

THE 20 MEALS PLAN

NOVEMBER 2017

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Meal Assembly Instructions

1. Korean Sloppy Joe Sandwiches

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.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - 15 oz. can(s) tomato sauce
- 1 - Tbsp yellow mustard
- 2 - Tbsp cider vinegar
- 2 - Tbsp sesame oil
- 3 - Tbsp brown sugar
- 1 - Tbsp minced onion
- 1 - Tbsp smoked paprika
- 1 - tsp ground cumin
- - Salt and pepper
- 4 - sandwich buns**
- Garnish: - sesame seeds**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground beef in skillet and drain. Return to the skillet and stir in the tomato sauce plus 1/2 can worth of hot water, mustard, vinegar, sesame oil, brown sugar, minced onion, paprika, cumin, garlic powder and salt and pepper. Bring to bubbling and simmer for 10 minutes.
2. (Note: you could substitute a 15 oz. can sloppy joe sauce in place of the homemade sauce above, just add a little sesame oil. Be sure to update the shopping list if you make this substitution.)
3. Sprinkle sesame seeds onto each sandwich. Prepare fresh fruit.
4. Serve Korean Sloppy Joes on hamburger buns with side of fruit.

Assembly Prep Directions for 2 Meals

Brown and cool 2 lbs. ground beef.

If needed, make your own sloppy joe sauce as directed on recipe. You can also just add all ingredients to baggies without pre-mixing the sauce.

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

- Half of the browned and cooled ground beef
- 15 oz. can tomato sauce
- 1 Tbsp yellow mustard
- 2 Tbsp cider vinegar
- 3 Tbsp brown sugar
- 1 Tbsp minced onion
- 1 Tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- Salt and pepper
- 2 Tbsp sesame oil

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 for reheating with about 1 cup hot water mixed into the sauce.*

Special Notes: *You can substitute 15 oz. can sloppy joe sauce for the homemade sauce above.*

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

Gluten-Free Modifications: *Use gluten-free buns or serve*

as "Sloppy Joe Bowl" over bed of rice.

2. Veggie Fajitas

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

- 3 - cup(s) sliced white mushroom(s)
- 2 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 2 - Tbsp canola oil**
- 2 - lime(s)
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - sour cream and guacamole**
- Side: - flour tortillas**
- Side: - refried beans**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Seed and slice the bell peppers. Slice the onions. Halve the limes.
3. In a large skillet, add the oil and saute the mushrooms, bell peppers and onion slices for 4 to 6 minutes, or until they soften. Squeeze the lime juice over the top and sprinkle the garlic powder and ground cumin in as well.
4. Assemble the sauteed veggies into tortillas and add garnishes.
5. Heat the refried beans.
6. Serve Veggie Fajitas with toppings and side of refried beans.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.

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

- 3 cups sliced mushrooms
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

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 sauteing as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served with corn tortillas.*

3. Sweet & Spicy Slow Cooker Ribs

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

- 3 - lb(s) baby back pork ribs
- 1 - Tbsp chili powder
- 1 - Tbsp ground cumin
- 1 - Tbsp smoked paprika
- 1 - tsp cayenne pepper
- 1 - tsp salt
- 2 - cup(s) sweet BBQ sauce
- Side: - baked beans**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut up the ribs, as needed, to fit them into the base of the slow cooker.
2. In a small mixing bowl, combine the chili powder, ground cumin, smoked paprika, salt and cayenne pepper. Coat the ribs with the homemade rub. Brush half of the BBQ sauce onto the ribs.
3. Set the slow cooker on low and cook for 8 hours. Brush the remaining BBQ sauce onto the ribs with 30 minutes left in the cooking cycle.
4. If desired, place the slow cooked ribs onto baking sheet and broil for 1-2 minutes to
5. Warm the baked beans.
6. Prepare veggies.
7. Serve Sweet & Spicy BBQ Ribs with baked beans and veggies.

Assembly Prep Directions for 2 Meals

Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.

In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp cayenne pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.

