

ALL BEEF MEAL PLAN

NOVEMBER 2017

Table of Contents

Recipes

1. Slow Cooker Cowboy Chili
2. Korean Beef with Rice
3. Korean Sloppy Joe Sandwiches
4. Lasagna Soup
5. Slow Cooker BBQ Meatballs

Shopping Lists

Complete Shopping List by Recipe
Complete Shopping List by Store Section/Category
Freezer Meal Prep Day Shopping List by Recipe
Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Slow Cooker Cowboy 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

- 1 1/2 - lb(s) ground beef
- 1 - small white onion(s)
- 1 - tsp minced garlic
- 1 - 15 oz. can(s) red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) tomato sauce
- 1 - cup(s) red salsa
- 1 - cup(s) beef broth
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - veggies**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the small white onion.
2. Open the can of tomato sauce. Open, drain and rinse the cans of red kidney beans and black beans.
3. In a large skillet, brown the ground beef with the chopped onion and minced garlic. Drain, if needed.
4. To the slow cooker, add the browned ground beef with the red kidney beans, black beans, tomato sauce, salsa, beef broth, chili powder, and cumin. Stir it well and then set on low for 8 hours. Once cooked, season with salt and pepper to taste.
5. Prepare veggies.
6. Warm the dinner rolls.
7. Serve Slow Cooker Cowboy Chili with shredded cheese garnish, and side of veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Brown 3 lbs. ground beef with the chopped onion and 2 tsp minced garlic. Drain and let cool.

Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

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

- Half of the browned ground beef
- Half of the chopped onion
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup beef broth
- 1 Tbsp chili powder
- 1 tsp 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 all of the contents of the baggie into slow cooker insert. Set on low and cook for 8 hours.

Dairy-Free Modifications: Recipe is dairy-free when the shredded cheese garnish is omitted.

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

2. Korean Beef with Rice

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
- 1 - cup(s) beef stock
- 1/4 - cup(s) soy sauce
- 3 - Tbsp sesame oil
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp ground ginger
- - Salt and pepper
- 1 - tsp cornstarch**
- Garnish: - sliced green onions**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice, as directed.
2. In a large skillet, brown the ground beef and drain, if needed.
3. In a small bowl, whisk together the beef stock, soy sauce, sesame oil, minced onion, garlic powder, ground ginger and salt and pepper. Pour over the browned ground beef, reduce heat to medium low and saute for 5 to 7 minutes.
4. Swirl the cornstarch with a tablespoon or two of water and stir it into the sauce. Let it simmer for 2 to 3 minutes to thicken the sauce. Garnish meat sauce with sliced green onions.
5. Prepare the salad.
6. Serve Korean Beef with Rice and side salad green onion garnish over rice with salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef. Drain and let cool.

In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.

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

- Half of the browned ground beef
- Half of the prepared sauce
- Do NOT add the cornstarch prior to 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, before transferring to skillet and cooking the beef and sauce together. Stir in cornstarch as directed to thicken the sauce.

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

Gluten-Free Modifications: Recipe is gluten-free if you use gluten-free soy sauce.

3. 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.

4. 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.

5. 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.

Complete Shopping List by Recipe

1. Slow Cooker Cowboy Chili

- ☐ 3 - lb(s) ground beef
- ☐ 2 - small white onion(s)
- ☐ 2 - tsp minced garlic
- ☐ 2x1 - 15 oz. can(s) red kidney beans
- ☐ 2 - 15 oz. can(s) black beans
- ☐ 2x1 - 15 oz. can(s) tomato sauce
- ☐ 2 - cup(s) red salsa
- ☐ 2 - cup(s) beef broth
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ - Salt and pepper
- ☐ - shredded cheddar cheese
- ☐ - veggies
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

3. 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)

5. 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. Korean Beef with Rice

- ☐ 2 - lb(s) ground beef
- ☐ 2 - cup(s) beef stock
- ☐ 1/2 - cup(s) soy sauce
- ☐ 6 - Tbsp sesame oil
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp ground ginger
- ☐ - Salt and pepper
- ☐ 2 - tsp cornstarch
- ☐ - sliced green onions
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

4. 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)

