

GLUTEN FREE MEAL PLAN

OCTOBER 2017

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1. Mediterranean Pork Chops

Yield: 4 servings

Active Time: 10 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

- 4 - small boneless pork chops
- 2 - Tbsp olive oil
- 2 - Tbsp balsamic vinegar
- 1 - 15 oz. can(s) diced tomatoes
- 1/2 - small red onion(s)
- 1 - cup(s) kalamata olives
- 1 - Tbsp dried oregano
- - Salt and pepper
- Side: - pasta**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the diced tomatoes.
2. Dice the red onion.
3. In a Dutch oven, add the olive oil and balsamic vinegar and brown both sides of the pork chops. Stir in the diced tomatoes with their juices. Add the diced red onion and kalamata olives into the tomato sauce. Sprinkle in the oregano and salt and pepper to taste. Reduce heat to medium and cook for 15 minutes, or until pork chops are cooked through.
4. Cook the pasta as directed.
5. Prepare the veggies.
6. Serve Mediterranean Pork Chops over pasta with veggies.

Assembly Prep Directions for 2 Meals

Dice 1 small red onion.

Open 2 cans of diced tomatoes.

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

- 4 boneless pork chops
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- 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 Dutch oven and cooking the pork chops and sauce over medium heat for 15 to 20 minutes, or until pork chops are cooked through.

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 pasta, or other Paleo side dish like cauliflower rice.

2. 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.

3. 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)
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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.

4. Beef Stew with White Wine

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

*** 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) stew beef
- 2 - Tbsp canola oil
- 2 - lb(s) baby potatoes
- 4 - whole carrots
- 1 x - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 2 - tsp garlic powder
- 1/2 - cup(s) white cooking wine
- 3 - cup(s) beef broth
- - Salt and pepper
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and slice the carrots into 1/2-inch chunks.
2. Open the crushed tomatoes.
3. In a large Dutch oven or saucepan, add the canola oil and brown the stew beef on all sides. Then add the baby potatoes, carrot chunks, crushed tomatoes, Italian seasoning, garlic powder, white cooking wine and beef broth. Bring to rolling boil, then cover and reduce heat to medium low and cook for 30 minutes.
4. Warm the dinner rolls.
5. Serve Beef Stew with White Wine and side of dinner rolls.

Assembly Prep Directions for 2 Meals

Peel and slice 8 whole carrots into 1/2-inch chunks.

Open 2 cans of crushed tomatoes.

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- Half of the carrot chunks
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1/2 cup white cooking wine
- 3 cups beef broth

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 all the contents of the baggie to a Dutch oven or large saucepan and bringing to boil, then simmering as directed.

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

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

5. Slow Cooker Tex-Mex Chicken Chili

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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

- 4 - small boneless chicken breasts
- 1 - small white onion(s)
- - 15 oz. can(s) black beans
- - 15 oz. can pinto beans
- 1 x - 15 oz. can(s) crushed tomatoes
- - 4 oz. can(s) green chiles
- 1 - Tbsp ground cumin
- 1 - Tbsp chili powder
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/4 - cup(s) lime juice
- 2 - cup(s) chicken broth
- - Salt and pepper
- Garnish: - shredded cheese or sour cream**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open all the cans. Drain and rinse the beans.
2. Chop the onion.
3. Add all the ingredients into the base of the slow cooker.
4. Set on low and cook for 8 hours. Lightly pull apart the chicken with 2 forks. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Slow Cooker Tex-Mex Chicken Chili with salad.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of black beans and 2 cans of pinto beans. Open 2 cans of crushed tomatoes and 2 cans of green chilies.

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

- 4 boneless chicken breasts
- Half of the black and pinto beans
- Half of the crushed tomatoes and green chilies
- 1 Tbsp ground cumin
- 1 Tbsp chili powder
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup lime juice
- 2 cups chicken broth

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 slow cooker and cooking on low for 8 hours.

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.

Complete Shopping List by Recipe

1. Mediterranean Pork Chops

- ☐ 8 - small boneless pork chops
- ☐ 4 - Tbsp olive oil
- ☐ 4 - Tbsp balsamic vinegar
- ☐ 2 - 15 oz. can(s) diced tomatoes
- ☐ 1 - small red onion(s)
- ☐ 2 - cup(s) kalamata olives
- ☐ 2 - Tbsp dried oregano
- ☐ - Salt and pepper
- ☐ - pasta
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. 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)

5. Slow Cooker Tex-Mex Chicken Chili

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - small white onion(s)
- ☐ - 15 oz. can(s) black beans
- ☐ - 15 oz. can pinto beans
- ☐ 2x - 15 oz. can(s) crushed tomatoes
- ☐ - 4 oz. can(s) green chiles
- ☐ 2 - Tbsp ground cumin
- ☐ 2 - Tbsp chili powder
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 1/2 - cup(s) lime juice

2. 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)

