

# THE 20 MEALS PLAN

APRIL 2018

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## *Assembly of Meals*

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# 1. Slow Cooker Chicken Ropa Vieja

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

- 12 - boneless chicken thighs
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - Tbsp apple cider vinegar
- 1 - Tbsp cumin
- 1/2 - cup(s) green olives
- Side: - rice\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Seed and slice the bell peppers. Slice the onion.
2. Place the chicken thighs into the base of the slow cooker and season with salt and pepper. Add the sliced bell peppers and onions, crushed tomatoes, vinegar, cumin and green olives.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
4. Cook the rice, as directed.
5. Spoon the shredded chicken over rice.
6. Prepare the salad.
7. Serve Slow Cooker Chicken Ropa Vieja over rice with salad.

## Assembly Prep Directions for 2 Meals

Slice 2 onions.

Seed and slice 2 green bell peppers and 2 red bell peppers.

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

- 12 boneless chicken thighs
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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.

**Special Notes:** Serve with cauli-rice for Paleo/Whole30 meal.

**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.

## 2. Slow Cooker Chicken No-Tortilla Soup

*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 - large boneless chicken breasts
- 1 - red bell pepper(s)
- 1 - 15 oz. can(s) tomato sauce
- 1 - 15 oz can(s) petite diced tom
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 2 - cup(s) chicken or vegetable stock
- - Salt and pepper
- Garnish: - avocado slices\*\*
- Side: - salad or veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Seed and dice the red bell pepper.
2. To the slow cooker, add the chicken, tomato sauce, diced tomatoes, chili powder, cumin, garlic powder, onion powder, red bell pepper, and chicken or vegetable stock. Set slow cooker on low and cook for 8 hours.
3. Before serving, use 2 forks to pull the chicken apart in the soup. Then ladle soup into bowls and add the avocado slices into each bowl.
4. Serve Slow Cooker Chicken No-Tortilla Soup with avocado slices.

### Assembly Prep Directions for 2 Meals

Seed and dice 2 red bell peppers.

Open 2 cans of tomato sauce.

Open 2 cans of diced tomatoes.

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

- 4 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp chili powder
- 2 cups chicken or vegetable stock
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion 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. Once cooked, shred the chicken into the soup, ladle into bowls and garnish.

**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. Cheeseburger Tortellini Skillet

*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

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - Tbsp red wine vinegar
- 3 - Tbsp yellow mustard
- 20 - oz. fresh or frozen tortellini
- 1 - cup(s) beef stock
- - Salt and pepper
- 1/2 - cup(s) heavy cream\*\*
- 1/2 - cup(s) grated Parmesan cheese\*\*
- 1 - cup(s) shredded mozzarella cheese\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
2. Stir in the crushed tomatoes, red wine vinegar, yellow mustard, tortellini, beef stock, salt and pepper. Bring to bubbling, cover and cook about 10 minutes, or until tortellini is cooked.
3. Then stir in the cream and sprinkle the cheeses over the top. Cook over low heat another few minutes, until cheeses have melted.
4. Prepare veggies.
5. Serve Cheeseburger Tortellini Skillet with veggies.

### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

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

- Half of the browned ground beef
- 28 oz. can crushed tomatoes
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp red wine vinegar
- 3 Tbsp yellow mustard

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 to skillet and cook the pasta and sauce. Once the tortellini is cooked, stir in the cream and top with shredded mozzarella cheese and Parmesan cheese and cook until cheese melts.

**Special Notes:** Use your preferred variety of tortellini. If cooking from frozen, you might need to add 5 minutes to the cooking time.

**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.

## 4. Coconut Lime Chicken Skillet

*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 olive oil
- 1 - red bell pepper(s)
- 1/2 - small red onion(s)
- 1 - cup(s) chicken stock
- 2 - Tbsp lime juice
- 1 - cup(s) coconut milk\*\*
- Garnish: - chopped cilantro\*\*
- Garnish: - crushed red pepper\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Seed and finely chop the red bell pepper. Chop the red onion.
3. In a large skillet, add the olive oil and saute the chicken pieces for 2 to 3 minutes. Stir in the chopped red bell peppers, chopped red onions, chicken stock, lime juice and bring to bubbling. Let simmer for a few minutes and then stir in the coconut milk. Cover with lid, reduce heat to low and let simmer for 10 to 15 minutes, or until chicken is cooked through.
4. Prepare the salad.
5. Serve Coconut Lime Chicken Skillet with garnishes and side salad.

### Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

Seed and finely chop 2 red bell peppers. Chop 1 red onion.

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped red onion
- 1 cup chicken stock
- 2 Tbsp lime juice
- Do NOT add coconut milk 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, swirl in the coconut milk, cover with lid and let simmer on low for 10 to 15 minutes, or until chicken is cooked.*

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

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

## 5. Tex Mex Tater Tot 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 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 1 - cup(s) red salsa
- 28 - oz. frozen tater tots
- 1 - 10 oz. can(s) enchilada sauce
- 3 - cup(s) shredded cheddar cheese
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

### Cooking Directions for Single Meal

1. Preheat the oven to 350 F.
2. Open, drain and rinse the black beans. Open and drain the corn.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the black beans, corn, red salsa and half of the shredded cheese. Spoon the ground beef mixture into the base of baking dish.
4. Add the tater tots over top of the beef mixture in the tray and then pour the enchilada sauce over the top. Bake in the preheated oven for 30 to 35 minutes, and then add the remaining shredded cheese on the top and bake another 5 to 10 minutes, or until cheese is melted.
5. Prepare the salad.
6. Serve Tex Mex Tater Tot Bake with side salad.

### 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, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn.

In a large mixing bowl, toss together the browned ground beef, the black beans, the corn, 2 cups of red salsa and 3 cups shredded cheese.

To each disposable tray, add the following ingredients:

- Half of the ground beef mixture
- 1 - 28 oz. bag frozen tater tots
- 1 - 10 oz. can red enchilada sauce
- Do not add the remaining cheese over the top, that can be kept in the freezer near the disposable dish and thawed just before adding to the casserole during cooking.

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. Add remaining shredded cheese with 5 to 10 minutes left of cooking.*

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

**Gluten-Free Modifications:** *This meal is gluten-free if tater tots are gluten-free.*

## 6. Eggplant Pasta Skillet

*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 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - small eggplant(s)
- 1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 2 - cup(s) beef stock\*\*
- 12 - oz. small shell pasta\*\*
- - Salt and pepper
- Garnish: - Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Chop the eggplant into 1/2-inch pieces. Place in colander and sprinkle salt onto the eggplant flesh and let sit for 30 minutes in the sink.\* Rinse off the salt and bitter juices.
2. Meanwhile, in a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet. Stir in the crushed tomatoes and Italian seasoning and let simmer. Stir in the salted AND rinsed eggplant pieces and bring to bubbling.
3. Once bubbling, stir in the beef stock and the pasta. Gently stir through and press the pasta into the liquid. Cover with tight fitting lid and simmer over low heat for 8 to 10 minutes, or until pasta is cooked.
4. Prepare the salad.
5. Serve Eggplant Pasta Skillet with 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. Drain and set aside to cool.

Chop 2 eggplants into 1/2-inch pieces. Place in colander and sprinkle salt onto the eggplant flesh and let sit for 30 minutes in the sink.\* Rinse off the salt and bitter juices.

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 rinsed eggplant pieces
- 1 - 28 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- Salt and pepper
- Do not add the beef stock or pasta to the freezer meal baggie.

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 cooking pasta with beef stock, as directed.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when made with small shell gluten-free pasta.*



## 7. Slow Cooker Mushroom Pot Roast

*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
- - Salt and pepper
- 1 - small white onion(s)
- 8 - oz. sliced white mushrooms
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) white cooking wine
- 2 - Tbsp Worcestershire sauce
- Side: - veggies\*\*
- Side: - mashed potatoes\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the onion into half-moons.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper.
3. In a large mixing bowl, whisk together the cream of mushroom soup, white cooking wine and Worcestershire sauce. Then fold in the sliced onion and sliced mushrooms. Pour over the beef roast in the slow cooker.
4. 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.
5. Prepare the veggies.
6. Prepare the mashed potatoes.
7. Serve Slow Cooker Mushroom Pot Roast over mashed potatoes with side of veggies.

### Assembly Prep Directions for 2 Meals

Slice 2 small onions into half-moons.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onion
- 8 oz. sliced white mushrooms
- 1 - 10 oz. can cream of mushroom soup
- 1 cup white cooking wine
- 2 Tbsp Worcestershire sauce

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

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

## 8. Four Bean Chili

*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

- 1 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - 15 oz. can pinto beans
- 1 - 15 oz. can(s) red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) ranch beans
- 1 - 28 oz. can(s) crushed tomatoes
- 3 - Tbsp chili powder
- 1 - tsp garlic powder
- 2 - cup(s) vegetable broth
- - Salt and pepper
- Garnish: - shredded Mexican blend cheese\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Open and drain the can of crushed tomatoes. Open, drain and rinse all of the cans of beans.
2. Chop the small white onion. Seed and chop the green bell pepper.
3. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook at rolling boil for about 10 minutes, stirring often. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Four Bean Chili with shredded cheese garnish and side salad.

