

ALL BEEF MEAL PLAN

JANUARY 2018

Table of Contents

Recipes

1. Bolognese Sauce
2. Apricot Meatballs
3. Beef Burrito Casserole
4. Mediterranean Stuffed Peppers {Filling}
5. Roasted Vegetable Chili

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. Bolognese Sauce

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

- 4 - slices bacon
- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - Tbsp Italian seasoning
- 4 - whole carrots
- 1 - celery stalk(s)
- 1/2 - small white onion(s)
- Garnish: - grated Parmesan cheese**
- Side: - pasta**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook and crumble the bacon.
2. Shred the carrots. Finely chop the celery and onion.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, Italian seasoning, shredded carrots, chopped celery, chopped onion and crumbled bacon. Bring to bubbling and reduce heat and simmer for 5 minutes to allow flavors to mingle.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Bolognese Sauce over pasta with grated Parmesan garnish and side of veggies.

Assembly Prep Directions for 2 Meals

Cook and crumble 8 slices bacon.

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

Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion
- Half of the cooked and crumbled bacon

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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.*

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

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

2. Apricot 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 - lb(s) ground beef
- 1 - egg(s)
- 1 - cup(s) breadcrumbs
- 1 - tsp minced onion
- 1 - tsp minced garlic
- 1 - cup(s) apricot preserves
- 1/2 - cup(s) French salad dressing
- Side: - rice**
- Side: - salad**
- 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, and minced garlic. Mix well and form into 1-inch meatballs. Place them in a single layer into a baking dish or tray.
3. In a small mixing bowl, combine the apricot preserves and French salad dressing. Pour over the prepared 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. Cook the rice, as directed.
6. Prepare the salad.
7. Serve Apricot Meatballs over rice with salad.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 2 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 tsp minced onion, and 2 tsp minced garlic. Mix well and form into 1-inch meatballs.

In a small mixing bowl, combine 2 cups apricot preserves and 1 cup French salad dressing.

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- Half of the prepared apricot sauce

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 tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free breadcrumbs.*

3. Beef Burrito Casserole

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 - 15 oz. can(s) chili beans
- 1 - cup(s) red salsa
- 1 - tsp ground cumin
- 1 - cup(s) shredded Monterrey Jack cheese
- 8 - flour tortillas
- 2 - cup(s) shredded cheddar cheese
- Garnish: - avocado slices**
- Garnish: - sour cream**
- Side: - veggies**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Open the can of chili beans.
3. Brown the ground beef with the minced onion and garlic powder. Drain if necessary. Stir in the beans, salsa, cumin and shredded Monterrey Jack cheese.
4. Spoon the beef and beans mixture into the tortillas, then roll them up and place seam side down in the prepared baking dish. Repeat until all the meat is used up and burritos are cozy in the baking dish. Sprinkle the shredded cheddar cheese on top and bake in the preheated oven for 20 minutes, or until cheese on top has melted. Add sliced avocados and/or sour cream as garnish.
5. Prepare the veggies.
6. Serve Beef Burrito Casserole with veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of chili beans.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain if necessary. Stir in the beans, 2 cups salsa, 2 tsp cumin and 2 cups shredded Monterrey Jack cheese.

To each disposable tray, layer the following ingredients:

- 8 tortillas, with beef-bean mixture rolled inside
- Top with shredded cheddar 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 made with gluten-free tortillas or corn tortillas.*

4. Mediterranean Stuffed Peppers {Filling}

Yield: 4 servings

Active Time: 10 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

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz can(s) chickpeas
- 1 - 4 oz. can(s) black olives
- 1 - 8 oz can(s) tomato sauce
- 1/2 - tsp ground allspice
- - Salt and pepper
- 1 - cup(s) white rice**
- 2 - cup(s) beef stock
- 4 - large green bell pepper(s)
- Garnish: - chopped parsley**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Open and drain the chickpeas and black olives. Open tomato sauce.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the stove. Stir in the chickpeas, black olives, tomato sauce, allspice and pinch of salt and pepper. Add the rice and stir in the beef stock. Cover and simmer for 15 to 20 minutes, or until rice is softened.
4. Slice the tops off the bell peppers and remove the seeds and center.
5. Spoon the beef-rice mixture into each bell pepper, filling. Place into small baking dish and bake for 10 to 15 minutes, to warm through and soften the bell peppers.
6. Prepare the veggies.
7. Serve Mediterranean Stuffed Peppers with veggies.

Assembly Prep Directions for 2 Meals

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

Open and drain 2 cans of chickpeas and 2 cans of black olives.

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 canned chickpeas
- Half of the canned olives
- 1 - 8 oz. can tomato sauce
- 1/2 tsp allspice
- Salt and pepper
- Do NOT add rice and beef stock to freezer meal.

