

# TRADITIONAL MEAL PLAN

OCTOBER 2017

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# 1. Chicken, Bacon & Alfredo Bake

*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.

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## Ingredients for Single Meal

- 12 - oz. penne pasta noodles
- 3 - cup(s) shredded rotisserie chicken
- 1 x - 15 oz. jar(s) alfredo sauce
- 1/2 - cup(s) grated Parmesan cheese
- 1/2 - cup(s) milk
- 1 - tsp dried thyme
- 1 - cup(s) breadcrumbs
- 1 - cup(s) bacon crumbles
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

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## Cooking Directions for Single Meal

1. Cook the pasta, as directed, to al dente. Drain well.
2. Preheat oven to 350 F.
3. In a large mixing bowl, toss together the shredded chicken with the alfredo sauce, grated Parmesan cheese, milk and dried thyme. Combine well, then stir in the cooked pasta. Transfer to 9x13 baking dish.
4. In a small bowl, toss together the bread crumbs and crumbled bacon. Sprinkle onto the top of the pasta in the dish.
5. Bake in the preheated oven for 25 to 40 minutes, or until warmed through and sauce is bubbling.
6. Prepare the salad.
7. Serve Chicken, Bacon & Alfredo Bake with salad.

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## Assembly Prep Directions for 2 Meals

In a small bowl, toss together 2 cups bread crumbs and 2 cups crumbled bacon.

Cook the pasta, as directed, to al dente. Drain well. (If need be, cook and crumble the bacon.)

In a large mixing bowl, toss together 6 cups shredded chicken with 2 jars of alfredo sauce, 1 cup grated Parmesan cheese, 1 cup milk and 2 tsp dried thyme. Combine well, then stir in the cooked pasta.

To each disposable tray, add the following ingredients:

- Half of the chicken, penne pasta and alfredo sauce mixture into each tray
- Half of the bacon-bread crumbs, sprinkled over the top of each tray

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:** *Recipe is gluten-free if you use small shell gluten-free pasta.*

## 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.

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### 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.

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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 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. Spinach Artichoke Baked Ravioli

*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.

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## Ingredients for Single Meal

- 20 - oz. fresh or frozen ravioli
- 1 - cup(s) Parmesan cheese
- 2 - cup(s) mozzarella cheese
- 10 - oz. frozen spinach
- 8 - oz. cream cheese
- 2 - cup(s) chopped artichoke hearts
- 2 - cup(s) shredded mozzarella cheese
- 1 - cup(s) hot water\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

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## Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease 9x13-inch baking dish with non-stick cooking spray.
2. Cook and drain the spinach. Soften the cream cheese.
3. In a large mixing bowl, add the Parmesan cheese, mozzarella cheese, spinach, cream cheese, and artichoke hearts. Mix well.
4. Place the ravioli into the base of the baking dish in a single layer (as best as possible). Pour and spread the artichoke sauce over the top. Sprinkle the shredded cheese on top of that. Pour in the hot water around the edge of the baking dish, so the water gets down underneath with the ravioli.
5. Bake in the preheated oven for 25 minutes, or until ravioli are swollen and cheese is melted on top.
6. Prepare the salad.
7. Serve Spinach Artichoke Baked Ravioli with side salad.

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## Assembly Prep Directions for 2 Meals

Set out cream cheese to soften.

Cook 2 boxes of spinach, and drain well.

In a large mixing bowl, add the Parmesan cheese, mozzarella cheese, spinach, cream cheese, and artichoke hearts. Mix well.

To each disposable tray, add the following ingredients:

- 1 - 20 oz. box fresh or frozen ravioli
- Half of the artichoke sauce over the ravioli
- 2 cups shredded mozzarella over the sauce
- Do NOT add the hot water before freezing.

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 adding the hot water around the edge of the dish, and then 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.*

## 4. Slow Cooker Ole Chicken

*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 x - 10 oz can(s) cream of mushroom
- 1 x - 10 oz can(s) cream of chicken
- 1 - cup(s) sour cream
- 2 - Tbsp minced onion
- 1 - tsp minced garlic
- 1 - cup(s) salsa\*\*
- 8 - flour tortillas\*\*
- 1 - cup(s) shredded Pepperjack cheese\*\*
- Side: - rice\*\*
- Side: - beans\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the chicken into thin strips.
2. In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.
3. To the base of the slow cooker, add 1 layer of tortillas, then the half of the soup mixture, then half of the chicken strips, then salsa, then repeat layers of tortilla, soup mixture, chicken and salsa. Add final layer of tortillas on top.
4. Set on low and cook for 8 hours. With 15 minutes, add the shredded cheese on top and let cheese melt. Cut out slices of the cheesy chicken and serve.
5. Cook the rice as directed.
6. Prepare the beans, as directed.
7. Serve Slow Cooker Ole Chicken with rice and beans.

