ 2 - cup(s) hot water
- ☐ 2 - Tbsp Italian seasoning
- ☐ - Salt and pepper
- ☐ - grated Parmesan cheese

2. Cheeseburger Rice

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ - 15 oz. can(s) diced tomatoes
- ☐ 1/2 - cup(s) ketchup
- ☐ 2 - cup(s) white rice
- ☐ 4 - cup(s) hot water
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

4. Baked Spaghetti

- ☐ 2x16 - oz. spaghetti noodles
- ☐ 4 - lb(s) ground beef
- ☐ 2 - red bell pepper(s)
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 4 - 26 oz. jar(s) marinara sauce
- ☐ 2 - cup(s) sour cream
- ☐ 2 - egg(s)
- ☐ 2 - cup(s) grated Parmesan cheese
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

- ☐ - dinner rolls
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 12 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) white rice
- ☐ 2x 8 oz can(s) tomato sauce
- ☐ 2x16 oz. spaghetti noodles
- ☐ 2x 15 oz. can(s) crushed tomatoes

Sauces/Condiments

- ☐ 1/2 cup(s) ketchup
- ☐ 4 26 oz. jar(s) marinara sauce

Dairy/Frozen

- ☐ 4 cup(s) shredded Monterrey Jack cheese
- ☐ **Garnish:** sour cream
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ **Garnish:** shredded cheese
- ☐ 2 cup(s) sour cream
- ☐ 2 egg(s)
- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ **Garnish:** grated Parmesan cheese

Produce

- ☐ **Side:** fruit
- ☐ **Side:** veggies
- ☐ 6 green bell pepper(s)
- ☐ **Side:** salad
- ☐ 2 red bell pepper(s)
- ☐ 2 small zucchini
- ☐ 8 whole carrots

Starchy Sides

- ☐ **Side:** dinner rolls

Spices

- ☐ 16 Tbsp minced onion
- ☐ 10 tsp garlic powder
- ☐ 2 Tbsp ground cumin
- ☐ 4 Tbsp Italian seasoning
- ☐ Salt and pepper

Supplies

- ☐ 2 bag(s) tortilla chips
- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ 6 cup(s) hot water
- ☐ 4 cup(s) hot water
- ☐ **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. Sloppy Joe Nachos

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 2 Tbsp ground cumin
- ☐ 2 gallon-size freezer baggie(s)

3. Unstuffed Peppers {Filling}

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 green bell pepper(s)
- ☐ 15 oz. can(s) diced tomatoes
- ☐ 2x 8 oz can(s) tomato sauce
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Beef & Veggie Skillet

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x 15 oz. can(s) crushed tomatoes
- ☐ 2 green bell pepper(s)
- ☐ 2 small zucchini
- ☐ 8 whole carrots
- ☐ 2 cup(s) hot water
- ☐ 2 Tbsp Italian seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

2. Cheeseburger Rice

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 15 oz. can(s) diced tomatoes
- ☐ 1/2 cup(s) ketchup
- ☐ 2 gallon-size freezer baggie(s)

4. Baked Spaghetti

- ☐ 2x16 oz. spaghetti noodles
- ☐ 4 lb(s) ground beef
- ☐ 2 red bell pepper(s)
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 4 26 oz. jar(s) marinara sauce
- ☐ 2 cup(s) sour cream
- ☐ 2 egg(s)
- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 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

- ☐ 12 lb(s) ground beef

Produce

- ☐ 6 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ salad
- ☐ 2 small zucchini
- ☐ 8 whole carrots

Pantry Staples - Canned, Boxed

- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 15 oz. can(s) diced tomatoes
- ☐ 2x 8 oz can(s) tomato sauce
- ☐ 2x16 oz. spaghetti noodles
- ☐ 2x 15 oz. can(s) crushed tomatoes

Sauces/Condiments

- ☐ 1/2 cup(s) ketchup
- ☐ 4 26 oz. jar(s) marinara sauce

Spices

- ☐ 16 Tbsp minced onion
- ☐ 10 tsp garlic powder
- ☐ 2 Tbsp ground cumin
- ☐ 4 Tbsp Italian seasoning
- ☐ Salt and pepper

Dairy/Frozen

- ☐ 2 cup(s) sour cream
- ☐ 2 egg(s)
- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese

Supplies

- ☐ 8x gallon-size freezer baggie(s)
- ☐ 2x 9x13 disposable foil tray(s)
- ☐ 2 cup(s) hot water

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 set aside to cool.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- ☐ Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder with the chopped bell peppers. Drain and set aside to cool.
- ☐ Brown 4 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder with the chopped bell peppers. Drain and let cool, then combine with the 4 jars of marinara sauce.
- ☐ Cook the 2 boxes of pasta to al dente. Drain well.
- ☐ In a mixing bowl, combine 2 cups of sour cream, 2 eggs and 2 cups of grated Parmesan cheese.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Open 2 cans of diced tomatoes and 2 cans of tomato sauce.
- ☐ Open 2 cans of sloppy joe sauce.
- ☐ Open and drain 2 cans of diced tomatoes.
- ☐ Seed and chop 2 green bell peppers. Chop 2 zucchini. Peel and chop 8 whole carrots.
- ☐ Seed and chop 2 red bell peppers.
- ☐ Seed and chop 4 green bell peppers.

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.

Sloppy Joe Nachos

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

- Half of the browned ground beef
- 1 - 15 oz. can sloppy joe sauce
- 1 Tbsp ground cumin

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

Unstuffed Peppers {Filling}

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

- Half of the browned ground beef & bell peppers
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp Italian seasoning

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

Beef & Veggie Skillet

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

- Half of the browned ground beef
- Half of the chopped green bell peppers
- Half of the chopped zucchini
- Half of the chopped carrots
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Do NOT add the hot water to the freezer baggie.

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

Cheeseburger Rice

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1/4 cup ketchup
- Do NOT freeze the rice or water.

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

Baked Spaghetti

To each disposable tray, add the following ingredients, in layers:

- Half of the cooked and drained spaghetti pasta
- Half of the sour cream-cheese mixture
- Half of the browned ground beef-marinara sauce
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.