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

- Half of the ribs with half of the rub and BBQ sauce

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 ribs completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding to slow cooker and slow cooking for 8 hours on low.*

Special Notes: *Because a rack of ribs is large and awkward to freeze, you could cut them into smaller pieces and use gallon size baggies. You also could purchase the Ziploc 2 gallon or larger baggies. (Most grocery stores don't carry these, but you could get them from Amazon or online.) Or you could wrap the ribs and rub (not the sauce) in plastic wrap and then foil and freeze that way, then brush the BBQ sauce on just before slow cooking. You will need a 6 qt. or larger slow cooker for these ribs.*

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.*

4. Lazy Chicken Parmesan & Pasta Bake

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

- 12 - oz. box(es) penne pasta
- 2 - cup(s) shredded rotisserie chicken
- 1 - cup(s) grated Parmesan cheese
- 1 - 26 oz. jar(s) marinara sauce
- 2 - cup(s) shredded mozzarella cheese
- Garnish: - chopped basil**
- Garnish: - grated Parmesan cheese**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Cook the pasta, to al dente and drain. Return to pan and mix in the marinara/spaghetti sauce. Then pour the pasta and sauce into the prepared baking dish.
3. In a small mixing bowl, toss the shredded chicken with the grated Parmesan cheese. Then add a layer of the chicken-Parmesan mixture on top of the pasta. Then cover with the shredded mozzarella cheese.
4. Bake in the preheated oven for 25 to 30 minutes, or until cheese has melted on top. Garnish with more grated Parmesan cheese and fresh chopped basil.
5. Serve Lazy Chicken Parmesan & Pasta Bake with salad.

Assembly Prep Directions for 2 Meals

Cook 2 boxes of pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 jars of marinara sauce.

In a small mixing bowl, toss 4 cups shredded chicken with 2 cups grated Parmesan cheese.

To each disposable tray, layer the following ingredients:

- Half of the marinara-pasta mixture into each tray
- Half of the chicken-Parmesan mixture into each tray
- 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: *Recipe is gluten-free when you use small shell gluten-free pasta.*

5. Slow Cooker Ranch Chicken Tacos

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
- 1/2 - cup(s) chicken stock
- 1 - packet(s) ranch dressing mix
- 1 - packet(s) taco seasoning
- - Salt and pepper
- 8 - flour tortillas**
- Garnish: - coleslaw**
- Garnish: - Ranch salad dressing**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Season with salt and pepper.
2. In a small mixing bowl, whisk the chicken stock and Ranch dressing mix together and pour over the chicken. Sprinkle the taco seasoning on top.
3. Set on low and cook for 8 hours. Once cooked, strain off excess liquid and shred the chicken into the sauce. Season with salt and pepper as needed. Assemble tacos with shredded chicken, coleslaw and Ranch dressing into tortillas.
4. Prepare the salad.
5. Serve Slow Cooker Ranch Chicken Tacos with coleslaw garnish and side salad.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- 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 slow cooker and cooking on low for 8 hours.*

Dairy-Free Modifications: *Recipe is dairy-free when made with dairy-free Ranch dressing and mix.*

Gluten-Free Modifications: *Recipe is gluten-free if made with gluten-free Ranch and taco seasonings.*

6. Chicken Swiss Stuffing Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 35 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

- 3 - boneless chicken breasts
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) milk
- 6 - oz. package stuffing mix
- 2 - cup(s) broccoli florets
- 2 - cup(s) shredded Swiss cheese
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Grill or boil the chicken breasts and then cut into bite size pieces.
2. Preheat the oven to 400 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
3. In a large bowl, whisk together the cream of mushroom soup and milk. Toss in the diced chicken, stuffing mix, broccoli florets, and half of the shredded Swiss cheese.
4. Transfer to the prepared baking, spreading out evenly, and then sprinkle the remaining shredded Swiss cheese on top.
5. Bake at 375 for 20 to 25 minutes, or until warmed through and cheese has melted.
6. Prepare the salad.
7. Serve Chicken Swiss Stuffing Bake with side salad.

Assembly Prep Directions for 2 Meals

Grill or boil 6 chicken breasts and then cut into bite size pieces.

