

Menu

Fresh Spaghetti Sauce
Black Bean Chili
Italian Sausage w/ Peppers & Onions
Chicken Fajitas
Brunswick Stew

Step 1: Choose recipes!
Step 2: Prep grocery list, split into categories,
& go shopping!
Step 3: Label freezer bags with date, name, &
directions!
Step 4: Cut veggies & place into bags. Prep
any meats that need to be browned.
Step 5: Add seasoning & canned ingredients.
Step 6: Trim & tenderize meats & add to bags.
Tip: Always cut meats against the grain!
Step 7: Store in freezer & clean up!

Grocery List

Produce:

5 medium onions
3 green bell peppers
6 large tomatoes
1/2lb potatoes
Celery
Garlic

Meats:

2lbs chicken
1lb Italian sausage links
1lb ground beef

Frozen:

1/2 lb frozen butter beans

Canned:

1 13oz can corn
2 13oz cans black beans
3 28oz cans diced tomatoes
1 jar salsa
1 small can of green chiles

Bakery:

Hot Dog Buns
Flour Tortillas

Misc:

White wine
1 box chicken stock
Cornbread mix

Staples/Spices:

Onion powder
Chili powder
Cumin
Garlic Powder
Oregano
Basil
Thyme
Brown sugar
Butter (1lb)
Worcestershire sauce
Ketchup
BBQ sauce
Olive oil
Herbs de provence
Pasta

All recipes make 1 bag of each meal.
To make 10 total meals, just double
the ingredients!

Recipes

Spaghetti Sauce

6 large tomatoes diced (or 2 28 oz cans diced tomatoes)
1/4 cup olive oil
1 medium onion chopped
2 T garlic chopped
1 T oregano
1 T basil (fresh if you have it)
1 T thyme
1/2 T herbs de provence
1 cup white wine
2T sugar
kosher salt & fresh ground pepper

Place all items in freezer bag, lay flat and freeze. When ready to cook, put all ingredients in a crockpot and cook on low for 6 hours or high for 4 hours. Serve over cooked spaghetti or penne, top with parmesan cheese and serve with some warm cheesy garlic bread on the side!

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### **Black Bean Chili**

1lb. ground beef cooked & drained  
1 medium onion chopped  
1 medium green pepper chopped  
1 28 ounce can diced tomatoes  
2 12 oz. cans of black beans drained (OR pinto OR kidney beans)  
2 t. onion powder  
2 t. garlic powder  
1 T cumin  
1 T chili powder

Place all items in freezer bag, lay flat and freeze. When ready to cook, place all ingredients in a crockpot and cook on low for 6 hours or high for 4 hours. Serve with warm cornbread!

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Italian Sausage with Peppers & Onions

- 1lb. Italian Sausage Links
- 1 large pepper
- 1 medium onion
- 2 cups diced tomatoes
- 2t. onion powder
- 2t. garlic powder

Mix all ingredients in freezer bag and freeze. When ready to cook, place all ingredients in a crockpot and cook on low for 6 hours or high for 4 hours. Serve on warm hotdog buns!

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### **Chicken Fajitas**

- 6 Chicken Tenders or 1 lb. Chicken Breast
- 1 medium onion sliced
- 1 medium green pepper sliced
- 2 cups of salsa
- 1 can of green chiles
- 1 package of fajita seasoning (old elpaso)
- 2 T. olive oil

Place all items in freezer bag. Toss and freeze flat. When ready to cook place all ingredients in crockpot and cook for 6 hours on low or 4 hours on high. Remove chicken from mix, shred and then add back into the mix. Serve with warm tortillas and top with salsa, guacamole, shredded lettuce, sour cream and shredded cheese.

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Brunswick Stew

- 6 chicken tenders or 1 lb. chicken breasts
- 1 can yellow corn drained
- 2 cups butter beans
- 2 cups canned tomatoes
- 2 white potatoes cut in cubes
- 1 medium onion chopped
- 2 ribs celery chopped
- 1/2 cup ketchup
- 1/2 cup barbecue
- 2 t. onion powder
- 2 t. garlic powder
- 2 T. brown sugar
- 1 T. worcestershire
- 1t. hot sauce
- 2 T. butter
- 3 cups chicken stock

Place all items except the chicken stock in a large freezer bag. Label the bag and make a note to add 3 cups of chicken stock to crockpot before cooking. Once you are ready to cook, place ingredients along with 3 cups of chicken stock to crockpot. Cook on low-medium 5-6 hours. Remove cooked chicken tenders from stew, shred them and return to the stew. Serve w/ cornbread muffins!