

THE 20 MEALS PLAN

MAY 2018

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Meal Assembly Instructions

1. Slow Cooker Chicken & Spinach Stroganoff

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 - small boneless chicken breasts
- 2 - cup(s) frozen spinach
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) chicken broth
- 1 - tsp paprika
- 1 - 10 oz can(s) cream of mushroom
- - Salt and pepper
- 1 - cup(s) sour cream**
- Side: - egg noodles**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, frozen spinach, minced onion, garlic powder, chicken broth, paprika, cream of mushroom soup, salt and pepper.
2. Set the slow cooker on low and cook for 8 hours. Just before serving, stir in 1 cup sour cream into the chicken mixture.
3. Cook the egg noodles, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Chicken & Spinach Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 2 cups frozen spinach
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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. Just before serving, stir in 1 cup of sour cream.

Special Notes: If you wish to make your own cream of mushroom soup, visit 5dollardinners.com and search "homemade cream of mushroom sauce."

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

Gluten-Free Modifications: Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.

2. Chicken Green Curry

Yield: 4 servings

Active Time: 15 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

- 2 - 15 oz. can light coconut milk
- 3 - Tbsp green curry paste
- 1 - Tbsp curry powder
- 1 - tsp ground ginger
- 1 - tsp garlic powder
- 1/2 - orange bell pepper(s)
- 1/2 - yellow bell pepper(s)
- 4 - large boneless chicken breasts
- 1 - 15 oz. can(s) sweet peas
- 2 - cilantro and green onion
- Garnish: - rice**
- - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rice as directed on package.
2. Slice the bell peppers into strips.
3. Open and drain the can(s) of peas.
4. In a large saucepan or skillet, whisk the coconut milk, curry paste, curry powder, ginger, and garlic powder. If your coconut milk has separated in the can, it will become smooth again when it heats up.
5. Stir in the bell pepper slices, pieces of chicken and peas. Let cook over medium low heat for about 15 minutes, allowing the chicken to cook through and the flavors to mingle.
6. Prepare the cilantro and green onion garnish.
7. Serve Chicken Green Curry over rice with cilantro and green onion garnish.

Assembly Prep Directions for 2 Meals

Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.

Slice 1 orange & 1 yellow bell pepper.

Whisk together 4 – 15 oz. cans light coconut milk, 6 Tbsp red curry paste, 2 Tbsp curry powder, 2 tsp ground ginger, and 2 tsp garlic powder.

Open & drain 2 cans sweet peas.

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

- Half of the sweet peas
- Half of the sliced orange bell peppers
- Half of the sliced yellow bell peppers
- Chicken pieces, half into each bag
- Prepared curry sauce, half into each 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.*

Special Notes: *If you wish to make a thicker and creamier curry sauce, you could use a 15 oz. can of coconut milk and a 15 oz. can of coconut cream (near the coconut milk). This is NOT the same coconut cream that is on the alcohol aisle.*

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. Slow Cooker Steak Gyros

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 for stirfry
- 1 - small white onion(s)
- - Salt and pepper
- 1/2 - cup(s) lemon juice
- 1/4 - cup(s) red wine vinegar
- 2 - tsp minced garlic
- 1 - tsp oregano
- Garnish: - red onion(s)**
- Garnish: - cucumber slices**
- Side: - pita or naan bread**
- Side: - tzatziki sauce**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onions into half-moons.
2. In a small bowl, whisk the lemon juice, red wine vinegar, minced garlic and oregano.
3. Place the beef for stir-fry strips in the base of the slow cooker and sprinkle the onions around them. Season with a few pinches of salt and pepper. Pour the lemon juice mixture over the top.
4. Set on low and cook for 8 hours. Strain before adding to the pita bread.
5. Warm the pita or naan bread, to help it soften and roll.
6. Prepare the garnish and tzatziki sauce.
7. Serve Slow Cooker Steak Gyros on pita or naan bread, with red onion and/or cucumber garnish and tzatziki sauce.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.

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

- 2 lbs. beef for stirfry strips
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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: *Recipe is dairy-free when served with you skip the tzatziki garnish.*

Gluten-Free Modifications: *Recipe is gluten-free if you serve over rice, instead of pita or naan bread.*

4. Bacon 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**
- 6 - crumbled strips bacon**
- 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. If needed, cook the bacon and crumble.
3. 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.
4. Then stir in the cream and sprinkle the cheeses and crumbed bacon over the top. Cook over low heat another few minutes, until cheeses have melted.
5. Prepare veggies.
6. Serve Bacon 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, Parmesan cheese, bacon crumbles, 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.