### Assembly Prep Directions for 2 Meals

Chop 2 small white onions. Seed and chop 2 green bell peppers.

Open, drain and rinse 2 cans of each type of beans.

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

- Half of the chopped white onion
- Half of the chopped green bell peppers
- Half of each of the rinsed beans
- 1 - 28 oz. can crushed tomatoes
- 3 Tbsp chili powder
- 1 tsp garlic powder
- 2 cups vegetable 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 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 the shredded cheese garnish is omitted.*

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

## 9. Slow Cooker Crack Chicken

*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.

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### Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 16 - oz. cream cheese
- 1 - packet(s) ranch dressing mix
- 4 - slices bacon\*\*
- 1 - cup(s) shredded cheese\*\*
- 4 - hamburger buns\*\*
- Side: - chips\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and add the cream cheese and ranch dressing mix.
2. Set on low and cook for 8 hours.
3. Just before your meal, cook the bacon in a skillet and then crumble it.
4. Once cooked, shred the chicken into the sauce and mix in the bacon crumbles and shredded cheese. Mix well and then spoon onto buns to make sandwiches.
5. Serve Slow Cooker Crack Chicken on buns with side of fruit and chips.

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### Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 16 oz. cream cheese
- 1 packet ranch dressing mix
- Do NOT add the bacon or cheese to the freezer baggie.

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 chicken into the sauce and add the crumbled bacon and shredded cheese, as directed.*

**Dairy-Free Modifications:** *Unfortunately, there is not a great dairy-free version of this meal.*

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

# 10. Pesto 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)
- 1/4 - cup(s) breadcrumbs
- 2/3 - cup(s) pesto
- 1/2 - cup(s) grated Parmesan cheese
- 1 - tsp minced onion
- 1 - tsp garlic powder
- - Salt and pepper
- 1 - 26 oz. jar(s) marinara sauce
- Side: - pasta\*\*
- Side: - salad\*\*
- 1 - 9x13 disposable foil tray(s)

## Cooking Directions for Single Meal

1. Preheat oven to 350 F.
2. In a large mixing bowl, combine the ground beef, egg, breadcrumbs, pesto, grated Parmesan cheese, minced onion, garlic powder and pinch of salt and pepper. Using an ice cream scoop, form beef mixture into balls and place them in a single layer into a baking dish. Pour the marinara sauce over the tops of the meatballs.
3. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
4. While the meatballs are baking, cook the pasta and prepare the salad.
5. Serve Pesto Meatballs over pasta with side salad.

## Assembly Prep Directions for 2 Meals

In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1/2 cup breadcrumbs, 1 1/3 cups pesto, 1 cup grated Parmesan cheese, 2 tsp minced onion, 2 tsp garlic powder and pinch of salt and pepper. Using an ice cream scoop, form beef mixture into balls and place them in a single layer into the disposable baking tray.

To each disposable tray, add the following ingredients:

- Half of the premade pesto meatballs
- 1 - 26 oz. jar marinara sauce, drizzled evenly over the meatballs

Cover with foil or lid, add label and freeze.

**Freeze & Thaw Instructions:** *Put trays 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 made with gluten-free breadcrumbs and gluten-free pasta.*

# Complete Shopping List by Recipe

## 1. Slow Cooker Chicken Ropa Vieja

- 24 - boneless chicken thighs
- Salt and pepper
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2x1 - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp apple cider vinegar
- 2 - Tbsp cumin
- 1 - cup(s) green olives
- rice
- salad
- 2 - gallon-size freezer baggie(s)

## 3. Cheeseburger Tortellini Skillet

- 2 - lb(s) ground beef
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 2x1 - 28 oz. can(s) crushed tomatoes
- 2 - Tbsp red wine vinegar
- 6 - Tbsp yellow mustard
- 40 - oz. fresh or frozen tortellini
- 2 - cup(s) beef stock
- Salt and pepper
- 1 - cup(s) heavy cream
- 1 - cup(s) grated Parmesan cheese
- 2 - cup(s) shredded mozzarella cheese
- veggies
- 2 - gallon-size freezer baggie(s)

