

# TRADITIONAL MEAL PLAN

**NOVEMBER 2017**

## Table of Contents

### *Recipes*

1. Korean Sloppy Joe Sandwiches
2. Lazy Chicken Parmesan & Pasta Bake
3. Slow Cooker Ranch Chicken Tacos
4. Lasagna Soup
5. Slow Cooker Dijon Pork Chops

### *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. 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 1/2 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. 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.*

## 3. 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.*

## 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 Dijon Pork Chops

*Yield: 4 servings*

*Active Time: 5 minutes . Cook Time: 6 to 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 - boneless pork chops
- 1 - small white onion(s)
- 1 - 10 oz can(s) cream of mushroom
- 2 - Tbsp milk
- 1/4 - cup(s) Dijon mustard
- 1 - tsp minced garlic
- 1/2 - tsp pepper
- 1/2 - tsp salt
- Side: - mashed potatoes\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

---

### Cooking Directions for Single Meal

1. Slice the white onion into half-moons.
2. Place the pork chops into the base of the slow cooker.
3. In a small mixing bowl, combine the cream of mushroom soup, milk, Dijon mustard, garlic, salt and pepper. Pour over the pork chops in the slow cooker. Set the slow cooker on low and cook for 6 to 8 hours.
4. Prepare the mashed potatoes.
5. Prepare the salad.
6. Serve Slow Cooker Dijon Pork Chops with mashed potatoes and salad.

---

### Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

Open 2 cans of cream of mushroom soup.

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

- 4 boneless pork chops
- Half of the sliced onions
- 1 - 10 oz. can cream of mushroom soup
- 2 Tbsp milk
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1/2 tsp pepper
- 1/2 tsp salt

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 6 to 8 hours.

**Dairy-Free Modifications:** To make dairy-free, make your own cream of mushroom soup using dairy-free milk. Search [5DollarDinners.com](http://5DollarDinners.com) for recipe.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides and made with gluten-free cream of mushroom soup (Pacific brand.)

# 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. 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)

## 5. Slow Cooker Dijon Pork Chops

- 8 - boneless pork chops
- 2 - small white onion(s)
- 2x1 - 10 oz can(s) cream of mushroom
- 4 - Tbsp milk
- 1/2 - cup(s) Dijon mustard
- 2 - tsp minced garlic
- 1 - tsp pepper

## 2. 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)

## 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)

- 1 - tsp salt
- mashed potatoes
- salad
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 4 lb(s) ground beef
- 4 cup(s) shredded rotisserie chicken
- 8 small boneless chicken breasts
- 8 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) tomato sauce
- 2x12 oz. box(es) penne pasta
- 1 cup(s) chicken stock
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) beef broth
- 2x1 10 oz can(s) cream of mushroom

## Sauces/Condiments

- 2 Tbsp yellow mustard
- 4 Tbsp cider vinegar
- 4 Tbsp sesame oil
- 2 26 oz. jar(s) marinara sauce
- Garnish:** Ranch salad dressing
- 1/2 cup(s) Dijon mustard

## Dairy/Frozen

- 2 cup(s) grated Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- Garnish:** grated Parmesan cheese
- Garnish:** shredded Parmesan cheese
- 4 Tbsp milk

## Produce

- Side:** fruit
- Side:** salad
- Garnish:** coleslaw
- 2 green bell pepper(s)
- 2 small white onion(s)
- Side:** mashed potatoes

## Starchy Sides

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

## Spices

- 6 Tbsp brown sugar
- 4 Tbsp minced onion
- 2 Tbsp smoked paprika
- 2 tsp ground cumin
- Salt and pepper
- Garnish:** sesame seeds
- Garnish:** chopped basil
- 2 packet(s) ranch dressing mix
- 2 packet(s) taco seasoning
- 2 tsp garlic powder
- 4 Tbsp Italian seasoning
- 2 tsp minced garlic
- 1 tsp pepper
- 1 tsp salt

## Supplies

- Side:** 8 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(s)

# Freezer Meal Prep Day Shopping List by Recipe

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

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

## 1. 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. 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)

## 5. Slow Cooker Dijon Pork Chops

- 8 boneless pork chops
- 2 small white onion(s)
- 2x1 10 oz can(s) cream of mushroom
- 4 Tbsp milk
- 1/2 cup(s) Dijon mustard
- 2 tsp minced garlic
- 1 tsp pepper
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

## 2. 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)

## 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

- 4 lb(s) ground beef
- 4 cup(s) shredded rotisserie chicken
- 8 small boneless chicken breasts
- 8 boneless pork chops

## Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) tomato sauce
- 2x12 oz. box(es) penne pasta
- 1 cup(s) chicken stock
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) beef broth
- 2x1 10 oz can(s) cream of mushroom

## Spices

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

## Supplies

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

## Produce

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

## Sauces/Condiments

- 2 Tbsp yellow mustard
- 4 Tbsp cider vinegar
- 4 Tbsp sesame oil
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) Dijon mustard

## Dairy/Frozen

- 2 cup(s) grated Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- 4 Tbsp milk

## 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 and cool 2 lbs. ground beef.
- Seed and chop 2 green bell peppers.
- Slice 2 small white onions into half-moons.
- 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.
- 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 2 cans of cream of mushroom soup.

*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 1/2 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 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.

### Slow Cooker Dijon Pork Chops

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

- 4 boneless pork chops
- Half of the sliced onions
- 1 - 10 oz. can cream of mushroom soup

### 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.

### 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.

- 2 Tbsp milk
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1/2 tsp pepper
- 1/2 tsp salt

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