4. Beef Stew with White Wine

- ☐ 4 - lb(s) stew beef
- ☐ 4 - Tbsp canola oil
- ☐ 4 - lb(s) baby potatoes
- ☐ 8 - whole carrots
- ☐ 2x - 15 oz. can(s) crushed tomatoes
- ☐ 4 - Tbsp Italian seasoning
- ☐ 4 - tsp garlic powder
- ☐ 1 - cup(s) white cooking wine
- ☐ 6 - cup(s) beef broth
- ☐ - Salt and pepper
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 4 - cup(s) chicken broth
- ☐ - Salt and pepper
- ☐ - shredded cheese or sour cream
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 small boneless pork chops
- ☐ 4 lb(s) ground beef
- ☐ 4 lb(s) stew beef
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 2 cup(s) white rice
- ☐ 4x 15 oz. can(s) crushed tomatoes
- ☐ 6 cup(s) beef broth
- ☐ 15 oz. can(s) black beans
- ☐ 15 oz. can pinto beans
- ☐ 4 oz. can(s) green chiles
- ☐ 4 cup(s) chicken broth

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar
- ☐ 1/2 cup(s) ketchup
- ☐ 4 Tbsp canola oil
- ☐ 1 cup(s) white cooking wine

Dairy/Frozen

- ☐ 4 cup(s) shredded Monterrey Jack cheese
- ☐ **Garnish:** sour cream
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ **Side:** shredded cheese or sour cream

Produce

- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ **Side:** veggies
- ☐ **Side:** fruit
- ☐ 4 lb(s) baby potatoes
- ☐ 8 whole carrots
- ☐ 2 small white onion(s)
- ☐ 1/2 cup(s) lime juice
- ☐ **Side:** salad

Starchy Sides

- ☐ **Side:** pasta
- ☐ **Side:** dinner rolls

Spices

- ☐ 2 Tbsp dried oregano
- ☐ Salt and pepper
- ☐ 8 Tbsp minced onion
- ☐ 10 tsp garlic powder
- ☐ 4 Tbsp ground cumin
- ☐ 4 Tbsp Italian seasoning
- ☐ 2 Tbsp chili powder

Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(s)
- ☐ 2 bag(s) tortilla chips
- ☐ 4 cup(s) hot water

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. Mediterranean Pork Chops

- ☐ 8 small boneless pork chops
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ 2 Tbsp dried oregano
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. 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)

5. Slow Cooker Tex-Mex Chicken Chili

- ☐ 8 small boneless chicken breasts
- ☐ 2 small white onion(s)
- ☐ 15 oz. can(s) black beans
- ☐ 15 oz. can pinto beans
- ☐ 2x 15 oz. can(s) crushed tomatoes
- ☐ 4 oz. can(s) green chiles
- ☐ 2 Tbsp ground cumin
- ☐ 2 Tbsp chili powder
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 1/2 cup(s) lime juice

2. 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)

4. Beef Stew with White Wine

- ☐ 4 lb(s) stew beef
- ☐ 4 Tbsp canola oil
- ☐ 4 lb(s) baby potatoes
- ☐ 8 whole carrots
- ☐ 2x 15 oz. can(s) crushed tomatoes
- ☐ 4 Tbsp Italian seasoning
- ☐ 4 tsp garlic powder
- ☐ 1 cup(s) white cooking wine
- ☐ 6 cup(s) beef broth
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

- ☐ 4 cup(s) chicken broth
- ☐ 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

- ☐ 8 small boneless pork chops
- ☐ 4 lb(s) ground beef
- ☐ 4 lb(s) stew beef
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 4x 15 oz. can(s) crushed tomatoes
- ☐ 6 cup(s) beef broth
- ☐ 15 oz. can(s) black beans
- ☐ 15 oz. can pinto beans
- ☐ 4 oz. can(s) green chiles
- ☐ 4 cup(s) chicken broth

Spices

- ☐ 2 Tbsp dried oregano
- ☐ Salt and pepper
- ☐ 8 Tbsp minced onion
- ☐ 10 tsp garlic powder
- ☐ 4 Tbsp ground cumin
- ☐ 4 Tbsp Italian seasoning
- ☐ 2 Tbsp chili powder

Produce

- ☐ 1 small red onion(s)
- ☐ 2 cup(s) kalamata olives
- ☐ 4 lb(s) baby potatoes
- ☐ 8 whole carrots
- ☐ 2 small white onion(s)
- ☐ 1/2 cup(s) lime juice

Sauces/Condiments

- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp balsamic vinegar
- ☐ 1/2 cup(s) ketchup
- ☐ 4 Tbsp canola oil
- ☐ 1 cup(s) white cooking wine

Supplies

- ☐ 10x gallon-size freezer baggie(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 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.
- ☐ Chop 2 small white onions.
- ☐ Dice 1 small red onion.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Open 2 cans of sloppy joe sauce.
- ☐ Open and drain 2 cans of diced tomatoes.
- ☐ Open, drain and rinse 2 cans of black beans and 2 cans of pinto beans. Open 2 cans of crushed tomatoes and 2 cans of green chilies.
- ☐ Peel and slice 8 whole carrots into 1/2-inch chunks.

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.

Mediterranean Pork Chops

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

- 4 boneless pork chops
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- Half of the diced tomatoes
- Half of the diced red onion
- 1 cup kalamata olives
- 1 Tbsp dried oregano
- 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.

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.

Slow Cooker Tex-Mex Chicken Chili

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

- 4 boneless chicken breasts
- Half of the black and pinto beans
- Half of the crushed tomatoes and green chilies
- 1 Tbsp ground cumin

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.

Beef Stew with White Wine

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes
- Half of the carrot chunks
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1/2 cup white cooking wine
- 3 cups beef broth

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

- 1 Tbsp chili powder
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup lime juice
- 2 cups chicken broth

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