

ALL BEEF MEAL PLAN

APRIL 2018

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1. Slow Cooker Shredded Italian Beef Hoagies

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 - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 1 - Tbsp balsamic vinegar
- 4 - hoagie rolls**
- 8 - slices Provolone cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Add the crushed tomatoes onto the roast and then sprinkle the Italian seasoning and balsamic vinegar over the top.
2. 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.
3. Assemble the hoagies with shredded beef, sauce and slices of Provolone cheese. If preferred, place under the oven broiler to melt the cheese.
4. Prepare salad.
5. Serve Slow Cooker Shredded Italian Beef Hoagies with salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of crushed tomatoes.

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 1 Tbsp balsamic vinegar

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 and assemble sandwiches as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when you omit the cheese on the sandwiches.*

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

2. Sheet Pan Beef Fajitas

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

- 1 - lb(s) beef for stirfry
- 2 - small white onion(s)
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 2 - lime(s)
- 1 - Tbsp ground cumin
- 1 - tsp garlic powder
- - Salt and pepper
- Garnish: - sour cream and guacamole**
- Side: - flour tortillas**
- Side: - refried beans**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 400 F.
2. Seed and slice the bell peppers. Slice the onions. Halve the limes.
3. Place the beef for stirfry into one half of the baking dish. Arrange the sliced onions and peppers into the other half of the baking dish. Squeeze the lime juice all over the beef and veggies. Sprinkle the ground cumin, garlic powder, salt and pepper over the top.
4. Bake in the preheated oven for 20 to 25 minutes, or until beef is cooked through and veggies have softened.
5. Assemble the beef and veggies into tortillas and add garnishes.
6. Heat the refried beans.
7. Serve Sheet Pan Fajitas with refried beans.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.

To each disposable tray, add the following ingredients:

- Half of the beef for stirfry
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

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.

Special Notes: Use skirt steak or flank steak instead of beef for stirfry. Slice against the grain before cooking.

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

Gluten-Free Modifications: Recipe is gluten-free when served with corn tortillas.

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. 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.*

5. 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.*

Complete Shopping List by Recipe

1. Slow Cooker Shredded Italian Beef Hoagies

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2x1 - 15 oz. can(s) crushed tomatoes
- 4 - Tbsp Italian seasoning
- 2 - Tbsp balsamic vinegar
- 8 - hoagie rolls
- 16 - slices Provolone cheese
- 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. 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
- 24 - oz. small shell pasta

2. Sheet Pan Beef Fajitas

- 2 - lb(s) beef for stirfry
- 4 - small white onion(s)
- 2 - green bell pepper(s)
- 2 - red bell pepper(s)
- 4 - lime(s)
- 2 - Tbsp ground cumin
- 2 - tsp garlic powder
- Salt and pepper
- sour cream and guacamole
- flour tortillas
- refried beans
- 2 - 9x13 disposable foil tray(s)

4. 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
- salad
- 2 - 9x13 disposable foil tray(s)



- Salt and pepper
- Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) beef chuck roast
- 2 lb(s) beef for stirfry
- 6 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) crushed tomatoes
- Side:** refried beans
- 4x1 28 oz. can(s) crushed tomatoes
- 6 cup(s) beef stock
- 2 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

Sauces/Condiments

- 2 Tbsp balsamic vinegar
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard

Dairy/Frozen

- 16 slices Provolone cheese
- Garnish:** sour cream and guacamole
- 40 oz. fresh or frozen tortellini
- 1 cup(s) heavy cream
- 1 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

Produce

- Side:** salad
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- Side:** veggies
- 2 small eggplant(s)

Starchy Sides

- 8 hoagie rolls
- Side:** flour tortillas

Spices

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

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. Slow Cooker Shredded Italian Beef Hoagies

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2x1 15 oz. can(s) crushed tomatoes
- 4 Tbsp Italian seasoning
- 2 Tbsp balsamic vinegar
- 2 gallon-size freezer baggie(s)

2. Sheet Pan Beef Fajitas

- 2 lb(s) beef for stirfry
- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 2 Tbsp ground cumin
- 2 tsp garlic powder
- Salt and pepper
- 2 9x13 disposable foil tray(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)

4. 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)

5. 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)

Freezer Meal Prep Day Shopping List by Store Section/Category

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

Meat

- 4 lb(s) beef chuck roast
- 2 lb(s) beef for stirfry
- 6 lb(s) ground beef

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) crushed tomatoes
- 4x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 10 oz. can(s) enchilada sauce

Spices

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

Supplies

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

Produce

- 4 small white onion(s)
- 2 green bell pepper(s)
- 2 red bell pepper(s)
- 4 lime(s)
- 2 small eggplant(s)

Sauces/Condiments

- 2 Tbsp balsamic vinegar
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard

Dairy/Frozen

- 40 oz. fresh or frozen tortellini
- 56 oz. frozen tater tots
- 6 cup(s) shredded cheddar cheese

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.
- 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.
- Seed and slice 2 red and 2 green bell peppers. Slice 4 small onions. Halve 4 limes.
- 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.
- 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.
- Open 2 cans of crushed tomatoes.
- 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.

Slow Cooker Shredded Italian Beef Hoagies

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 1 Tbsp balsamic vinegar

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.

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 meal baggie.

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

Sheet Pan Beef Fajitas

To each disposable tray, add the following ingredients:

- Half of the beef for stirfry
- Half of the sliced onions
- Half of the sliced bell peppers
- Juice from 2 limes
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- Salt and pepper

Cover with foil or lid, add label 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.

Cover with foil or lid, add label and freeze.