### Assembly Prep Directions for 2 Meals

Open 2 cans of cream of mushroom soup and 2 cans of cream of chicken soup.

Slice the chicken into thin strips.

In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.

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

- Half of the mushroom-chicken soup mixture
- Half of the sliced chicken
- Do not add salsa, tortillas or cheese.

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 layering the tortillas, soup-chicken mixture and salsa into the slow cooker as directed. Set on low and cook for 8 hours.*

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

**Gluten-Free Modifications:** *Unfortunately, corn tortillas won't do well in the slow cooker this long.*

## 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.

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### 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)

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### 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.

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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 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. Chicken, Bacon & Alfredo Bake

- 24 - oz. penne pasta noodles
- 6 - cup(s) shredded rotisserie chicken
- 2x - 15 oz. jar(s) alfredo sauce
- 1 - cup(s) grated Parmesan cheese
- 1 - cup(s) milk
- 2 - tsp dried thyme
- 2 - cup(s) breadcrumbs
- 2 - cup(s) bacon crumbles
- salad
- 2 - 9x13 disposable foil tray(s)

## 3. Spinach Artichoke Baked Ravioli

- 40 - oz. fresh or frozen ravioli
- 1 - cup(s) Parmesan cheese
- 4 - cup(s) mozzarella cheese
- 2x10 - oz. frozen spinach
- 16 - oz. cream cheese
- 4 - cup(s) chopped artichoke hearts
- 4 - cup(s) shredded mozzarella cheese
- 2 - cup(s) hot water
- salad
- 2 - 9x13 disposable foil tray(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
- dinner rolls

## 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. Slow Cooker Ole Chicken

- 8 - small boneless chicken breasts
- 2x - 10 oz can(s) cream of mushroom
- 2x - 10 oz can(s) cream of chicken
- 2 - cup(s) sour cream
- 4 - Tbsp minced onion
- 2 - tsp minced garlic
- 2 - cup(s) salsa
- 16 - flour tortillas
- 2 - cup(s) shredded Pepperjack cheese
- rice
- beans
- 2 - gallon-size freezer baggie(s)

- salad

2 - gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- 6 cup(s) shredded rotisserie chicken
- 2 cup(s) bacon crumbles
- 4 lb(s) ground beef
- 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 24 oz. penne pasta noodles
- 2 cup(s) breadcrumbs
- 15 oz. can(s) diced tomatoes
- 2 cup(s) white rice
- 2x 10 oz can(s) cream of mushroom
- 2x 10 oz can(s) cream of chicken
- 2 cup(s) salsa
- Side:** rice
- 2x 15 oz. can(s) crushed tomatoes

## Sauces/Condiments

- 2x 15 oz. jar(s) alfredo sauce
- 1/2 cup(s) ketchup

## Dairy/Frozen

- 1 cup(s) grated Parmesan cheese
- 1 cup(s) milk
- 4 cup(s) shredded cheddar cheese
- 40 oz. fresh or frozen ravioli
- Side:** 1 cup(s) Parmesan cheese
- 4 cup(s) mozzarella cheese
- 2x10 oz. frozen spinach
- 16 oz. cream cheese
- 4 cup(s) shredded mozzarella cheese
- 2 cup(s) sour cream
- 2 cup(s) shredded Pepperjack cheese

## Produce

- Side:** salad
- Side:** veggies
- Side:** beans
- 2 green bell pepper(s)
- 2 small zucchini
- 8 whole carrots

## Starchy Sides

- 16 flour tortillas
- Side:** dinner rolls

## Spices

- 2 tsp dried thyme
- 10 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp minced garlic
- 2 Tbsp Italian seasoning
- Salt and pepper

## Supplies

- Side:** 4 9x13 disposable foil tray(s)
- 6 cup(s) hot water
- Side:** 6 gallon-size freezer baggie(s)
- 4 cup(s) chopped artichoke hearts
- 2 cup(s) hot water

