

ALL GROUND BEEF MEAL PLAN

DECEMBER

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1. Beef Nachos Verde

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 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 16 oz jar(s) green salsa
- 1 - 15 oz. can(s) white beans
- 1 - red bell pepper(s)
- 1 - bag(s) corn tortilla chips**
- 2 - cup(s) shredded Monterrey Jack cheese**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and chop the red bell pepper. Drain and rinse the can of white beans.
2. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Add the green salsa, drained white beans, chopped red bell pepper, salt and pepper. Combine and heat together.
3. On a large plate or platter, add a thick layer of corn tortilla chips. Spoon the meat mixture on top and then sprinkle the shredded cheese on top. If needed, place in the microwave to melt the cheese.
4. Prepare the fruit.
5. Serve Beef Nachos Verde with fruit.

Assembly Prep Directions for 2 Meals

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

Seed and chop 2 red bell peppers.

Open, drain and rinse 2 cans of white beans.

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

- Half of the browned ground beef
- Half of the chopped red bell peppers
- Half of the canned white beans, drained
- 16 oz. jar green salsa
- 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 skillet for reheating and then assemble the nachos as directed.*

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

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

2. Green Pepper Chili

Yield: 4 servings

Active Time: 5 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
- 2 - green bell pepper(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 6 oz. can(s) tomato paste
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) red kidney beans
- 2 - tsp minced garlic
- 1 - Tbsp chili powder
- - Salt and pepper
- Side: - corn tortilla chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan.
2. Seed and chop the green bell peppers.
3. Open, drain, and rinse the black beans and red kidney beans.
4. Add the chopped bell peppers, diced tomatoes, tomato paste, black beans, red kidney beans and minced garlic to the ground beef mixture. Stir together and stir in the chili powder, salt and pepper.
5. Bring to bubbling, then reduce heat and simmer for 10 minutes. Ladle into bowls and serve warm.
6. Prepare the fruit.
7. Serve Green Pepper Chili with fruit and chips.

Assembly Prep Directions for 2 Meals

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

Seed and chop 4 green bell peppers.

Open 2 cans of diced tomatoes. Open 2 cans of tomato paste.

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

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

- Half of the browned ground beef
- Half of the chopped green bell peppers
- Half of the canned diced tomatoes
- Half of the canned tomato paste
- Half of the canned black beans, drained
- Half of the canned red kidney beans, drained
- 2 tsp minced garlic
- 1 Tbsp chili powder
- 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 a saucepan and reheating on the stove.*

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.*

3. Lazy Lasagna Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 60 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

- 16 - oz. small shell pasta
- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 24 - oz. container cottage cheese
- 4 - cup(s) shredded mozzarella cheese
- 1/2 - cup(s) Parmesan cheese
- 2 - egg(s)
- 2 - Tbsp Italian seasoning
- 1 - 26 oz. jar(s) spaghetti sauce
- - Salt and pepper
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Cook the pasta to al dente, about 7 minutes. Drain and add to 9x13-inch baking dish.
3. In a large saucepan, brown the ground beef with the minced onion, garlic powder, salt, and pepper. Drain and gently toss with the pasta in the baking dish.
4. In a large mixing bowl, combine cottage cheese, half of the shredded mozzarella cheese, all of the Parmesan cheese, eggs, and Italian seasoning.
5. Spread the cheese mixture in and around the pasta in the baking dish. Top with spaghetti sauce and add the remaining shredded mozzarella cheese.
6. Cover and bake in the preheated oven for 45 minutes, then uncover and bake another 10 minutes.
7. Prepare the salad.
8. Serve Lazy Lasagna Bake with salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.

Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.

In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining 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 shallow dish of warm 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 made with gluten-free pasta.*

4. Stuffed Meatballs

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.

Ingredients for Single Meal

- 1 1/2 - lb(s) ground beef
- 1 - egg(s)
- 1 - cup(s) breadcrumbs
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - tsp Italian seasoning
- - Salt and pepper
- 4 - mozzarella cheese stick(s)
- 1 - 26 oz. jar(s) marinara sauce
- Side: - pasta**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 375 F.
2. In a large mixing bowl, combine the ground beef, egg, breadcrumbs, minced onion, garlic powder, Italian seasoning with a few pinches of salt and pepper.
3. Slice the mozzarella cheese sticks into 1/2-inch pieces. Wrap the meat mixture around each piece of cheese and form into round meatballs. You should be able to make 12 to 15 meatballs. Place them in a single layer into a baking dish or baking sheet. Pour the marinara sauce directly over all the meatballs.
4. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
5. Prepare the veggies.
6. Cook the pasta, as directed.
7. Serve Stuffed Meatballs over pasta with favorite veggies.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp Italian seasoning with a few pinches of salt and pepper.

Slice 8 mozzarella sticks into 1/2-inch pieces. Wrap the meat mixture around each piece of cheese and place into the tray.