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 skillet and reheating. Once bubbling, stir in the rice and beef stock and cook through. Then add to bell peppers and bake 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 sides.*

5. Roasted Vegetable Chili

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 35 minutes

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

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

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - eggplant(s)
- 1 - zucchini
- 1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp chili powder
- 2 - cup(s) beef broth
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.
2. Open the crushed tomatoes.
3. Seed and dice the green bell pepper. Dice the onion.
4. Slice the eggplant and zucchini both into 1/2-inch circles.
5. Place the diced veggies onto prepared baking sheet and roast in the oven for 15 to 20 minutes.
6. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the crushed tomatoes, chili powder and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Once the veggies are roasted, add to the chili and cook another 10 minutes, or until veggies are softened. Season with salt and pepper to taste.
7. Prepare the salad.
8. Serve Roasted Vegetable Chili with salad.

Assembly Prep Directions for 2 Meals

Slice 2 eggplants and 2 zucchini, both into 1/2-inch circles.

Seed and dice 2 green bell peppers. Dice 2 onions.

Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.

Place the sliced eggplant and zucchini, plus diced bell pepper onto prepared baking sheet and roast in the oven for 15 to 20 minutes.

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

Open 2 cans of crushed tomatoes.

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

- Half of the browned ground beef
- Half of the roasted vegetables
- Half of the crushed tomatoes
- 2 Tbsp chili powder
- 2 cups beef broth
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

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

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

Complete Shopping List by Recipe

1. Bolognese Sauce

- 8 - slices bacon
- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 8 - whole carrots
- 2 - celery stalk(s)
- 1 - small white onion(s)
- grated Parmesan cheese
- pasta
- veggies
- 2 - gallon-size freezer baggie(s)

3. Beef Burrito Casserole

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) chili beans
- 2 - cup(s) red salsa
- 2 - tsp ground cumin
- 2 - cup(s) shredded Monterrey Jack cheese
- 16 - flour tortillas
- 4 - cup(s) shredded cheddar cheese
- avocado slices
- sour cream
- veggies
- 2 - 9x13 disposable foil tray(s)

5. Roasted Vegetable Chili

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2 - eggplant(s)
- 2 - zucchini

2. Apricot Meatballs

- 2 - lb(s) ground beef
- 2 - egg(s)
- 2 - cup(s) breadcrumbs
- 2 - tsp minced onion
- 2 - tsp minced garlic
- 2 - cup(s) apricot preserves
- 1 - cup(s) French salad dressing
- rice
- salad
- 2 - 9x13 disposable foil tray(s)

4. Mediterranean Stuffed Peppers {Filling}

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 15 oz can(s) chickpeas
- 2 - 4 oz. can(s) black olives
- 2x1 - 8 oz can(s) tomato sauce
- 1 - tsp ground allspice
- Salt and pepper
- 2 - cup(s) white rice
- 4 - cup(s) beef stock
- 8 - large green bell pepper(s)
- chopped parsley
- veggies
- 2 - gallon-size freezer baggie(s)

- 2x1 - 28 oz. can(s) crushed tomatoes
- 4 - Tbsp chili powder
- 4 - cup(s) beef broth
- Salt and pepper
- shredded cheddar cheese
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 slices bacon
- 10 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 4x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) breadcrumbs
- Side:** rice
- 2 15 oz. can(s) chili beans
- 2 cup(s) red salsa
- 2x1 15 oz can(s) chickpeas
- 2 4 oz. can(s) black olives
- 2x1 8 oz can(s) tomato sauce
- 2 cup(s) white rice
- 4 cup(s) beef stock
- 4 cup(s) beef broth

Sauces/Condiments

- 2 cup(s) apricot preserves
- 1 cup(s) French salad dressing

Dairy/Frozen

- Garnish:** grated Parmesan cheese

Produce

- 8 whole carrots
- 2 celery stalk(s)
- 3 small white onion(s)
- Side:** veggies
- Side:** salad
- Garnish:** avocado slices
- 8 large green bell pepper(s)
- Garnish:** chopped parsley
- 2 green bell pepper(s)
- 2 eggplant(s)
- 2 zucchini

Starchy Sides

- Side:** pasta
- 16 flour tortillas

Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 2 Tbsp Italian seasoning
- 2 tsp minced onion
- 2 tsp minced garlic
- 2 tsp ground cumin
- 1 tsp ground allspice
- Salt and pepper
- 4 Tbsp chili powder

Supplies

- Side:** 6 gallon-size freezer baggie(s)

- 2 egg(s)
- 2 cup(s) shredded Monterrey Jack cheese
- 4 cup(s) shredded cheddar cheese
- Garnish:** sour cream
- Garnish:** shredded cheddar cheese
- 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. Bolognese Sauce

