

ALL BEEF MEAL PLAN

MAY 2018

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1. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

Yield: 8 servings

Active Time: 10 minutes . Cook Time: 15 minutes

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

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

Ingredients for Single Meal

- 2 - lb(s) ground beef
- 1/2 - small white onion(s)
- 1/4 - cup(s) bacon crumbles
- - Salt and pepper
- 1/4 - cup(s) blue cheese crumbles**
- 8 - large lettuce leaves
- Side: - fruit**
- Side: - potato chips**
- 1 - pieces Foil
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and bacon crumbles. Make 8 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto large lettuce leaves and top with blue cheese crumbles.
4. Prepare fruit.
5. Serve Grilled Bacon & Blue Burgers {Lettuce Wraps} with fruit and chips.

Assembly Prep Directions for 2 Meals

Peel and grate 1 small white onion.

Mix 4 lbs. ground beef, grated onion, and 1/2 cup bacon crumbles. Form 16 burger patties.

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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 completely in the fridge before grilling the burgers.

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. Hashbrown Beef 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
- 30 - oz. frozen shredded hash browns
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) milk
- 2 - 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 the can of cream of mushroom soup.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Once browned, drain and then mix in the shredded hash browns, cream of mushroom soup, milk plus half of the shredded cheese.
4. Pour into a baking dish and top with remaining shredded cheese. Bake in the preheated oven for 30 minutes, or until warmed through and cheese on top is melted.
5. Prepare the salad.
6. Serve Hashbrown Beef Bake with 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 2 cans of cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.

Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup mixture.

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

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

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

3. 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.

4. 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.*

5. 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.*

Complete Shopping List by Recipe

1. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

- 4 - lb(s) ground beef
- 1 - small white onion(s)
- 1/2 - cup(s) bacon crumbles
- Salt and pepper
- 1/2 - cup(s) blue cheese crumbles
- 16 - large lettuce leaves
- fruit
- potato chips
- 2 - pieces Foil
- 2 - gallon-size freezer baggie(s)

3. 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)

5. 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

2. Hashbrown Beef Bake

- 2 - lb(s) ground beef
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 60 - oz. frozen shredded hash browns
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) milk
- 4 - cup(s) shredded cheddar cheese
- salad
- 2 - 9x13 disposable foil tray(s)

4. 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
- chopped cilantro
- refried beans
- veggies
- 2 - 9x13 disposable foil tray(s)



- salad

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 13 lb(s) ground beef
- 1/2 cup(s) bacon crumbles
- 12 crumbled strips bacon

Pantry Staples - Canned, Boxed

- 4x1 10 oz can(s) cream of mushroom
- 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
- 2x1 lb(s) small shell pasta noodles

Sauces/Condiments

- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard

Dairy/Frozen

- 1/2 cup(s) blue cheese crumbles
- 60 oz. frozen shredded hash browns
- 2 cup(s) milk
- 4 cup(s) shredded cheddar cheese
- 40 oz. fresh or frozen tortellini
- 1 cup(s) heavy cream
- 1 cup(s) grated Parmesan cheese
- 2 cup(s) shredded mozzarella cheese
- 8 cup(s) shredded Monterrey Jack cheese

Produce

- 1 small white onion(s)
- 16 large lettuce leaves
- Side:** fruit
- Side:** salad
- Side:** veggies
- Garnish:** chopped cilantro
- 16 oz. sliced white mushrooms

Starchy Sides

- Side:** potato chips
- 24 corn tortillas

Spices

- Salt and pepper
- 10 Tbsp minced onion
- 8 tsp garlic powder

Supplies

- 2 pieces Foil
- Side:** 6 gallon-size freezer baggie(s)
- Side:** 4 9x13 disposable foil tray(s)
- 1 cup(s) marsala cooking wine

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. Grilled Bacon & Blue Cheeseburgers {Lettuce Wraps}

- 4 lb(s) ground beef
- 1 small white onion(s)
- 1/2 cup(s) bacon crumbles
- Salt and pepper
- 16 large lettuce leaves
- 2 pieces Foil
- 2 gallon-size freezer baggie(s)

3. 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)

5. 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)

2. Hashbrown Beef Bake

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 60 oz. frozen shredded hash browns
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) milk
- 4 cup(s) shredded cheddar cheese
- 2 9x13 disposable foil tray(s)

4. 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)

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

- 13 lb(s) ground beef
- 1/2 cup(s) bacon crumbles

Pantry Staples - Canned, Boxed

- 4x1 10 oz can(s) cream of mushroom
- 2x1 28 oz. can(s) crushed tomatoes
- 2 cup(s) beef stock
- 2 cup(s) red salsa
- 2x1 12 oz. can(s) enchilada sauce

Sauces/Condiments

- 2 Tbsp red wine vinegar
- 6 Tbsp yellow mustard

Dairy/Frozen

- 60 oz. frozen shredded hash browns
- 2 cup(s) milk
- 4 cup(s) shredded cheddar cheese
- 40 oz. fresh or frozen tortellini
- 8 cup(s) shredded Monterrey Jack cheese

Produce

- 1 small white onion(s)
- 16 large lettuce leaves
- 16 oz. sliced white mushrooms

Starchy Sides

- 24 corn tortillas

Spices

- Salt and pepper
- 10 Tbsp minced onion
- 8 tsp garlic powder

Supplies

- 2 pieces Foil
- 6x gallon-size freezer baggie(s)
- 4x 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 let cool.
- Peel and grate 1 small white onion.
- 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.
- Mix 4 lbs. ground beef, grated onion, and 1/2 cup bacon crumbles. Form 16 burger patties.
- 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 cream of mushroom soup. Add to large bowl and whisk in 2 cups of milk.
- Open 2 cans of red enchilada sauce.
- Mix in the browned ground beef and hash browns and half of the shredded cheese with the cream of mushroom soup mixture.

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.

Grilled Bacon & Blue Cheeseburgers

{Lettuce Wraps}

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

- Half of the burger patties
- Small piece of foil between patties to prevent sticking

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.

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.

Hashbrown Beef Bake

To each disposable tray, add the following ingredients:

- Half of the ground beef & hash brown mixture
- Other half of the shredded cheese on top

Cover with foil or lid, add label 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.