

# THE 20 MEALS PLAN

**OCTOBER 2017**

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# 1. King Ranch Mac & Cheese

*Yield: 4 servings*

*Active Time: 10 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.

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## Ingredients for Single Meal

- 12 - oz. elbow pasta noodles
  - 3 - cup(s) shredded rotisserie chicken
  - 1 x - 10 oz diced tom & green chile
  - 2 - cup(s) sour cream
  - 2 - Tbsp ground cumin
  - 2 - tsp chili powder
  - 2 - cup(s) shredded cheddar cheese
  - Side: - veggies\*\*
  - 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 and add to 9x13-inch baking dish.
2. Preheat oven to 350 F.
3. Open the diced tomatoes with green chilies.
4. In a large mixing bowl, mix together the diced tomatoes and green chilies (with the juices), sour cream, ground cumin, chili powder and a pinch of salt. Stir until smooth, then stir in the shredded cheddar cheese and shredded chicken.
5. Gently toss the creamy chicken sauce with the pasta in the baking dish. Then bake in the preheated oven for 20 to 30 minutes, or until warmed through.
6. Prepare veggies.
7. Serve King Ranch Mac & Cheese with veggies.

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## Assembly Prep Directions for 2 Meals

Cook the elbow pasta, as directed, to al dente. Drain well.

Open 2 cans diced tomatoes with green chilies.

In a large mixing bowl, mix together 2 cans of diced tomatoes and green chilies (with the juices), 4 cups sour cream, 4 Tbsp ground cumin, 4 tsp chili powder, 4 cups shredded cheddar cheese, and a pinch of salt. Stir in 2 cups shredded cheddar cheese and 3 cups shredded chicken.

To each disposable tray, add the following ingredients:

- Half of the elbow pasta
- Half of the creamy chicken mixture, toss gently together

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. 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.

### 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)

### 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.

### 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.*

## 3. Kung Pao Chicken

*Yield: 4 servings*

*Active Time: 10 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

- 2 - large boneless chicken breasts
- 1 - Tbsp canola oil
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 x - 8 oz. can(s) water chestnuts
- 1 x - 17 oz jar(s) Kung Pao sauce
- 1 - Tbsp cornstarch\*\*
- Garnish: - sliced green onions\*\*
- Side: - frozen eggrolls\*\*
- Side: - white rice\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and dice the red and green bell peppers.
3. Open the can of water chestnuts and drain well.
4. In a large skillet, add the canola oil and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red and green bell peppers, water chestnuts and Kung Pao sauce. Bring to bubbling over medium high heat, then reduce to low and simmer 8 to 10 minutes, or until chicken is cooked through. **OPTIONAL:** If you need to thicken the sauce, make a slurry with the cornstarch and equal parts water and stir it into the sauce. Let simmer 2 more minutes and let sauce thicken. Garnish with sliced green onions.
5. Cook the eggrolls, as directed.
6. Cook the white rice, as directed.
7. Serve Kung Pao Chicken with eggrolls and rice.

### Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers and 2 green bell peppers.

Open 2 cans of water chestnuts and drain them well.

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

- Half of the chicken breast pieces
- Half of the chopped red and green bell peppers
- Half of the water chestnuts
- 1 - 17 oz. jar Kung Pao sauce
- Do NOT add cornstarch to freezer bag.

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. Transfer all of the content from the freezer bag to large skillet or saucepan, start to cook over medium low heat. Once the sauce begins to bubble, reduce heat and let simmer on low for 8 to 10 minutes, or until chicken is cooked. Thicken with cornstarch, if needed. Stir often.*