5. Cheesy Beef Enchiladas

Yield: 4 servings

Active Time: 15 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 1/2 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 4 - cup(s) shredded Monterrey Jack cheese
- 1 - cup(s) red salsa
- - Salt and pepper
- 1 - 12 oz. can(s) enchilada sauce
- 12 - corn tortillas
- Garnish: - chopped cilantro**
- Side: - refried beans**
- 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. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
3. In a mixing bowl, toss together the browned ground beef, half of the shredded Monterrey Jack cheese with the salsa and a pinch of salt and pepper.
4. Roll the chicken-cheese mixture into each of the corn tortillas and nestle them into the prepared baking dish, seam side down. Once all 12 are made, pour the red enchilada sauce over the top of the tortillas and top with the other half of the shredded Monterrey Jack cheese.
5. Bake in the preheated oven for 25 minutes, or until cheese has melted.
6. Warm the refried beans.
7. Prepare veggies and garnish.
8. Serve Cheesy Chicken Enchiladas with cilantro garnish, refried beans and veggies.

Assembly Prep Directions for 2 Meals

Brown 3 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain.

In a mixing bowl, toss together the browned ground beef, 4 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.

Open 2 cans of red enchilada sauce.

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- 2 cups shredded Monterrey Jack 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 isn't a great dairy-free option for this meal.*

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

6. Vegetable & 3-Bean Chili

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 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) red kidney beans
- 1 - can(s) pinto beans
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - green bell pepper(s)
- 1 - small zucchini
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 2 - Tbsp chili powder
- 1 - tsp ground cumin
- 2 - cup(s) vegetable stock
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the cans of pinto, black and red kidney beans.
2. Open and drain the can of crushed tomatoes.
3. Seed and chop the green bell pepper. Slice the zucchini. Chop the onion.
4. In a large saucepan or Dutch oven, saute the green bell peppers and onions for 2 to 3 minutes. Stir in the crushed tomatoes, pinto beans, black beans, red kidney beans, sliced zucchini, minced garlic, chili powder, ground cumin, dried oregano and vegetable stock. Bring to bubbling and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
5. Warm the dinner rolls.
6. Serve Vegetable & 3-Bean Chili with shredded cheese garnish and dinner rolls.

Assembly Prep Directions for 2 Meals

Seed and chop 2 green bell peppers.

Slice 2 zucchini.

Chop 2 onions.

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

Open and drain 2 cans of crushed tomatoes.

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

- Half of the chopped bell peppers
- Half of the chopped onions
- Half of the sliced zucchini
- Half of the black beans
- Half of the red kidney beans
- Half of the pinto beans
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 cups vegetable stock
- 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 cheese garnish.

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

7. Skillet Beef Marsala with Pasta

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
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 8 - oz. sliced white mushrooms
- 1/2 - cup(s) marsala cooking wine
- 1 - 10 oz can(s) cream of mushroom
- 1 - lb(s) small shell pasta noodles**
- - Salt and pepper
- Side: - salad**
- 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. Mix in the sliced mushrooms, marsala cooking wine and cream of mushroom soup.
3. Gently whisk and let simmer for 5 to 7 minutes. Season with salt and pepper to taste.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Skillet Beef Marsala with pasta 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.

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

- Half of the browned ground beef
- 8 oz. sliced mushrooms
- 1/2 cup marsala cooking wine
- 1 - 10 oz. can cream of mushroom soup

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 skillet to reheat and cook the mushrooms. Toss with cooked pasta.*

Special Notes: *Search on 5DollarDinners.com for homemade cream of mushroom soup if you need to make it dairy-free or gluten-free.*

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 pasta. Pacific Foods makes a gluten-free cream of mushroom soup.*

8. Chicken Jambalaya Skillet

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

- 2 - large boneless chicken breasts
- 1 - Tbsp olive oil
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 2 - Tbsp Cajun seasoning
- 2 - cup(s) white rice**
- 3 - cup(s) chicken stock**
- - Salt and pepper
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into thin strips.
2. Seed and finely chop the red and green bell peppers. Chop the white 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 and green bell peppers, the chopped onion and let saute for 2 to 3 minutes. Add the diced tomatoes, Cajun seasoning and then sprinkle in the rice. Pour in the chicken stock and bring to bubbling. The cover with tight fitting lid and reduce heat to low. Simmer for 18 to 20 minutes, or until rice is cooked. Gently fluff with fork before serving. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Chicken Jambalaya Skillet with side salad.

Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into thin strips.

Seed and finely chop 2 red and 2 green bell peppers. Chop 2 white onions.

Open 2 cans of diced tomatoes. Do not drain.

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

- Half of the chicken breast strips
- Half of the chopped red and green bell peppers
- Half of the chopped white onion
- Half of the can(s) of diced tomatoes with juices
- 2 Tbsp Cajun seasoning
- Do NOT add the rice or chicken stock to freezer meal 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, add the rice and chicken stock and return to bubbling. Cover with lid and let simmer on low for 18 to 20 minutes, or until rice is cooked. Season with salt and pepper.*

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.*

9. Rigatoni with Sausage

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 Italian sausage
- 1 - red bell pepper(s)
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 6 oz. can(s) tomato paste
- 12 - oz. rigatoni pasta**
- 1/4 - cup(s) heavy cream**
- Garnish: - grated Parmesan cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cook the rigatoni pasta, as directed.
2. Seed and chop the red bell pepper.
3. In a large skillet, brown the ground Italian sausage (casing removed) with the chopped red bell pepper, minced onion and garlic powder. Once browned, drain and then mix in the diced tomatoes and tomato paste until thick meaty-tomato sauce forms, then stir in the heavy cream. Let simmer for a few minutes to allow flavors to mingle.
4. Toss the cooked pasta with the meat sauce and garnish with grated Parmesan cheese.
5. Prepare the salad.
6. Serve Rigatoni with Sausage with side salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground Italian sausage (casing removed) with 2 Tbsp minced onion and 2 tsp garlic powder.

Chop 2 red bell peppers.

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

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

- Half of the browned sausage
- Half of the chopped bell peppers
- Half of the diced tomatoes
- Half of the tomato paste
- Do not add the pasta or cream to the freezer meal bag

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

Freeze & Thaw Instructions: *Put bag 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 skillet to reheat the meat sauce. Swirl in cream once the sauce is bubbling, and then toss with cooked pasta.*

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.*

10. Creole Shrimp with Polenta

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) peeled deveined shrimp
- 1 - Tbsp olive oil
- 1 - pint grape or cherry tomatoes
- 1/2 - cup(s) white cooking wine
- 1 - cup(s) chicken stock
- 1 - Tbsp Cajun seasoning
- 1/2 - cup(s) heavy cream**
- - Salt and pepper
- Garnish: - sliced green onions**
- Garnish: - crushed red pepper**
- Side: - polenta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Halve the grape tomatoes.
2. In a large skillet, add the olive oil and saute the shrimp pieces for 1 minute. Stir in the halved tomatoes, white wine, chicken stock, Cajun seasoning and bring to bubbling. Stir in the heavy cream, until thin sauce forms. Let simmer for 5 to 7 minutes to allow flavors to mingle. Season with salt and pepper to taste.
3. Cook the polenta, as directed.
4. Prepare the garnish.
5. Spoon the polenta into serving bowls and top with shrimp and sauce. Garnish with sliced green onions and crushed red pepper.
6. Serve Creole Shrimp with Polenta and side salad.

Assembly Prep Directions for 2 Meals

Halve 2 pints of grape tomatoes.

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

- 1 lb. peeled deveined shrimp
- Half of the grape tomatoes
- 1/2 cup white cooking wine
- 1 cup chicken stock
- 1 Tbsp Cajun seasoning
- Do NOT add heavy cream 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 heavy cream, cover with lid and let simmer on low for 5 to 7 minutes. Cook polenta, 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 served with gluten-free sides.*

Complete Shopping List by Recipe

1. Slow Cooker Chicken & Spinach Stroganoff

- 8 - small boneless chicken breasts
- 2x2 - cup(s) frozen spinach
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) chicken broth
- 2 - tsp paprika
- 2x1 - 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 - cup(s) sour cream
- egg noodles
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Steak Gyros

- 4 - lb(s) beef for stirfry
- 2 - small white onion(s)
- Salt and pepper
- 1 - cup(s) lemon juice
- 1/2 - cup(s) red wine vinegar
- 4 - tsp minced garlic
- 2 - tsp oregano
- red onion(s)
- cucumber slices
- pita or naan bread
- tzatziki sauce
- 2 - gallon-size freezer baggie(s)

5. Cheesy Beef Enchiladas

- 3 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 8 - cup(s) shredded Monterrey Jack cheese
- 2 - cup(s) red salsa
- Salt and pepper
- 2x1 - 12 oz. can(s) enchilada sauce