In a large bowl, whisk together 2 cans of cream of mushroom soup and 2 cups milk. Toss in the diced chicken, 2 bags of stuffing mix, 4 cups broccoli florets, and 2 cups of the shredded Swiss cheese.

To each disposable tray, add the following ingredients:

- Half of the stuffing-chicken combo into each tray
- Half of the remaining shredded Swiss cheese over the top

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put disposable 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 tray of water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *You could make your own cream of mushroom soup with dairy-free milk and use dairy-free milk for the mixture.*

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

7. Lasagna Soup

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.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - green bell pepper(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) crushed tomatoes
- 2 - cup(s) beef broth
- 2 - Tbsp Italian seasoning
- 6 - lasagna noodles**
- - Salt and pepper
- Garnish: - shredded Parmesan cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the can of diced tomatoes and crushed tomatoes.
2. Seed and chop the green bell pepper.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped bell pepper, diced tomatoes, crushed tomatoes, beef broth and Italian seasoning and bring to bubbling.
4. Break the lasagna noodles into 2-inch pieces and float them into the soup. Cook, uncovered, for 8 to 10 minutes, or until lasagna noodles are cooked. Season with salt and pepper to taste.
5. Prepare the salad.
6. Serve Lasagna Soup with shredded Parmesan cheese garnish and side salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.

Seed and chop 2 green bell peppers.

Open and drain 2 cans each of diced tomatoes and crushed 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 - 15 oz. can crushed tomatoes
- Half of the chopped bell peppers
- 2 Tbsp Italian seasoning
- Salt and pepper
- Do NOT freeze the broken lasagna noodles.

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 add broken lasagna noodles and cook for 8 to 10 minutes, or until softened.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the garnish.*

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free lasagna or other gluten-free pasta.*

8. Slow Cooker BBQ Meatballs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 4 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

- 1 - lb(s) precooked frozen meatballs
- 1/2 - cup(s) beef broth**
- 1 - small white onion(s)
- 1 - 15 oz can(s) crushed pineapple
- 2 - cup(s) BBQ sauce
- 1 - Tbsp honey
- 1 - tsp minced garlic
- - Salt and pepper
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the onion. Open and drain the can(s) of pineapple.
2. To the slow cooker, add the precooked meatballs and chopped onion. Pour the beef broth around the meatballs.
3. In a large mixing bowl, whisk together the crushed pineapple, BBQ sauce, honey and minced garlic. Pour this sauce over the meatballs and onions. Set slow cooker on low and cook for 4 hours.
4. Prepare rice and veggies.
5. Serve Slow Cooker BBQ Meatballs with rice and veggies.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open and drain the crushed pineapple.

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

- 1 lb. precooked frozen meatballs
- Half of the chopped onions
- 1 - 15 oz. can crushed pineapple
- 2 cups BBQ sauce
- 1 Tbsp honey
- 1 tsp minced garlic
- Do NOT add the beef broth before freezing

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. Add the beef broth into the base of the slow cooker, then add the meatballs and sauce. Set on low and cook for 4 hours.*

Special Notes: *These BBQ meatballs would be delicious on a pile of mashed potatoes too.*

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

Gluten-Free Modifications: *Recipe is gluten-free if the pre-made meatballs are gluten-free.*

9. Sausage with Ziti

Yield: 4 servings

Active Time: 10 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

- 12 - oz. ziti pasta**
- 1 - lb(s) Italian sausage
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - 15 oz can(s) fire diced tom
- 1 - Tbsp Italian seasoning
- - Salt and pepper
- 2 - cup(s) shredded mozzarella cheese
- Garnish: - grated Parmesan cheese**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the pasta to al dente, and drain and return to the saucepan.
2. Slice the sausage and remove the casing, if needed.
3. Open and drain the cans of crushed and fire-roasted diced tomatoes.
4. To the pasta in the saucepan, stir in the crushed tomatoes, diced tomatoes with their juices, Italian seasoning, and then mix in the sliced Italian sausage. Toss well and let simmer, stirring often. Season with salt and pepper to taste.
5. Once the pasta and sauce have warmed through, sprinkle the cheese on top and let melt. Garnish with grated Parmesan cheese.
6. Prepare the veggies.
7. Serve Sausage with Ziti with veggies.