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

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

## 4. Chicken Cordon Bleu Bake

*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

- 12 - oz. penne pasta noodles
- 3 - cup(s) shredded rotisserie chicken
- 1 - cup(s) diced ham
- 2 - cup(s) chopped bacon
- 2 - cup(s) heavy cream
- 8 - oz. cream cheese
- 3 - cup(s) shredded Swiss cheese
- 1 - tsp garlic powder
- 1 - tsp onion powder
- - Salt and pepper
- 1 - cup(s) breadcrumbs
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Cook the pasta, as directed. Drain and add to 9x13-inch baking dish.
3. In a small bowl, toss the shredded rotisserie chicken, diced ham and chopped bacon.
4. In a small skillet, warm the heavy cream over low heat. Stir in the cream cheese until it melts and then stir in half of the shredded Swiss cheese. Once the sauce is smooth and creamy, stir in the chicken-ham-bacon combo. Then pour into the baking dish and gently toss with the pasta. Add the remaining shredded Swiss cheese on top, then top with the bread crumbs.
5. Bake in the preheated oven for 15 minutes, or until warmed through and cheese has melted.
6. Serve Chicken Cordon Bleu Bake with salad.

### Assembly Prep Directions for 2 Meals

If needed, dice ham and cook and crumble the bacon.

Cook 2 boxes of pasta, al dente. Drain and add to tray.

In a small bowl, toss 6 cups shredded rotisserie chicken, 2 cups diced ham and 2 cups chopped bacon.

In a small skillet, warm 4 cups heavy cream over low heat. Stir in 16 oz. of cream cheese until it melts and then stir in half of the shredded Swiss cheese (amount varies by serving size - check recipe). Once the sauce is smooth and creamy, stir in the chicken-ham-bacon combo.

To each disposable tray, add the following ingredients:

- Half of the cooked penne pasta
- Half of the creamy chicken sauce, then gently toss
- Remaining shredded Swiss cheese
- 1 cup bread crumbs

Cover with foil or lid, add label 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 oven and 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.

## 5. Sloppy Joe Nachos

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 15 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 x - 15 oz. can(s) sloppy joe sauce
- 1 - Tbsp ground cumin
- 1 - bag(s) tortilla chips\*\*
- 2 - cup(s) shredded Monterrey Jack cheese\*\*
- Garnish: - sour cream\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. Open the can of sloppy joe sauce.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the sloppy joe sauce and cumin. Bring to bubbling over medium low heat to allow flavors to infuse.
4. Assemble the nachos on large, rimmed baking sheet. Add chips, then sloppy joe sauce, then shredded Monterrey Jack cheese.
5. Bake in the preheated oven for 10 to 15 minutes, or until cheese has melted. Garnish with sour cream.
6. Prepare fruit.
7. Serve Sloppy Joe Nachos with fruit.

### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open 2 cans of sloppy joe sauce.

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

- Half of the browned ground beef
- 1 - 15 oz. can sloppy joe sauce
- 1 Tbsp ground cumin

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

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet to reheat and then cook in the rice, as directed.

**Special Notes:** Find a homemade sloppy joe sauce recipe on [5dollarinnings.com](http://5dollarinnings.com).

**Dairy-Free Modifications:** Omit cheese garnish for dairy-free meal.

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

## 6. 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.



## 7. Beef Stew with White Wine

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 30 minutes*

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

*\*\* This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.*

### Ingredients for Single Meal

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

### Cooking Directions for Single Meal

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

### Assembly Prep Directions for 2 Meals

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

Open 2 cans of crushed tomatoes.

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

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

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

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to all the contents of the baggie to a Dutch oven or large saucepan and bringing to boil, then simmering as directed.

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

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

## 8. Best Italian Beef Sandwiches

*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

- 2 - lb(s) beef chuck roast
- 1 - small white onion(s)
- 11 - oz. pepperoncini peppers
- 1 - Tbsp Italian seasoning
- 1 - tsp garlic powder
- - Salt and pepper
- 8 - hamburger buns\*\*
- Side: - salad\*\*
- Side: - chips\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the white onion into half-moons.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle pepperoncini (with juices) and the sliced onions around and on top of the beef roast. Sprinkle the Italian seasoning and garlic powder over the top.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce. Season with salt and pepper to taste.
4. Add the shredded beef, onions and pepperoncini to the buns.
5. Prepare salad.
6. Serve Slow Cooker Best Italian Beef Sandwiches with salad and chips.

### Assembly Prep Directions for 2 Meals

Slice 2 white onions into half-moons.