To each disposable tray, add the following ingredients:

- Half of the pre-made cheese stuffed meatballs, into each tray
- 1 - 26 oz. jar marinara sauce over the meatballs in each tray

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 tray/pan of warm 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 use gluten-free breadcrumbs for the meatballs and serve over gluten-free pasta or veggie noodles.*

5. Buffalo Blue Cheese Burgers

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 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 1/2 - lb(s) ground beef
- 1/4 - cup(s) buffalo wing sauce
- 1/4 - cup(s) breadcrumbs
- 1/4 - tsp paprika
- 4 - hamburger buns**
- 1 - large tomato(es)**
- 4 - lettuce leaves**
- Garnish: - blue cheese crumbles**
- Garnish: - blue cheese dressing**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. Combine the ground beef with the buffalo wing sauce, breadcrumbs and paprika in a medium mixing bowl. Form into 4 patties.
3. Place the patties on the grill or skillet. Cook for 5 to 6 minutes per side, or until internal temperature should reach 165 F.
4. Slice the tomato and prep the lettuce. Assemble burgers with blue cheese crumbles and blue cheese dressing, with the lettuce and tomato.
5. Serve Buffalo Blue Cheese Burgers with fruit and/or chips.

Assembly Prep Directions for 2 Meals

Combine 3 lbs. ground beef with 1/2 cup buffalo wing sauce, 1/2 cup breadcrumbs, 1/2 tsp paprika in a medium mixing bowl. Form into 8 patties

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

- 4 Buffalo Blue Cheese Burgers patties
- Add piece of foil or parchment paper between patties to prevent from sticking together.

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 grill or skillet and cooking as directed.

Special Notes: If you don't have a tray for your grill, put the patties in the freezer for 30 minutes to help them firm up and hold together better when grilling. Or you could grill them from partially frozen. Alternative cooking method: wrap the patties tightly in foil and place them in a 350 F oven for about 5 – 10 minutes until the desired temperature is reached.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free breadcrumbs, and served with gluten-free bun or in lettuce wrap.

Complete Shopping List by Recipe

1. Beef Nachos Verde

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 16 oz jar(s) green salsa
- 2 - 15 oz. can(s) white beans
- 2 - red bell pepper(s)
- 1 - bag(s) corn tortilla chips
- 4 - cup(s) shredded Monterrey Jack cheese
- fruit
- 2 - gallon-size freezer baggie(s)

2. Green Pepper Chili

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 4 - green bell pepper(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 6 oz. can(s) tomato paste
- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) red kidney beans
- 4 - tsp minced garlic
- 2 - Tbsp chili powder
- Salt and pepper
- corn tortilla chips
- fruit
- 2 - gallon-size freezer baggie(s)

3. Lazy Lasagna Bake

- 32 - oz. small shell pasta
- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x24 - oz. container cottage cheese
- 8 - cup(s) shredded mozzarella cheese
- 1/2 - cup(s) Parmesan cheese
- 4 - egg(s)
- 4 - Tbsp Italian seasoning
- 2x1 - 26 oz. jar(s) spaghetti sauce
- Salt and pepper
- salad
- 2 - 9x13 disposable foil tray(s)

4. Stuffed Meatballs

- 3 - lb(s) ground beef
- 2 - egg(s)
- 2 - cup(s) breadcrumbs
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - tsp Italian seasoning
- Salt and pepper
- 8 - mozzarella cheese stick(s)
- 2 - 26 oz. jar(s) marinara sauce
- pasta
- veggies
- 2 - 9x13 disposable foil tray(s)

5. Buffalo Blue Cheese Burgers

- 3 - lb(s) ground beef
- 1/2 - cup(s) buffalo wing sauce
- 1/2 - cup(s) breadcrumbs
- 1/2 - tsp paprika
- 8 - hamburger buns
- 2 - large tomato(es)
- 8 - lettuce leaves

- blue cheese crumbles
- blue cheese dressing
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 12 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) white beans
- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) red kidney beans
- 32 oz. small shell pasta
- 2 1/2 cup(s) breadcrumbs

Sauces/Condiments

- 2x1 16 oz jar(s) green salsa
- 2x1 26 oz. jar(s) spaghetti sauce
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) buffalo wing sauce

Dairy/Frozen

- 4 cup(s) shredded Monterrey Jack cheese
- 2x24 oz. container cottage cheese
- 8 cup(s) shredded mozzarella cheese
- Side:** 1/2 cup(s) Parmesan cheese
- 6 egg(s)
- 8 mozzarella cheese stick(s)
- Garnish:** blue cheese crumbles
- Garnish:** blue cheese dressing

Produce

- 2 red bell pepper(s)
- Side:** fruit
- 4 green bell pepper(s)
- Side:** salad
- Side:** veggies
- 2 large tomato(es)
- 8 lettuce leaves

Starchy Sides

- Side:** 1 bag(s) corn tortilla chips
- Side:** corn tortilla chips
- Side:** pasta
- 8 hamburger buns
- Side:** chips

Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 4 tsp minced garlic
- 2 Tbsp chili powder
- Salt and pepper
- 4 Tbsp Italian seasoning
- 2 tsp Italian seasoning
- 1/2 tsp paprika

Supplies

- Side:** 6 gallon-size freezer baggie(s)
- Side:** 4 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. Beef Nachos Verde

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 16 oz jar(s) green salsa
- 2 15 oz. can(s) white beans
- 2 red bell pepper(s)
- 2 gallon-size freezer baggie(s)

2. Green Pepper Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 green bell pepper(s)
- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) red kidney beans
- 4 tsp minced garlic
- 2 Tbsp chili powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Lazy Lasagna Bake

- 32 oz. small shell pasta
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x24 oz. container cottage cheese
- 8 cup(s) shredded mozzarella cheese
- 4 egg(s)
- 4 Tbsp Italian seasoning
- 2x1 26 oz. jar(s) spaghetti sauce
- Salt and pepper
- 2 9x13 disposable foil tray(s)

4. Stuffed Meatballs

- 3 lb(s) ground beef
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp Italian seasoning
- Salt and pepper
- 8 mozzarella cheese stick(s)
- 2 26 oz. jar(s) marinara sauce
- 2 9x13 disposable foil tray(s)

5. Buffalo Blue Cheese Burgers

- 3 lb(s) ground beef
- 1/2 cup(s) buffalo wing sauce
- 1/2 cup(s) breadcrumbs
- 1/2 tsp paprika
- 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

- 12 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) white beans
- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) red kidney beans
- 32 oz. small shell pasta
- 2 1/2 cup(s) breadcrumbs

Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 4 tsp minced garlic
- 2 Tbsp chili powder
- Salt and pepper
- 4 Tbsp Italian seasoning
- 2 tsp Italian seasoning
- 1/2 tsp paprika

Supplies

- 6x gallon-size freezer baggie(s)
- 4x 9x13 disposable foil tray(s)

Produce

- 2 red bell pepper(s)
- 4 green bell pepper(s)

Sauces/Condiments

- 2x1 16 oz jar(s) green salsa
- 2x1 26 oz. jar(s) spaghetti sauce
- 2 26 oz. jar(s) marinara sauce
- 1/2 cup(s) buffalo wing sauce

Dairy/Frozen

- 2x24 oz. container cottage cheese
- 8 cup(s) shredded mozzarella cheese
- 1x cup(s) Parmesan cheese
- 6 egg(s)
- 8 mozzarella cheese stick(s)

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, 2 Tbsp minced onion, 2 tsp garlic powder, and salt and pepper to taste. Drain and let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Set aside to cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder.
- Cook 2 boxes of pasta to al dente, about 7 minutes. Drain and evenly divide between the trays.
- Seed and chop 2 red bell peppers.
- Seed and chop 4 green bell peppers.
- In a large mixing bowl, combine 2 - 24 oz. containers cottage cheese, 4 cups of the shredded mozzarella cheese, 1 cup Parmesan cheese, 4 eggs, and 4 Tbsp Italian seasoning.
- In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 Tbsp minced onion, 2 tsp garlic powder, 2 tsp Italian seasoning with a few pinches of salt and pepper.
- Slice 8 mozzarella sticks into 1/2-inch pieces. Wrap the meat mixture around each piece of cheese and place into the tray.
- Combine 3 lbs. ground beef with 1/2 cup buffalo wing sauce, 1/2 cup breadcrumbs, 1/2 tsp paprika in a medium mixing bowl. Form into 8 patties
- Open, drain and rinse 2 cans of white beans.
- Open 2 cans of diced tomatoes. Open 2 cans of tomato paste.
- Open, drain and rinse 2 cans of black beans and 2 cans of red kidney beans.

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.

Beef Nachos Verde

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

- Half of the browned ground beef
- Half of the chopped red bell peppers
- Half of the canned white beans, drained
- 16 oz. jar green salsa
- Salt and pepper

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

Lazy Lasagna Bake

To each disposable tray, add the following ingredients on top of the pasta:

- Half of the cooled browned ground beef
- Half of the cheese mixture
- 1 - 26 oz. jar spaghetti sauce
- Half of remaining shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Buffalo Blue Cheese Burgers

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

- 4 Buffalo Blue Cheese Burgers patties
- Add piece of foil or parchment paper between patties to prevent from sticking together.

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

Green Pepper Chili

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

- Half of the browned ground beef
- Half of the chopped green bell peppers
- Half of the canned diced tomatoes
- Half of the canned tomato paste
- Half of the canned black beans, drained
- Half of the canned red kidney beans, drained
- 2 tsp minced garlic
- 1 Tbsp chili powder
- Salt and pepper

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

Stuffed Meatballs

To each disposable tray, add the following ingredients:

- Half of the pre-made cheese stuffed meatballs, into each tray
- 1 - 26 oz. jar marinara sauce over the meatballs in each tray

Cover with foil or lid, add label and freeze.