**Garnish:** grated Parmesan cheese

# 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. Chicken, Bacon & Alfredo Bake

- 24 oz. penne pasta noodles
- 6 cup(s) shredded rotisserie chicken
- 2x 15 oz. jar(s) alfredo sauce
- 1 cup(s) grated Parmesan cheese
- 1 cup(s) milk
- 2 tsp dried thyme
- 2 cup(s) breadcrumbs
- 2 cup(s) bacon crumbles
- 2 9x13 disposable foil tray(s)

## 3. Spinach Artichoke Baked Ravioli

- 40 oz. fresh or frozen ravioli
- 4 cup(s) mozzarella cheese
- 2x10 oz. frozen spinach
- 16 oz. cream cheese
- 4 cup(s) chopped artichoke hearts
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(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. Slow Cooker Ole Chicken

- 8 small boneless chicken breasts
- 2x 10 oz can(s) cream of mushroom
- 2x 10 oz can(s) cream of chicken
- 2 cup(s) sour cream
- 4 Tbsp minced onion
- 2 tsp minced garlic
- 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

- 6 cup(s) shredded rotisserie chicken
- 2 cup(s) bacon crumbles
- 4 lb(s) ground beef
- 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 24 oz. penne pasta noodles
- 2 cup(s) breadcrumbs
- 15 oz. can(s) diced tomatoes
- 2x 10 oz can(s) cream of mushroom
- 2x 10 oz can(s) cream of chicken
- 2x 15 oz. can(s) crushed tomatoes

## Spices

- 2 tsp dried thyme
- 10 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp minced garlic
- 2 Tbsp Italian seasoning
- Salt and pepper

## Supplies

- 4x 9x13 disposable foil tray(s)
- 6x gallon-size freezer baggie(s)
- 4 cup(s) chopped artichoke hearts
- 2 cup(s) hot water

## Produce

- 2 green bell pepper(s)
- 2 small zucchini
- 8 whole carrots

## Sauces/Condiments

- 2x 15 oz. jar(s) alfredo sauce
- 1/2 cup(s) ketchup

## Dairy/Frozen

- 1 cup(s) grated Parmesan cheese
- 1 cup(s) milk
- 40 oz. fresh or frozen ravioli
- 2x cup(s) Parmesan cheese
- 4 cup(s) mozzarella cheese
- 2x10 oz. frozen spinach
- 16 oz. cream cheese
- 4 cup(s) shredded mozzarella cheese
- 2 cup(s) sour cream

## 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.
- Cook 2 boxes of spinach, and drain well.
- Cook the pasta, as directed, to al dente. Drain well. (If need be, cook and crumble the bacon.)
- In a large mixing bowl, add the Parmesan cheese, mozzarella cheese, spinach, cream cheese, and artichoke hearts. Mix well.
- In a large mixing bowl, stir together the cream of mushroom soup, cream of chicken soup, sour cream, minced onion and minced garlic.
- In a large mixing bowl, toss together 6 cups shredded chicken with 2 jars of alfredo sauce, 1 cup grated Parmesan cheese, 1 cup milk and 2 tsp dried thyme. Combine well, then stir in the cooked pasta.
- In a small bowl, toss together 2 cups bread crumbs and 2 cups crumbled bacon.
- Open 2 cans of cream of mushroom soup and 2 cans of cream of chicken soup.
- Open 2 cans of crushed tomatoes.
- Open and drain 2 cans of diced tomatoes.
- Seed and chop 2 green bell peppers. Chop 2 zucchini. Peel and chop 8 whole carrots.
- Set out cream cheese to soften.
- Slice the chicken into thin strips.

*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.

### Chicken, Bacon & Alfredo Bake

To each disposable tray, add the following ingredients:

- Half of the chicken, penne pasta and alfredo sauce mixture into each tray
- Half of the bacon-bread crumbs, sprinkled over the top of each tray

Cover with foil or lid, add label and freeze.

### Spinach Artichoke Baked Ravioli

To each disposable tray, add the following ingredients:

- 1 - 20 oz. box fresh or frozen ravioli
- Half of the artichoke sauce over the ravioli
- 2 cups shredded mozzarella over the sauce
- Do NOT add the hot water before freezing.

Cover with foil or lid, add label 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.

### Slow Cooker Ole Chicken

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

- Half of the mushroom-chicken soup mixture
- Half of the sliced chicken
- Do not add salsa, tortillas or cheese.

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