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

- 2 lb. beef chuck roast
- Half of the sliced onions
- 1 - 11 oz. jar pepperoncini
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder

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. Shred the beef, once cooked, and assemble sandwiches as directed.

**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 bun or over another gluten-free side dish.

## 9. Pepperoni Pizza 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

- 1 x - 1 lb box(es) elbow noodles
- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 10 - oz. pizza sauce
- - 26 oz. jar(s) marinara sauce
- 1 - cup(s) pepperonis
- 2 - cup(s) shredded mozzarella cheese
- Garnish: - grated Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### 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 skillet, brown the ground beef with the minced onion and garlic powder. Drain, as needed. Then, stir in the pizza sauce and marinara sauce.
4. Add the cooked pasta to a baking dish and gently toss with the meat sauce. Add the pepperoni on top of the pasta and meat sauce, then top with shredded mozzarella cheese.
5. Bake in the preheated oven for 30 minutes, or until warmed through and cheese is melted on top.
6. Prepare the salad.
7. Serve Pepperoni Pizza Pasta Bake with parmesan cheese garnish and side salad.

### Assembly Prep Directions for 2 Meals

Cook 2 lbs. pasta, as directed, to al dente. Drain well.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool. Combine with 2 jars of pizza sauce and 2 jars of marinara sauce.

To each disposable tray, add the following ingredients:

- Half of the cooked elbow pasta
- Half of the ground beef sauce, toss gently
- 1 cup pepperoni slices over the top
- 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:** Use gluten-free small shell pasta for gluten-free meal.

## 10. 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.

### 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)

### 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.

### 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.

# Complete Shopping List by Recipe

## 1. King Ranch Mac & Cheese

- ☐ 24 - oz. elbow pasta noodles
- ☐ 6 - cup(s) shredded rotisserie chicken
- ☐ 2x - 10 oz diced tom & green chile
- ☐ 4 - cup(s) sour cream
- ☐ 4 - Tbsp ground cumin
- ☐ 4 - tsp chili powder
- ☐ 4 - cup(s) shredded cheddar cheese
- ☐ - veggies
- ☐ 2 - 9x13 disposable foil tray(s)

## 3. Kung Pao Chicken

- ☐ 4 - large boneless chicken breasts
- ☐ 2 - Tbsp canola oil
- ☐ 2 - red bell pepper(s)
- ☐ 2 - green bell pepper(s)
- ☐ 2x - 8 oz. can(s) water chestnuts
- ☐ 2x - 17 oz jar(s) Kung Pao sauce
- ☐ 2 - Tbsp cornstarch
- ☐ - sliced green onions
- ☐ - frozen eggrolls
- ☐ - white rice
- ☐ 2 - gallon-size freezer baggie(s)

## 5. Sloppy Joe Nachos

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2x - 15 oz. can(s) sloppy joe sauce
- ☐ 2 - Tbsp ground cumin
- ☐ 2 - bag(s) tortilla chips
- ☐ 4 - cup(s) shredded Monterrey Jack cheese
- ☐ - sour cream
- ☐ - fruit
- ☐ 2 - gallon-size freezer baggie(s)

## 2. 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)

## 4. Chicken Cordon Bleu Bake

- ☐ 24 - oz. penne pasta noodles
- ☐ 6 - cup(s) shredded rotisserie chicken
- ☐ 2 - cup(s) diced ham
- ☐ 4 - cup(s) chopped bacon
- ☐ 4 - cup(s) heavy cream
- ☐ 16 - oz. cream cheese
- ☐ 6 - cup(s) shredded Swiss cheese
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp onion powder
- ☐ - Salt and pepper
- ☐ 2 - cup(s) breadcrumbs
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

## 6. 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)

## 7. Beef Stew with White Wine

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

## 9. Pepperoni Pizza Pasta Bake

- ☐ 2x - 1 lb box(es) elbow noodles
- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 20 - oz. pizza sauce
- ☐ - 26 oz. jar(s) marinara sauce
- ☐ 2 - cup(s) pepperonis
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ - grated Parmesan cheese
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