2. Chicken Green Curry

- 2x2 - 15 oz. can light coconut milk
- 6 - Tbsp green curry paste
- 2 - Tbsp curry powder
- 2 - tsp ground ginger
- 2 - tsp garlic powder
- 1 - orange bell pepper(s)
- 1 - yellow bell pepper(s)
- 8 - large boneless chicken breasts
- 2 - 15 oz. can(s) sweet peas
- 2 - cilantro and green onion
- rice
- gallon-size freezer baggie(s)

4. Bacon 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
- 12 - crumbled strips bacon
- 2 - cup(s) shredded mozzarella cheese
- veggies
- 2 - gallon-size freezer baggie(s)

6. Vegetable & 3-Bean Chili

- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) red kidney beans
- 2x1 - can(s) pinto beans
- 2x1 - 15 oz. can(s) crushed tomatoes
- 2 - green bell pepper(s)
- 2 - small zucchini
- 2 - small white onion(s)

- 24 - corn tortillas
- chopped cilantro
- refried beans
- veggies
- 2 - 9x13 disposable foil tray(s)

7. Skillet Beef Marsala with Pasta

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 16 - oz. sliced white mushrooms
- 1 - cup(s) marsala cooking wine
- 2x1 - 10 oz can(s) cream of mushroom
- 2x1 - lb(s) small shell pasta noodles
- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

9. Rigatoni with Sausage

- 2 - lb(s) ground Italian sausage
- 2 - red bell pepper(s)
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 6 oz. can(s) tomato paste
- 24 - oz. rigatoni pasta
- 1/2 - cup(s) heavy cream
- grated Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

- 4 - tsp minced garlic
- 4 - Tbsp chili powder
- 2 - tsp ground cumin
- 4 - cup(s) vegetable stock
- Salt and pepper
- shredded cheddar cheese
- dinner rolls
- 2 - gallon-size freezer baggie(s)

8. Chicken Jambalaya Skillet

- 4 - large boneless chicken breasts
- 2 - Tbsp olive oil
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 4 - Tbsp Cajun seasoning
- 4 - cup(s) white rice
- 6 - cup(s) chicken stock
- Salt and pepper
- salad
- 2 - gallon-size freezer baggie(s)

10. Creole Shrimp with Polenta

- 2 - lb(s) peeled deveined shrimp
- 2 - Tbsp olive oil
- 2 - pint grape or cherry tomatoes
- 1 - cup(s) white cooking wine
- 2 - cup(s) chicken stock
- 2 - Tbsp Cajun seasoning
- 1 - cup(s) heavy cream
- Salt and pepper
- sliced green onions
- crushed red pepper
- polenta
- salad
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 12 large boneless chicken breasts
- 4 lb(s) beef for stirfry
- 7 lb(s) ground beef
- 12 crumbled strips bacon
- 2 lb(s) ground Italian sausage
- 2 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 2 cup(s) chicken broth
- 4x1 10 oz can(s) cream of mushroom
- 2x2 15 oz. can light coconut milk
- 2 15 oz. can(s) sweet peas
- Side:** rice
- 2x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 cup(s) red salsa
- 2x1 12 oz. can(s) enchilada sauce
- Side:** refried beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) red kidney beans
- 2x1 can(s) pinto beans
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) vegetable stock
- 2x1 lb(s) small shell pasta noodles
- 4 15 oz. can(s) diced tomatoes
- 4 cup(s) white rice
- 8 cup(s) chicken stock
- 2x1 6 oz. can(s) tomato paste

Produce

- Side:** veggies
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- Side:** 2 cilantro and green onion
- 6 small white onion(s)
- 1 cup(s) lemon juice
- Garnish:** red onion(s)
- Garnish:** cucumber slices
- Garnish:** chopped cilantro
- 4 green bell pepper(s)
- 2 small zucchini
- 16 oz. sliced white mushrooms
- Side:** salad
- 4 red bell pepper(s)
- 2 pint grape or cherry tomatoes
- Garnish:** sliced green onions

Starchy Sides

- Side:** egg noodles
- Side:** pita or naan bread
- 24 corn tortillas
- Side:** dinner rolls

Sauces/Condiments

- 6 Tbsp green curry paste
- 1/2 cup(s) red wine vinegar
- Side:** tzatziki sauce
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 4 Tbsp olive oil
- 1 cup(s) white cooking wine