## 5. Tex Mex Tater Tot Bake

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) corn
- 2 - cup(s) red salsa
- 56 - oz. frozen tater tots

## 2. Slow Cooker Chicken No-Tortilla Soup

- 8 - large boneless chicken breasts
- 2 - red bell pepper(s)
- 2 - 15 oz. can(s) tomato sauce
- 2x1 - 15 oz can(s) petite diced tom
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 4 - cup(s) chicken or vegetable stock
- Salt and pepper
- avocado slices
- salad or veggies
- 2 - gallon-size freezer baggie(s)

## 4. Coconut Lime Chicken Skillet

- 4 - large boneless chicken breasts
- 2 - Tbsp olive oil
- 2 - red bell pepper(s)
- 1 - small red onion(s)
- 2 - cup(s) chicken stock
- 4 - Tbsp lime juice
- 2 - cup(s) coconut milk
- chopped cilantro
- crushed red pepper
- salad
- 2 - gallon-size freezer baggie(s)

## 6. Eggplant Pasta Skillet

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - small eggplant(s)
- 2x1 - 28 oz. can(s) crushed tomatoes
- 4 - Tbsp Italian seasoning
- 4 - cup(s) beef stock

- 2 - 10 oz. can(s) enchilada sauce
- 6 - cup(s) shredded cheddar cheese
- salad
- 2 - 9x13 disposable foil tray(s)

### 7. Slow Cooker Mushroom Pot Roast

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 16 - oz. sliced white mushrooms
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) white cooking wine
- 4 - Tbsp Worcestershire sauce
- veggies
- mashed potatoes
- 2 - gallon-size freezer baggie(s)

### 9. Slow Cooker Crack Chicken

- 8 - small boneless chicken breasts
- 32 - oz. cream cheese
- 2 - packet(s) ranch dressing mix
- 8 - slices bacon
- 1 - cup(s) shredded cheese
- 8 - hamburger buns
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

- 24 - oz. small shell pasta
- Salt and pepper
- Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

### 8. Four Bean Chili

- 2 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - 15 oz. can pinto beans
- 2x1 - 15 oz. can(s) red kidney beans
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) ranch beans
- 2x1 - 28 oz. can(s) crushed tomatoes
- 6 - Tbsp chili powder
- 2 - tsp garlic powder
- 4 - cup(s) vegetable broth
- Salt and pepper
- shredded Mexican blend cheese
- salad
- 2 - gallon-size freezer baggie(s)

### 10. Pesto Meatballs

- 3 - lb(s) ground beef
- 2 - egg(s)
- 1/2 - cup(s) breadcrumbs
- 1 1/3 - cup(s) pesto
- 1 - cup(s) grated Parmesan cheese
- 2 - tsp minced onion
- 2 - tsp garlic powder
- Salt and pepper
- 2 - 26 oz. jar(s) marinara sauce
- pasta
- salad
- 2 - 9x13 disposable foil tray(s)

# Complete Shopping List by Store Section/Category

## Meat

- 24 boneless chicken thighs
- 12 large boneless chicken breasts
- 9 lb(s) ground beef
- 4 lb(s) beef chuck roast
- 8 small boneless chicken breasts
- 8 slices bacon

## Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- Side:** rice
- 2 15 oz. can(s) tomato sauce
- 2x1 15 oz can(s) petite diced tom
- 4 cup(s) chicken or vegetable stock
- 6x1 28 oz. can(s) crushed tomatoes
- 6 cup(s) beef stock
- 2 cup(s) chicken stock
- 2 cup(s) coconut milk
- 4 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce
- 24 oz. small shell pasta
- 2x1 10 oz can(s) cream of mushroom
- 2 15 oz. can pinto beans
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) ranch beans
- 4 cup(s) vegetable broth
- 1/2 cup(s) breadcrumbs

## Produce

- 6 red bell pepper(s)
- 4 green bell pepper(s)
- 6 small white onion(s)
- Side:** salad
- avocado slices
- Side:** salad or veggies
- Side:** veggies
- 1 small red onion(s)
- 4 Tbsp lime juice
- Garnish:** chopped cilantro
- 2 small eggplant(s)
- 16 oz. sliced white mushrooms
- Side:** mashed potatoes
- Side:** fruit

## Starchy Sides

- 8 hamburger buns
- Side:** chips
- Side:** pasta

### Sauces/Condiments

- 2 Tbsp apple cider vinegar
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 2 Tbsp olive oil
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 1 1/3 cup(s) pesto
- 2 26 oz. jar(s) marinara sauce