- 8 slices bacon
- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 28 oz. can(s) crushed tomatoes
- 2 Tbsp Italian seasoning
- 8 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 2 gallon-size freezer baggie(s)

3. Beef Burrito Casserole

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) chili beans
- 2 cup(s) red salsa
- 2 tsp ground cumin
- 2 cup(s) shredded Monterrey Jack cheese
- 16 flour tortillas
- 4 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(s)

5. Roasted Vegetable Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 eggplant(s)
- 2 zucchini
- 2x1 28 oz. can(s) crushed tomatoes
- 4 Tbsp chili powder
- 4 cup(s) beef broth

2. Apricot Meatballs

- 2 lb(s) ground beef
- 2 egg(s)
- 2 cup(s) breadcrumbs
- 2 tsp minced onion
- 2 tsp minced garlic
- 2 cup(s) apricot preserves
- 1 cup(s) French salad dressing
- 2 9x13 disposable foil tray(s)

4. Mediterranean Stuffed Peppers {Filling}

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 15 oz can(s) chickpeas
- 2 4 oz. can(s) black olives
- 2x1 8 oz can(s) tomato sauce
- 1 tsp ground allspice
- Salt and pepper
- 4 cup(s) beef stock
- 8 large green bell pepper(s)
- 2 gallon-size freezer baggie(s)

- 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

- 8 slices bacon
- 10 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 4x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) breadcrumbs
- 2 15 oz. can(s) chili beans
- 2 cup(s) red salsa
- 2x1 15 oz can(s) chickpeas
- 2 4 oz. can(s) black olives
- 2x1 8 oz can(s) tomato sauce
- 4 cup(s) beef stock
- 4 cup(s) beef broth

Sauces/Condiments

- 2 cup(s) apricot preserves
- 1 cup(s) French salad dressing

Dairy/Frozen

- 2 egg(s)
- 2 cup(s) shredded Monterrey Jack cheese
- 4 cup(s) shredded cheddar cheese

Produce

- 8 whole carrots
- 2 celery stalk(s)
- 3 small white onion(s)
- 8 large green bell pepper(s)
- 2 green bell pepper(s)
- 2 eggplant(s)
- 2 zucchini

Starchy Sides

- 16 flour tortillas

Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 2 Tbsp Italian seasoning
- 2 tsp minced onion
- 2 tsp minced garlic
- 2 tsp ground cumin
- 1 tsp ground allspice
- Salt and pepper
- 4 Tbsp chili powder

Supplies

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

- Open 2 cans of chili beans.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain if necessary. Stir in the beans, 2 cups salsa, 2 tsp cumin and 2 cups shredded Monterrey Jack cheese.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Slice 2 eggplants and 2 zucchini, both into 1/2-inch circles.
- Seed and dice 2 green bell peppers. Dice 2 onions.
- Preheat oven to 425 F. Spray baking sheet with non-stick cooking spray.
- Cook and crumble 8 slices bacon.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Place the sliced eggplant and zucchini, plus diced bell pepper onto prepared baking sheet and roast in the oven for 15 to 20 minutes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and shred 8 whole carrots. Finely chop 2 celery stalks and 1 small white onion.
- In a large mixing bowl, combine 2 lbs. ground beef, 2 eggs, 2 cups breadcrumbs, 2 tsp minced onion, and 2 tsp minced garlic. Mix well and form into 1-inch meatballs.
- In a small mixing bowl, combine 2 cups apricot preserves and 1 cup French salad dressing.
- Open and drain 2 cans of chickpeas and 2 cans of black olives.
- Open 2 cans of tomato sauce.
- Open 2 cans of crushed tomatoes.

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.

Bolognese Sauce

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

- Half of the browned ground beef
- 1 - 28 oz. can crushed tomatoes
- 1 Tbsp Italian seasoning
- Half of the shredded carrots
- Half of the chopped celery
- Half of the chopped onion
- Half of the cooked and crumbled bacon

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

Beef Burrito Casserole

To each disposable tray, layer the following ingredients:

- 8 tortillas, with beef-bean mixture rolled inside
- Top with shredded cheddar cheese

Cover with foil or lid, add label and freeze.

Roasted Vegetable Chili

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

- Half of the browned ground beef
- Half of the roasted vegetables
- Half of the crushed tomatoes
- 2 Tbsp chili powder
- 2 cups beef broth
- Salt and pepper

Apricot Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade meatballs
- Half of the prepared apricot sauce

Cover with foil or lid, add label and freeze.

Mediterranean Stuffed Peppers {Filling}

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

- Half of the browned ground beef
- Half of the canned chickpeas
- Half of the canned olives
- 1 - 8 oz. can tomato sauce
- 1/2 tsp allspice
- Salt and pepper
- Do NOT add rice and beef stock to freezer meal.

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

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