- ☐ 2 - Tbsp honey
- ☐ 2 - tsp minced garlic
- ☐ - Salt and pepper
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 9 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) red kidney beans
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 2 cup(s) red salsa
- ☐ 7 cup(s) beef broth
- ☐ 2 cup(s) beef stock
- ☐ **Side:** rice
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2x1 15 oz can(s) crushed pineapple

Sauces/Condiments

- ☐ 1/2 cup(s) soy sauce
- ☐ 10 Tbsp sesame oil
- ☐ 2 Tbsp yellow mustard
- ☐ 4 Tbsp cider vinegar
- ☐ 4 cup(s) BBQ sauce
- ☐ 2 Tbsp honey

Dairy/Frozen

- ☐ **Garnish:** shredded cheddar cheese
- ☐ **Garnish:** shredded Parmesan cheese
- ☐ 2 lb(s) precooked frozen meatballs

Produce

- ☐ 4 small white onion(s)
- ☐ **Side:** veggies
- ☐ **Garnish:** sliced green onions
- ☐ **Side:** salad
- ☐ **Side:** fruit
- ☐ 2 green bell pepper(s)

Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ **Side:** 4 sandwich buns
- ☐ 12 lasagna noodles

Spices

- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ 4 tsp ground cumin
- ☐ Salt and pepper
- ☐ 6 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ 2 tsp cornstarch
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp smoked paprika
- ☐ **Garnish:** sesame seeds
- ☐ 4 Tbsp Italian seasoning

Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Slow Cooker Cowboy Chili

- ☐ 3 lb(s) ground beef
- ☐ 2 small white onion(s)
- ☐ 2 tsp minced garlic
- ☐ 2x1 15 oz. can(s) red kidney beans
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 2 cup(s) red salsa
- ☐ 2 cup(s) beef broth
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. 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)

5. Slow Cooker BBQ Meatballs

- ☐ 2 lb(s) precooked frozen meatballs
- ☐ 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
- ☐ 2 gallon-size freezer baggie(s)

2. Korean Beef with Rice

- ☐ 2 lb(s) ground beef
- ☐ 2 cup(s) beef stock
- ☐ 1/2 cup(s) soy sauce
- ☐ 6 Tbsp sesame oil
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. 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
- ☐ 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

- ☐ 9 lb(s) ground beef

Pantry Staples - Canned, Boxed

- ☐ 2x1 15 oz. can(s) red kidney beans
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 2 cup(s) red salsa
- ☐ 6 cup(s) beef broth
- ☐ 2 cup(s) beef stock
- ☐ 2 15 oz. can(s) diced tomatoes
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2x1 15 oz can(s) crushed pineapple

Spices

- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp chili powder
- ☐ 4 tsp ground cumin
- ☐ Salt and pepper
- ☐ 6 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 2 tsp ground ginger
- ☐ 6 Tbsp brown sugar
- ☐ 2 Tbsp smoked paprika
- ☐ 4 Tbsp Italian seasoning

Supplies

- ☐ 10x gallon-size freezer baggie(s)

Produce

- ☐ 4 small white onion(s)
- ☐ 2 green bell pepper(s)

Sauces/Condiments

- ☐ 1/2 cup(s) soy sauce
- ☐ 10 Tbsp sesame oil
- ☐ 2 Tbsp yellow mustard
- ☐ 4 Tbsp cider vinegar
- ☐ 4 cup(s) BBQ sauce
- ☐ 2 Tbsp honey

Dairy/Frozen

- ☐ 2 lb(s) precooked frozen meatballs

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. Let cool.
- ☐ Brown 2 lbs. ground beef. Drain and let cool.
- ☐ Chop 2 small white onions.
- ☐ Brown and cool 2 lbs. ground beef.
- ☐ Seed and chop 2 green bell peppers.
- ☐ Chop 2 small white onions.
- ☐ Brown 3 lbs. ground beef with the chopped onion and 2 tsp minced garlic. Drain and let cool.
- ☐ In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.
- ☐ 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, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato 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.

Slow Cooker Cowboy Chili

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

- Half of the browned ground beef
- Half of the chopped onion
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup beef broth
- 1 Tbsp chili powder
- 1 tsp ground cumin

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

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.

Slow Cooker BBQ Meatballs

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

- 1 lb. precooked frozen meatballs

Korean Beef with Rice

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

- Half of the browned ground beef
- Half of the prepared sauce
- Do NOT add the cornstarch prior to freezing.

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

- 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.