Dairy/Frozen

- 2x2 cup(s) frozen spinach
- 2 cup(s) sour cream
- 40 oz. fresh or frozen tortellini
- 2 1/2 cup(s) heavy cream
- 1 cup(s) grated Parmesan cheese
- 2 cup(s) shredded mozzarella cheese
- 8 cup(s) shredded Monterrey Jack cheese
- Garnish:** shredded cheddar cheese
- Garnish:** grated Parmesan cheese

Spices

- 12 Tbsp minced onion
- 12 tsp garlic powder
- 2 tsp paprika
- Salt and pepper
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 8 tsp minced garlic
- 2 tsp oregano
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 6 Tbsp Cajun seasoning
- Garnish:** crushed red pepper

Supplies

- Side:** 16 gallon-size freezer baggie(s)
- Side:** 2 9x13 disposable foil tray(s)
- 1 cup(s) marsala cooking wine
- 24 oz. rigatoni pasta
- Side:** polenta

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 & Spinach Stroganoff

- 8 small boneless chicken breasts
- 2x2 cup(s) frozen spinach
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) chicken broth
- 2 tsp paprika
- 2x1 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Steak Gyros

- 4 lb(s) beef for stirfry
- 2 small white onion(s)
- Salt and pepper
- 1 cup(s) lemon juice
- 1/2 cup(s) red wine vinegar
- 4 tsp minced garlic
- 2 tsp oregano
- 2 gallon-size freezer baggie(s)

5. Cheesy Beef Enchiladas

- 3 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 8 cup(s) shredded Monterrey Jack cheese
- 2 cup(s) red salsa
- Salt and pepper
- 2x1 12 oz. can(s) enchilada sauce
- 24 corn tortillas
- 2 9x13 disposable foil tray(s)

2. Chicken Green Curry

- 2x2 15 oz. can light coconut milk
- 6 Tbsp green curry paste
- 2 Tbsp curry powder
- 2 tsp ground ginger
- 2 tsp garlic powder
- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- 8 large boneless chicken breasts
- 2 15 oz. can(s) sweet peas
- gallon-size freezer baggie(s)

4. Bacon 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)

6. Vegetable & 3-Bean Chili

- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) red kidney beans
- 2x1 can(s) pinto beans
- 2x1 15 oz. can(s) crushed tomatoes
- 2 green bell pepper(s)
- 2 small zucchini
- 2 small white onion(s)
- 4 tsp minced garlic
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 4 cup(s) vegetable stock

7. Skillet Beef Marsala with Pasta

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 16 oz. sliced white mushrooms
- 1 cup(s) marsala cooking wine
- 2x1 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 gallon-size freezer baggie(s)

9. Rigatoni with Sausage

- 2 lb(s) ground Italian sausage
- 2 red bell pepper(s)
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- 2 gallon-size freezer baggie(s)

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

8. Chicken Jambalaya Skillet

- 4 large boneless chicken breasts
- 2 Tbsp olive oil
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 4 Tbsp Cajun seasoning
- Salt and pepper
- 2 gallon-size freezer baggie(s)

10. Creole Shrimp with Polenta

- 2 lb(s) peeled deveined shrimp
- 2 Tbsp olive oil
- 2 pint grape or cherry tomatoes
- 1 cup(s) white cooking wine
- 2 cup(s) chicken stock
- 2 Tbsp Cajun 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

- 8 small boneless chicken breasts
- 12 large boneless chicken breasts
- 4 lb(s) beef for stirfry
- 7 lb(s) ground beef
- 2 lb(s) ground Italian sausage
- 2 lb(s) peeled deveined shrimp

Pantry Staples - Canned, Boxed

- 2 cup(s) chicken broth
- 4x1 10 oz can(s) cream of mushroom
- 2x2 15 oz. can light coconut milk
- 2 15 oz. can(s) sweet peas
- 2x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 cup(s) red salsa
- 2x1 12 oz. can(s) enchilada sauce
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) red kidney beans
- 2x1 can(s) pinto beans
- 2x1 15 oz. can(s) crushed tomatoes
- 4 cup(s) vegetable stock
- 4 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- 2 cup(s) chicken stock

Sauces/Condiments

- 6 Tbsp green curry paste
- 1/2 cup(s) red wine vinegar
- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard
- 4 Tbsp olive oil

Produce

- 1 orange bell pepper(s)
- 1 yellow bell pepper(s)
- 4x cilantro and green onion
- 6 small white onion(s)
- 1 cup(s) lemon juice
- 4 green bell pepper(s)
- 2 small zucchini
- 16 oz. sliced white mushrooms
- 4 red bell pepper(s)
- 2 pint grape or cherry tomatoes