### Dairy/Frozen

- 40 oz. fresh or frozen tortellini
- 1 cup(s) heavy cream
- 2 cup(s) grated Parmesan cheese
- 2 cup(s) shredded mozzarella cheese
- 56 oz. frozen tater tots
- 6 cup(s) shredded cheddar cheese
- Side:** Parmesan cheese
- Garnish:** shredded Mexican blend cheese
- 32 oz. cream cheese
- Side:** 1 cup(s) shredded cheese
- 2 egg(s)

### Spices

- Salt and pepper
- 2 Tbsp cumin
- 8 Tbsp chili powder
- 2 tsp ground cumin
- 12 tsp garlic powder
- 2 tsp onion powder
- 8 Tbsp minced onion
- Garnish:** crushed red pepper
- 4 Tbsp Italian seasoning
- 2 packet(s) ranch dressing mix
- 2 tsp minced onion

### Supplies

- Side:** 16 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. Slow Cooker Chicken Ropa Vieja

- 24 boneless chicken thighs
- Salt and pepper
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2x1 15 oz. can(s) crushed tomatoes
- 2 Tbsp apple cider vinegar
- 2 Tbsp cumin
- 1 cup(s) green olives
- 2 gallon-size freezer baggie(s)

## 3. Cheeseburger Tortellini Skillet

- 2 lb(s) ground beef
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 2x1 28 oz. can(s) crushed tomatoes
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 40 oz. fresh or frozen tortellini
- 2 cup(s) beef stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Tex Mex Tater Tot Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 56 oz. frozen tater tots
- 2 10 oz. can(s) enchilada sauce
- 6 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(s)

## 2. Slow Cooker Chicken No-Tortilla Soup

- 8 large boneless chicken breasts
- 2 red bell pepper(s)
- 2 15 oz. can(s) tomato sauce
- 2x1 15 oz can(s) petite diced tom
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp garlic powder
- 2 tsp onion powder
- 4 cup(s) chicken or vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Coconut Lime Chicken Skillet

- 4 large boneless chicken breasts
- 2 Tbsp olive oil
- 2 red bell pepper(s)
- 1 small red onion(s)
- 2 cup(s) chicken stock
- 4 Tbsp lime juice
- 2 gallon-size freezer baggie(s)

## 6. Eggplant Pasta Skillet

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 small eggplant(s)
- 2x1 28 oz. can(s) crushed tomatoes
- 4 Tbsp Italian seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

### 7. Slow Cooker Mushroom Pot Roast

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 16 oz. sliced white mushrooms
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 2 gallon-size freezer baggie(s)

### 9. Slow Cooker Crack Chicken

- 8 small boneless chicken breasts
- 32 oz. cream cheese
- 2 packet(s) ranch dressing mix
- 2 gallon-size freezer baggie(s)

### 8. Four Bean Chili

- 2 small white onion(s)
- 2 green bell pepper(s)
- 2 15 oz. can pinto beans
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) ranch beans
- 2x1 28 oz. can(s) crushed tomatoes
- 6 Tbsp chili powder
- 2 tsp garlic powder
- 4 cup(s) vegetable broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

### 10. Pesto Meatballs

- 3 lb(s) ground beef
- 2 egg(s)
- 1/2 cup(s) breadcrumbs
- 1 1/3 cup(s) pesto
- 1 cup(s) grated Parmesan cheese
- 2 tsp minced onion
- 2 tsp garlic powder
- Salt and pepper
- 2 26 oz. jar(s) marinara sauce
- 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

- 24 boneless chicken thighs
- 12 large boneless chicken breasts
- 9 lb(s) ground beef
- 4 lb(s) beef chuck roast
- 8 small boneless chicken breasts

## Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- 2 15 oz. can(s) tomato sauce
- 2x1 15 oz can(s) petite diced tom
- 4 cup(s) chicken or vegetable stock
- 6x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 cup(s) chicken stock
- 4 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce
- 2x1 10 oz can(s) cream of mushroom
- 2 15 oz. can pinto beans
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) ranch beans
- 4 cup(s) vegetable broth
- 1/2 cup(s) breadcrumbs

## Spices

- Salt and pepper
- 2 Tbsp cumin
- 8 Tbsp chili powder
- 2 tsp ground cumin
- 12 tsp garlic powder
- 2 tsp onion powder