Assembly Prep Directions for 2 Meals

Slice 2 lbs. pre-cooked Italian sausage and remove the casing, if needed.

Open and drain 2 cans of crushed and 2 cans of fire-roasted diced tomatoes.

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

- Half of the sausage slices
- Half of the crushed tomatoes
- Half of the diced tomatoes with their juices
- 1 Tbsp Italian seasoning
- Do NOT cook and freeze the pasta.

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 tossing with the cooked pasta. Cook the pasta, then add the sausage and sauce and warm it through and top with cheese.

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

Gluten-Free Modifications: Recipe is gluten-free when you use a gluten-free small shell pasta.

10. Bean & Cheese Enchiladas

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

- 2 - 15 oz. can(s) refried beans
- 3 - cup(s) shredded Monterrey Jack cheese
- 1 - cup(s) red salsa
- 12 - corn tortillas
- 2 - can(s) red enchilada sauce
- Garnish: - chopped cilantro**
- Side: - veggies**
- 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. Open the cans of refried beans.
3. In a mixing bowl, combine the refried beans, half of the shredded Monterrey Jack cheese with the salsa and a pinch of salt and pepper.
4. Roll the bean-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterrey Jack cheese.
5. Bake in the preheated oven for 25 minutes, or until cheese has melted. Garnish with chopped cilantro.
6. Prepare veggies.
7. Serve Bean & Cheese Enchiladas with veggies.

Assembly Prep Directions for 2 Meals

In a mixing bowl, combine 4 cans of refried beans with 3 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 4 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterrey Jack 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.*

Special Notes: *Double check ingredients on the enchilada sauce to make sure it's vegetarian!*

Dairy-Free Modifications: *Unfortunately, there isn't a great dairy-free option for this meal.*

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

Complete Shopping List by Recipe

1. Korean Sloppy Joe Sandwiches

- 2 - lb(s) ground beef
- 2 - 15 oz. can(s) tomato sauce
- 2 - Tbsp yellow mustard
- 4 - Tbsp cider vinegar
- 4 - Tbsp sesame oil
- 6 - Tbsp brown sugar
- 2 - Tbsp minced onion
- 2 - Tbsp smoked paprika
- 2 - tsp ground cumin
- Salt and pepper
- 4 - sandwich buns
- sesame seeds
- fruit
- 2 - gallon-size freezer baggie(s)

3. Sweet & Spicy Slow Cooker Ribs

- 6 - lb(s) baby back pork ribs
- 2 - Tbsp chili powder
- 2 - Tbsp ground cumin
- 2 - Tbsp smoked paprika
- 2 - tsp cayenne pepper
- 2 - tsp salt
- 4 - cup(s) sweet BBQ sauce
- baked beans
- veggies
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Ranch Chicken Tacos

- 8 - small boneless chicken breasts
- 1 - cup(s) chicken stock
- 2 - packet(s) ranch dressing mix
- 2 - packet(s) taco seasoning
- Salt and pepper
- 16 - flour tortillas
- coleslaw
- Ranch salad dressing
- salad
- 2 - gallon-size freezer baggie(s)

2. Veggie Fajitas

- 6 - cup(s) sliced white mushroom(s)
- 4 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 4 - Tbsp canola oil
- 4 - lime(s)
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- sour cream and guacamole
- flour tortillas
- refried beans
- 2 - gallon-size freezer baggie(s)

4. Lazy Chicken Parmesan & Pasta Bake

- 2x12 - oz. box(es) penne pasta
- 4 - cup(s) shredded rotisserie chicken
- 2 - cup(s) grated Parmesan cheese
- 2 - 26 oz. jar(s) marinara sauce
- 4 - cup(s) shredded mozzarella cheese
- chopped basil
- grated Parmesan cheese
- salad
- 2 - 9x13 disposable foil tray(s)