## 8. Best Italian Beef Sandwiches

- ☐ 4 - lb(s) beef chuck roast
- ☐ 2 - small white onion(s)
- ☐ 22 - oz. pepperoncini peppers
- ☐ 2 - Tbsp Italian seasoning
- ☐ 2 - tsp garlic powder
- ☐ - Salt and pepper
- ☐ 16 - hamburger buns
- ☐ - salad
- ☐ - chips
- ☐ 2 - gallon-size freezer baggie(s)

## 10. 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)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 18 cup(s) shredded rotisserie chicken
- ☐ 2 cup(s) bacon crumbles
- ☐ 4 large boneless chicken breasts
- ☐ 2 cup(s) diced ham
- ☐ 4 cup(s) chopped bacon
- ☐ 6 lb(s) ground beef
- ☐ 4 lb(s) stew beef
- ☐ 4 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- ☐ 24 oz. elbow pasta noodles
- ☐ 2x 10 oz diced tom & green chile
- ☐ 48 oz. penne pasta noodles
- ☐ 4 cup(s) breadcrumbs
- ☐ 2x 8 oz. can(s) water chestnuts
- ☐ **Side:** white rice
- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 15 oz. can(s) diced tomatoes
- ☐ 2 cup(s) white rice
- ☐ 2x 15 oz. can(s) crushed tomatoes
- ☐ 6 cup(s) beef broth
- ☐ 2x 1 lb box(es) elbow noodles

## Sauces/Condiments

- ☐ 2x 15 oz. jar(s) alfredo sauce
- ☐ 6 Tbsp canola oil
- ☐ 2x 17 oz jar(s) Kung Pao sauce
- ☐ 1/2 cup(s) ketchup
- ☐ 1 cup(s) white cooking wine
- ☐ 20 oz. pizza sauce
- ☐ 26 oz. jar(s) marinara sauce

## Dairy/Frozen

## Produce

- ☐ **Side:** veggies
- ☐ **Side:** salad
- ☐ 2 red bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ **Garnish:** sliced green onions
- ☐ **Side:** fruit
- ☐ 4 lb(s) baby potatoes
- ☐ 8 whole carrots
- ☐ 2 small white onion(s)
- ☐ 22 oz. pepperoncini peppers

## Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ 16 hamburger buns
- ☐ **Side:** chips

## Spices

- ☐ 6 Tbsp ground cumin
- ☐ 4 tsp chili powder
- ☐ 2 tsp dried thyme
- ☐ 2 Tbsp cornstarch
- ☐ 14 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ Salt and pepper
- ☐ 8 Tbsp minced onion
- ☐ 6 Tbsp Italian seasoning
- ☐ 2 cup(s) pepperonis

## Supplies

- ☐ 4 cup(s) sour cream
- ☐ 8 cup(s) shredded cheddar cheese
- ☐ 1 cup(s) grated Parmesan cheese
- ☐ 1 cup(s) milk
- ☐ **Side:** frozen eggrolls
- ☐ 4 cup(s) heavy cream
- ☐ 32 oz. cream cheese
- ☐ 6 cup(s) shredded Swiss cheese
- ☐ 4 cup(s) shredded Monterrey Jack cheese
- ☐ **Garnish:** sour cream
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ **Garnish:** grated Parmesan cheese
- ☐ 40 oz. fresh or frozen ravioli
- ☐ **Side:** 1 cup(s) Parmesan cheese
- ☐ 4 cup(s) mozzarella cheese
- ☐ 2x10 oz. frozen spinach
- ☐ **Side:** 10 9x13 disposable foil tray(s)
- ☐ **Side:** 10 gallon-size freezer baggie(s)
- ☐ 2 bag(s) tortilla chips
- ☐ 4 cup(s) hot water
- ☐ 4 cup(s) chopped artichoke hearts
- ☐ 2 cup(s) hot water



# Freezer Meal Prep Day Shopping List by Recipe

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

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

## 1. King Ranch Mac & Cheese

- ☐ 24 oz. elbow pasta noodles
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 2x 10 oz diced tom & green chile
- ☐ 4 cup(s) sour cream
- ☐ 4 Tbsp ground cumin
- ☐ 4 tsp chili powder
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 2 9x13 disposable foil tray(s)