## Produce

- 6 red bell pepper(s)
- 4 green bell pepper(s)
- 6 small white onion(s)
- 1 small red onion(s)
- 4 Tbsp lime juice
- 2 small eggplant(s)
- 16 oz. sliced white mushrooms

## Sauces/Condiments

- 2 Tbsp apple cider vinegar
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 2 Tbsp olive oil
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 1 1/3 cup(s) pesto
- 2 26 oz. jar(s) marinara sauce

## Dairy/Frozen

- 40 oz. fresh or frozen tortellini
- 56 oz. frozen tater tots
- 6 cup(s) shredded cheddar cheese
- 32 oz. cream cheese
- 2 egg(s)
- 1 cup(s) grated Parmesan cheese

- 8 Tbsp minced onion
- 4 Tbsp Italian seasoning
- 2 packet(s) ranch dressing mix
- 2 tsp minced onion

### **Supplies**

- 16x 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

- Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Cut 4 chicken breasts into bite-size pieces.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Slice 2 onions.
- Seed and slice 2 green bell peppers and 2 red bell peppers.
- Seed and dice 2 red bell peppers.
- Seed and finely chop 2 red bell peppers. Chop 1 red onion.
- Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn.
- Chop 2 eggplants into 1/2-inch pieces. Place in colander and sprinkle salt onto the eggplant flesh and let sit for 30 minutes in the sink.\* Rinse off the salt and bitter juices.
- Slice 2 small onions into half-moons.
- Chop 2 small white onions. Seed and chop 2 green bell peppers.
- In a large mixing bowl, toss together the browned ground beef, the black beans, the corn, 2 cups of red salsa and 3 cups shredded cheese.
- In a large mixing bowl, combine 3 lbs. ground beef, 2 eggs, 1/2 cup breadcrumbs, 1 1/3 cups pesto, 1 cup grated Parmesan cheese, 2 tsp minced onion, 2 tsp garlic powder and pinch of salt and pepper. Using an ice cream scoop, form beef mixture into balls and place them in a single layer into the disposable baking tray.
- Open 2 cans of tomato sauce.
- Open 2 cans of diced tomatoes.
- Open 2 cans of crushed tomatoes.
- Open, drain and rinse 2 cans of each type of 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.

### Slow Cooker Chicken Ropa Vieja

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

- 12 boneless chicken thighs
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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

### Cheeseburger Tortellini Skillet

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

- Half of the browned ground beef
- 28 oz. can crushed tomatoes
- 20 oz. fresh or frozen tortellini
- 1 cup beef stock
- 1 Tbsp red wine vinegar
- 3 Tbsp yellow mustard

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

### Tex Mex Tater Tot Bake

To each disposable tray, add the following ingredients:

- Half of the ground beef mixture
- 1 - 28 oz. bag frozen tater tots
- 1 - 10 oz. can red enchilada sauce
- Do not add the remaining cheese over the top, that can be kept in the freezer near the disposable dish and thawed just before adding to the casserole during cooking.

### Slow Cooker Chicken No-Tortilla Soup

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

- 4 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp chili powder
- 2 cups chicken or vegetable stock
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder

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

### Coconut Lime Chicken Skillet

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

- Half of the chicken breast pieces
- Half of the chopped red bell peppers
- Half of the chopped red onion
- 1 cup chicken stock
- 2 Tbsp lime juice
- Do NOT add coconut milk to freezer bag.

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

### Eggplant Pasta Skillet

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

- Half of the browned ground beef
- Half of the rinsed eggplant pieces
- 1 - 28 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- Salt and pepper
- Do not add the beef stock or pasta to the freezer

Cover with foil or lid, add label and freeze.

meal baggie.

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

## Slow Cooker Mushroom Pot Roast

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onion
- 8 oz. sliced white mushrooms
- 1 - 10 oz. can cream of mushroom soup
- 1 cup white cooking wine
- 2 Tbsp Worcestershire sauce

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

## Slow Cooker Crack Chicken

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

- 4 boneless chicken breasts
- 16 oz. cream cheese
- 1 packet ranch dressing mix
- Do NOT add the bacon or cheese to the freezer baggie.

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

## Four Bean Chili

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

- Half of the chopped white onion
- Half of the chopped green bell peppers
- Half of each of the rinsed beans
- 1 - 28 oz. can crushed tomatoes
- 3 Tbsp chili powder
- 1 tsp garlic powder
- 2 cups vegetable broth

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

## Pesto Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade pesto meatballs
- 1 - 26 oz. jar marinara sauce, drizzled evenly over the meatballs

Cover with foil or lid, add label and freeze.