

Menu

Meatloaf
Honey Sesame Chicken
White Chicken Chili
Beer & Beef Stew
Beef Stroganoff

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:

3 onions
Celery
1 bag Carrots
1lb white potatoes
Garlic
1 pkg Mushrooms

Meats:

2lbs chicken (breasts or tenders)
3lbs stew beef
1lb ground beef

Dairy:

Sour cream
Cream cheese

Canned:

1 can chopped green chilis
2 cans white/cannelloni beans
1 can Rotel
1 can cream of mushroom soup

Misc:

Bread crumbs/crushed butter crackers
1 package onion soup mix
Sesame seeds
Soy sauce
Sesame oil
Chicken stock
Beef stock
1 can dark beer
Corn starch

Staples/Spices:

2 eggs
Ketchup
Worcestershire sauce
Steak sauce
Honey
Cumin
Chili Powder
1lb butter
Bay leaves
Parsley
Paprika

All recipes make 1 bag of each meal.
To make 2 bags of each, just double
the ingredients!

Recipes

Meatloaf

1 lb. ground beef
1/2 cup bread crumbs or crushed butter crackers
1 package onion soup mix
2 eggs
1/4 cup ketchup
3 T. worcestershire sauce
2 T. steak sauce (A-1 sauce)
1/4 cup chopped onions

Combine all ingredients for meatloaf and form into a round loaf. Pack it really well to ensure the meatloaf is firm and not mushy. Place into a freezer bag and freeze. When ready, place meatloaf in crockpot. Cook on low for 6-8 hours.

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### **Honey Sesame Chicken**

1 lb chicken tenders  
3 T olive oil  
1 cup honey  
2 T sesame seeds  
1/2 cup soy sauce  
1 tablespoon sesame oil  
1 t. salt  
1 t. pepper

Place all ingredients in freezer bag, toss to coat and freeze. When ready, place in crockpot and cook on low for 4-5 hours. Remove chicken & shred, then return to sauce. Serve over hot cooked rice.

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White Chicken Chili

2 T. olive oil
1 T corn starch
1 medium onion chopped
1 can chopped green chilis, drained
2 cans white beans (drained)
2 t. cumin
2 t. chili powder
1 lb chicken tenders
2 cups chicken stock
1 t. salt
1 t. pepper

Place all ingredients except chicken stock in large freezer bag, toss to coat and freeze. When ready, place ingredients in slow cooker, add chicken stock and cook on low for 4-5 hours. Remove chicken, shred & return to crockpot. Serve with warm cornbread.

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### **Beer & Beef Slow-Cooker Stew**

2 lbs. stew beef  
2 T olive oil  
2 T butter  
2 celery stalks chopped  
2 large carrots chopped  
1 lb. potatoes chopped  
2 garlic cloves chopped  
2 bay leaves  
1 T parsley  
1 cup dark beer  
1 cup beef stock  
1 can tomatoes with green chilis (Like Rotel)  
2 t salt  
1 t pepper

Season beef with salt & pepper. Place all ingredients in large freezer bag except beer & beef stock. When ready, place stew mixture in crockpot, add beer & beef stock & cook on low for 6-8 hours.

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Beef Stroganoff

1/2 cup minced onion
1/4 cup butter
1 lb. stew beef
1/8 t paprika
2 cups chopped mushrooms
3/4 cup sour cream
1 can cream of mushroom soup
1/2 cup cream cheese
1 t. salt
1 t. pepper

Mix sour cream, cream cheese and mushroom soup in small bowl. Add all ingredients to a large freezer bag, toss well to coat and freeze. When ready place ingredients in crockpot and cook on low for 6-8 hours. Serve over hot noodles or cooked white rice.