## 3. Kung Pao Chicken

- ☐ 4 large boneless chicken breasts
- ☐ 2 Tbsp canola oil
- ☐ 2 red bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 2x 8 oz. can(s) water chestnuts
- ☐ 2x 17 oz jar(s) Kung Pao sauce
- ☐ 2 gallon-size freezer baggie(s)

## 5. Sloppy Joe Nachos

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 2 Tbsp ground cumin
- ☐ 2 gallon-size freezer baggie(s)

## 7. Beef Stew with White Wine

- ☐ 4 lb(s) stew beef
- ☐ 4 Tbsp canola oil

## 2. 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)

## 4. Chicken Cordon Bleu Bake

- ☐ 24 oz. penne pasta noodles
- ☐ 6 cup(s) shredded rotisserie chicken
- ☐ 2 cup(s) diced ham
- ☐ 4 cup(s) chopped bacon
- ☐ 4 cup(s) heavy cream
- ☐ 16 oz. cream cheese
- ☐ 6 cup(s) shredded Swiss cheese
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ Salt and pepper
- ☐ 2 cup(s) breadcrumbs
- ☐ 2 9x13 disposable foil tray(s)

## 6. 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)

## 8. Best Italian Beef Sandwiches

- ☐ 4 lb(s) beef chuck roast
- ☐ 2 small white onion(s)

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

### 9. Pepperoni Pizza Pasta Bake

- ☐ 2x 1 lb box(es) elbow noodles
- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 20 oz. pizza sauce
- ☐ 26 oz. jar(s) marinara sauce
- ☐ 2 cup(s) pepperonis
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 2 9x13 disposable foil tray(s)

- ☐ 22 oz. pepperoncini peppers
- ☐ 2 Tbsp Italian seasoning
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

### 10. 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)

# 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

- ☐ 18 cup(s) shredded rotisserie chicken
- ☐ 2 cup(s) bacon crumbles
- ☐ 4 large boneless chicken breasts
- ☐ 2 cup(s) diced ham
- ☐ 4 cup(s) chopped bacon
- ☐ 6 lb(s) ground beef
- ☐ 4 lb(s) stew beef
- ☐ 4 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- ☐ 24 oz. elbow pasta noodles
- ☐ 2x 10 oz diced tom & green chile
- ☐ 48 oz. penne pasta noodles
- ☐ 4 cup(s) breadcrumbs
- ☐ 2x 8 oz. can(s) water chestnuts
- ☐ 2x 15 oz. can(s) sloppy joe sauce
- ☐ 15 oz. can(s) diced tomatoes
- ☐ 2x 15 oz. can(s) crushed tomatoes
- ☐ 6 cup(s) beef broth
- ☐ 2x 1 lb box(es) elbow noodles

## Spices

- ☐ 6 Tbsp ground cumin
- ☐ 4 tsp chili powder
- ☐ 2 tsp dried thyme
- ☐ 14 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ Salt and pepper
- ☐ 8 Tbsp minced onion
- ☐ 6 Tbsp Italian seasoning
- ☐ 2 cup(s) pepperonis

## Produce

- ☐ 2 red bell pepper(s)
- ☐ 2 green bell pepper(s)
- ☐ 4 lb(s) baby potatoes
- ☐ 8 whole carrots
- ☐ 2 small white onion(s)
- ☐ 22 oz. pepperoncini peppers

## Sauces/Condiments

- ☐ 2x 15 oz. jar(s) alfredo sauce
- ☐ 6 Tbsp canola oil
- ☐ 2x 17 oz jar(s) Kung Pao sauce
- ☐ 1/2 cup(s) ketchup
- ☐ 1 cup(s) white cooking wine
- ☐ 20 oz. pizza sauce
- ☐ 26 oz. jar(s) marinara sauce