Starchy Sides

- 24 corn tortillas

Spices

- 12 Tbsp minced onion
- 12 tsp garlic powder
- 2 tsp paprika
- Salt and pepper
- 2 Tbsp curry powder

1 cup(s) white cooking wine

2 tsp ground ginger

8 tsp minced garlic

2 tsp oregano

4 Tbsp chili powder

2 tsp ground cumin

6 Tbsp Cajun seasoning

Dairy/Frozen

2x2 cup(s) frozen spinach

40 oz. fresh or frozen tortellini

8 cup(s) shredded Monterrey Jack cheese

Supplies

16x gallon-size freezer baggie(s)

2x 9x13 disposable foil tray(s)

1 cup(s) marsala cooking wine

Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- Brown 3 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain.
- Cut 4 chicken breasts into thin strips.
- Brown 2 lbs. ground Italian sausage (casing removed) with 2 Tbsp minced onion and 2 tsp garlic powder.
- Cut 8 boneless, skinless chicken breasts into 1/2-inch pieces.
- Slice 2 small white onions into half-moons.
- Seed and chop 2 green bell peppers.
- Slice 2 zucchini.
- Chop 2 onions.
- Seed and finely chop 2 red and 2 green bell peppers. Chop 2 white onions.
- Chop 2 red bell peppers.
- Halve 2 pints of grape tomatoes.
- Slice 1 orange & 1 yellow bell pepper.
- In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.
- In a mixing bowl, toss together the browned ground beef, 4 cups shredded Monterrey Jack cheese with 2 cups of salsa and a pinch of salt and pepper. Roll the mixture into 24 enchiladas.
- Whisk together 4 – 15 oz. cans light coconut milk, 6 Tbsp red curry paste, 2 Tbsp curry powder, 2 tsp ground ginger, and 2 tsp garlic powder.
- Open 2 cans of red enchilada sauce.
- Open, drain and rinse the 2 cans of pinto beans, black beans, and red kidney beans.
- Open and drain 2 cans of crushed tomatoes.
- Open 2 cans of diced tomatoes. Do not drain.
- Open 2 cans of diced tomatoes and 2 cans of tomato paste.
- Open & drain 2 cans sweet peas.

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 & Spinach

Stroganoff

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

- 4 small boneless chicken breasts
- 2 cups frozen spinach
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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

Slow Cooker Steak Gyros

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

- 2 lbs. beef for stirfry strips
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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

Cheesy Beef Enchiladas

To each disposable tray, layer the following ingredients:

- 12 enchiladas
- Half the red enchilada sauce, poured over the top
- 2 cups shredded Monterrey Jack cheese

Cover with foil or lid, add label and freeze.

Chicken Green Curry

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

- Half of the sweet peas
- Half of the sliced orange bell peppers
- Half of the sliced yellow bell peppers
- Chicken pieces, half into each bag
- Prepared curry sauce, half into each bag

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

Bacon 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.

Vegetable & 3-Bean Chili

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

- Half of the chopped bell peppers
- Half of the chopped onions
- Half of the sliced zucchini
- Half of the black beans
- Half of the red kidney beans

- Half of the pinto beans
- Half of the crushed tomatoes
- 2 tsp minced garlic
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 cups vegetable stock
- Salt and pepper

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

Skillet Beef Marsala with Pasta

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

- Half of the browned ground beef
- 8 oz. sliced mushrooms
- 1/2 cup marsala cooking wine
- 1 - 10 oz. can cream of mushroom soup

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

Chicken Jambalaya Skillet

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

- Half of the chicken breast strips
- Half of the chopped red and green bell peppers
- Half of the chopped white onion
- Half of the can(s) of diced tomatoes with juices
- 2 Tbsp Cajun seasoning
- Do NOT add the rice or chicken stock to freezer meal bag.

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

Rigatoni with Sausage

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

- Half of the browned sausage
- Half of the chopped bell peppers
- Half of the diced tomatoes
- Half of the tomato paste
- Do not add the pasta or cream to the freezer meal bag

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

Creole Shrimp with Polenta

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

- 1 lb. peeled deveined shrimp
- Half of the grape tomatoes
- 1/2 cup white cooking wine
- 1 cup chicken stock
- 1 Tbsp Cajun seasoning
- Do NOT add heavy cream to freezer bag.

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