6. Chicken Swiss Stuffing Bake

- 6 - boneless chicken breasts
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) milk
- 12 - oz. package stuffing mix
- 4 - cup(s) broccoli florets
- 4 - cup(s) shredded Swiss cheese
- salad
- 2 - 9x13 disposable foil tray(s)

7. Lasagna Soup

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - green bell pepper(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 15 oz. can(s) crushed tomatoes
- 4 - cup(s) beef broth
- 4 - Tbsp Italian seasoning
- 12 - lasagna noodles
- Salt and pepper
- shredded Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

9. Sausage with Ziti

- 24 - oz. ziti pasta
- 2 - lb(s) Italian sausage
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2x1 - 15 oz can(s) fire diced tom
- 2 - Tbsp Italian seasoning
- Salt and pepper
- 4 - cup(s) shredded mozzarella cheese
- grated Parmesan cheese
- veggies
- 2 - gallon-size freezer baggie(s)

8. Slow Cooker BBQ Meatballs

- 2 - lb(s) precooked frozen meatballs
- 1 - cup(s) beef broth
- 2 - small white onion(s)
- 2x1 - 15 oz can(s) crushed pineapple
- 4 - cup(s) BBQ sauce
- 2 - Tbsp honey
- 2 - tsp minced garlic
- Salt and pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

10. Bean & Cheese Enchiladas

- 4 - 15 oz. can(s) refried beans
- 6 - cup(s) shredded Monterrey Jack cheese
- 2 - cup(s) red salsa
- 24 - corn tortillas
- 2x2 - can(s) red enchilada sauce
- chopped cilantro
- veggies
- 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) ground beef
- 6 lb(s) baby back pork ribs
- 4 cup(s) shredded rotisserie chicken
- 8 small boneless chicken breasts
- 6 boneless chicken breasts
- 2 lb(s) Italian sausage

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) tomato sauce
- Side:** refried beans
- Side:** baked beans
- 2x12 oz. box(es) penne pasta
- 1 cup(s) chicken stock
- 2x1 10 oz can(s) cream of mushroom
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) crushed tomatoes
- 5 cup(s) beef broth
- 2x1 15 oz can(s) crushed pineapple
- Side:** rice
- 24 oz. ziti pasta
- 2x1 28 oz. can(s) crushed tomatoes
- 2x1 15 oz can(s) fire diced tom
- 4 15 oz. can(s) refried beans
- 2 cup(s) red salsa
- 2x2 can(s) red enchilada sauce

Sauces/Condiments

- 2 Tbsp yellow mustard
- 4 Tbsp cider vinegar
- 4 Tbsp sesame oil
- 4 Tbsp canola oil
- 4 cup(s) sweet BBQ sauce
- 2 26 oz. jar(s) marinara sauce

Produce

- Side:** fruit
- 6 cup(s) sliced white mushroom(s)
- 6 small white onion(s)
- 4 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- Side:** veggies
- Side:** salad
- Garnish:** coleslaw
- 4 cup(s) broccoli florets
- Garnish:** chopped cilantro

Starchy Sides

- Side:** 4 sandwich buns
- 16 flour tortillas
- 12 lasagna noodles
- 24 corn tortillas

Spices

- 6 Tbsp brown sugar
- 4 Tbsp minced onion
- 4 Tbsp smoked paprika
- 2 tsp ground cumin
- Salt and pepper
- Garnish:** sesame seeds

- Garnish:** Ranch salad dressing
- 4 cup(s) BBQ sauce
- 2 Tbsp honey

- 4 Tbsp ground cumin
- 4 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp cayenne pepper
- 2 tsp salt
- Garnish:** chopped basil
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- 6 Tbsp Italian seasoning
- 2 tsp minced garlic

Dairy/Frozen

- Garnish:** sour cream and guacamole
- 2 cup(s) grated Parmesan cheese
- 8 cup(s) shredded mozzarella cheese
- Garnish:** grated Parmesan cheese
- 2 cup(s) milk
- 4 cup(s) shredded Swiss cheese
- Garnish:** shredded Parmesan cheese
- 2 lb(s) precooked frozen meatballs
- 6 cup(s) shredded Monterrey Jack cheese