## Dairy/Frozen

- ☐ 4 cup(s) sour cream
- ☐ 4 cup(s) shredded cheddar cheese
- ☐ 1 cup(s) grated Parmesan cheese
- ☐ 1 cup(s) milk
- ☐ 4 cup(s) heavy cream
- ☐ 32 oz. cream cheese
- ☐ 6 cup(s) shredded Swiss cheese
- ☐ 8 cup(s) shredded mozzarella cheese
- ☐ 40 oz. fresh or frozen ravioli
- ☐ 2x cup(s) Parmesan cheese
- ☐ 4 cup(s) mozzarella cheese
- ☐ 2x10 oz. frozen spinach

## Supplies

- ☐ 10x 9x13 disposable foil tray(s)
- ☐ 10x gallon-size freezer baggie(s)
- ☐ 4 cup(s) chopped artichoke hearts

## 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.
- ☐ Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool. Combine with 2 jars of pizza sauce and 2 jars of marinara sauce.
- ☐ Cook 2 boxes of pasta, al dente. Drain and add to tray.
- ☐ Cook 2 boxes of spinach, and drain well.
- ☐ Cook 2 lbs. pasta, as directed, to al dente. Drain well.
- ☐ Cook the elbow pasta, as directed, to al dente. Drain well.
- ☐ Cook the pasta, as directed, to al dente. Drain well. (If need be, cook and crumble the bacon.)
- ☐ Cut 4 chicken breasts into bite-size pieces.
- ☐ If needed, dice ham and 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, mix together 2 cans of diced tomatoes and green chilies (with the juices), 4 cups sour cream, 4 Tbsp ground cumin, 4 tsp chili powder, 4 cups shredded cheddar cheese, and a pinch of salt. Stir in 2 cups shredded cheddar cheese and 3 cups shredded chicken.
- ☐ 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 6 cups shredded rotisserie chicken, 2 cups diced ham and 2 cups chopped bacon.
- ☐ In a small bowl, toss together 2 cups bread crumbs and 2 cups crumbled bacon.
- ☐ In a small skillet, warm 4 cups heavy cream over low heat. Stir in 16 oz. of cream cheese until it melts and then stir in half of the shredded Swiss cheese (amount varies by serving size - check recipe). Once the sauce is smooth and creamy, stir in the chicken-ham-bacon combo.
- ☐ Open 2 cans diced tomatoes with green chilies.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Open 2 cans of sloppy joe sauce.
- ☐ Open 2 cans of water chestnuts and drain them well.
- ☐ Open and drain 2 cans of diced tomatoes.
- ☐ Peel and slice 8 whole carrots into 1/2-inch chunks.

- ☐ Seed and finely chop 2 red bell peppers and 2 green bell peppers.
- ☐ Set out cream cheese to soften.
- ☐ Slice 2 white onions into half-moons.

*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.

### King Ranch Mac & Cheese

To each disposable tray, add the following ingredients:

- Half of the elbow pasta
- Half of the creamy chicken mixture, toss gently together

Cover with foil or lid, add label and freeze.

### 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.

### Kung Pao Chicken

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

- Half of the chicken breast pieces
- Half of the chopped red and green bell peppers
- Half of the water chestnuts
- 1 - 17 oz. jar Kung Pao sauce
- Do NOT add cornstarch to freezer bag.

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

### Chicken Cordon Bleu Bake

To each disposable tray, add the following ingredients:

- Half of the cooked penne pasta
- Half of the creamy chicken sauce, then gently toss
- Remaining shredded Swiss cheese
- 1 cup bread crumbs

Cover with foil or lid, add label and freeze.

### Sloppy Joe Nachos

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

- Half of the browned ground beef
- 1 - 15 oz. can sloppy joe sauce
- 1 Tbsp ground cumin

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

### 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.

### Beef Stew with White Wine

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

- 2 lbs. stew beef
- 2 lbs. baby potatoes

### Best Italian Beef Sandwiches

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

- 2 lb. beef chuck roast
- Half of the sliced onions

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

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

## Pepperoni Pizza Pasta Bake

To each disposable tray, add the following ingredients:

- Half of the cooked elbow pasta
- Half of the ground beef sauce, toss gently
- 1 cup pepperoni slices over the top
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

- 1 - 11 oz. jar pepperoncini
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder

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