Supplies

- Side:** 14 gallon-size freezer baggie(s)
- Side:** 6 9x13 disposable foil tray(s)
- 12 oz. package stuffing mix

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. Korean Sloppy Joe Sandwiches

- 2 lb(s) ground beef
- 2 15 oz. can(s) tomato sauce
- 2 Tbsp yellow mustard
- 4 Tbsp cider vinegar
- 4 Tbsp sesame oil
- 6 Tbsp brown sugar
- 2 Tbsp minced onion
- 2 Tbsp smoked paprika
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Sweet & Spicy Slow Cooker Ribs

- 6 lb(s) baby back pork ribs
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp cayenne pepper
- 2 tsp salt
- 4 cup(s) sweet BBQ sauce
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Ranch Chicken Tacos

- 8 small boneless chicken breasts
- 1 cup(s) chicken stock
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

7. Lasagna Soup

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder

2. Veggie Fajitas

- 6 cup(s) sliced white mushroom(s)
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

4. Lazy Chicken Parmesan & Pasta Bake

- 2x12 oz. box(es) penne pasta
- 4 cup(s) shredded rotisserie chicken
- 2 cup(s) grated Parmesan cheese
- 2 26 oz. jar(s) marinara sauce
- 4 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

6. Chicken Swiss Stuffing Bake

- 6 boneless chicken breasts
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) milk
- 12 oz. package stuffing mix
- 4 cup(s) broccoli florets
- 4 cup(s) shredded Swiss cheese
- 2 9x13 disposable foil tray(s)

8. Slow Cooker BBQ Meatballs

- 2 lb(s) precooked frozen meatballs
- 2 small white onion(s)
- 2x1 15 oz can(s) crushed pineapple

- 2 green bell pepper(s)
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) beef broth
- 4 Tbsp Italian seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

9. Sausage with Ziti

- 2 lb(s) Italian sausage
- 2x1 28 oz. can(s) crushed tomatoes
- 2x1 15 oz can(s) fire diced tom
- 2 Tbsp Italian seasoning
- Salt and pepper
- 4 cup(s) shredded mozzarella cheese
- 2 gallon-size freezer baggie(s)

- 4 cup(s) BBQ sauce
- 2 Tbsp honey
- 2 tsp minced garlic
- Salt and pepper
- 2 gallon-size freezer baggie(s)

10. Bean & Cheese Enchiladas

- 4 15 oz. can(s) refried beans
- 6 cup(s) shredded Monterrey Jack cheese
- 2 cup(s) red salsa
- 24 corn tortillas
- 2x2 can(s) red enchilada sauce
- 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

- 4 lb(s) ground beef
- 6 lb(s) baby back pork ribs
- 4 cup(s) shredded rotisserie chicken
- 8 small boneless chicken breasts
- 6 boneless chicken breasts
- 2 lb(s) Italian sausage

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) tomato sauce
- 2x12 oz. box(es) penne pasta
- 1 cup(s) chicken stock
- 2x1 10 oz can(s) cream of mushroom
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) beef broth
- 2x1 15 oz can(s) crushed pineapple
- 2x1 28 oz. can(s) crushed tomatoes
- 2x1 15 oz can(s) fire diced tom
- 4 15 oz. can(s) refried beans
- 2 cup(s) red salsa
- 2x2 can(s) red enchilada sauce

Sauces/Condiments

- 2 Tbsp yellow mustard
- 4 Tbsp cider vinegar
- 4 Tbsp sesame oil
- 4 cup(s) sweet BBQ sauce
- 2 26 oz. jar(s) marinara sauce
- 4 cup(s) BBQ sauce
- 2 Tbsp honey

Produce

- 6 cup(s) sliced white mushroom(s)
- 6 small white onion(s)
- 4 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 4 cup(s) broccoli florets

Starchy Sides

- 24 corn tortillas

Spices

- 6 Tbsp brown sugar
- 4 Tbsp minced onion
- 4 Tbsp smoked paprika
- 2 tsp ground cumin
- Salt and pepper
- 4 Tbsp ground cumin
- 4 tsp garlic powder
- 2 Tbsp chili powder
- 2 tsp cayenne pepper
- 2 tsp salt
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning

- 6 Tbsp Italian seasoning
- 2 tsp minced garlic

Dairy/Frozen

- 2 cup(s) grated Parmesan cheese
- 8 cup(s) shredded mozzarella cheese
- 2 cup(s) milk
- 4 cup(s) shredded Swiss cheese
- 2 lb(s) precooked frozen meatballs
- 6 cup(s) shredded Monterrey Jack cheese

Supplies

- 14x gallon-size freezer baggie(s)
- 6x 9x13 disposable foil tray(s)
- 12 oz. package stuffing mix

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

- Grill or boil 6 chicken breasts and then cut into bite size pieces.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.
- Slice 2 lbs. pre-cooked Italian sausage and remove the casing, if needed.
- Brown and cool 2 lbs. ground beef.
- Seed and chop 2 green bell peppers.
- Chop 2 small white onions.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- Cook 2 boxes of pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 jars of marinara sauce.
- In a small mixing bowl, toss 4 cups shredded chicken with 2 cups grated Parmesan cheese.
- In a large bowl, whisk together 2 cans of cream of mushroom soup and 2 cups milk. Toss in the diced chicken, 2 bags of stuffing mix, 4 cups broccoli florets, and 2 cups of the shredded Swiss cheese.
- In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp cayenne pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.
- In a mixing bowl, combine 4 cans of refried beans with 3 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- If needed, make your own sloppy joe sauce as directed on recipe. You can also just add all ingredients to baggies without pre-mixing the sauce.
- Open and drain 2 cans each of diced tomatoes and crushed tomatoes.
- Open and drain the crushed pineapple.
- Open and drain 2 cans of crushed and 2 cans of fire-roasted diced tomatoes.
- Open 4 cans of red enchilada sauce.

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.

Korean Sloppy Joe Sandwiches

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

- Half of the browned and cooled ground beef
- 15 oz. can tomato sauce
- 1 Tbsp yellow mustard
- 2 Tbsp cider vinegar
- 3 Tbsp brown sugar
- 1 Tbsp minced onion
- 1 Tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- Salt and pepper
- 2 Tbsp sesame oil

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

Sweet & Spicy Slow Cooker Ribs

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

- Half of the ribs with half of the rub and BBQ sauce

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

Slow Cooker Ranch Chicken Tacos

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

- 4 boneless chicken breasts
- 1/2 cup chicken stock
- 1 packet Ranch dressing mix
- 1 packet taco seasoning
- Salt and pepper

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

Veggie Fajitas

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

- 3 cups sliced mushrooms
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder

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

Lazy Chicken Parmesan & Pasta Bake

To each disposable tray, layer the following ingredients:

- Half of the marinara-pasta mixture into each tray
- Half of the chicken-Parmesan mixture into each tray
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Chicken Swiss Stuffing Bake

To each disposable tray, add the following ingredients:

- Half of the stuffing-chicken combo into each tray
- Half of the remaining shredded Swiss cheese over the top

Cover with foil or lid, add label and freeze.

Lasagna Soup

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

- Half of the browned ground beef
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can crushed tomatoes
- Half of the chopped bell peppers
- 2 Tbsp Italian seasoning
- Salt and pepper
- Do NOT freeze the broken lasagna noodles.

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

Sausage with Ziti

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

- Half of the sausage slices
- Half of the crushed tomatoes
- Half of the diced tomatoes with their juices
- 1 Tbsp Italian seasoning
- Do NOT cook and freeze the pasta.

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

Slow Cooker BBQ Meatballs

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

- 1 lb. precooked frozen meatballs
- Half of the chopped onions
- 1 - 15 oz. can crushed pineapple
- 2 cups BBQ sauce
- 1 Tbsp honey
- 1 tsp minced garlic
- Do NOT add the beef broth before freezing

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

Bean & Cheese Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- Half of the remaining shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.