

Six Make Ahead Freezer Meals in 50 Minutes

Two freezer bags of Crockpot Turkey, White Bean, & Kale Soup

Two freezer bags of Crockpot Honey Sesame Chicken

Two pans of Brown Sugar Meatloaf

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 4 pounds of boneless skinless chicken thighs (I subbed chicken breasts)
- 2 pounds of ground turkey
- 3 pounds of ground beef

PRODUCE

- 2 pounds carrots
- 4 yellow onions
- 1 bunch of kale
- 4 large garlic cloves

SEASONINGS

- 1/2 teaspoon red pepper flakes
- 1 teaspoon pepper
- 2 teaspoons salt
- 4 tablespoons Italian seasonings
- 1/2 teaspoon ground ginger

COLD

- 1 cup 2% milk (or whatever you have on-hand)
- 4 large eggs

CANNED

- 15oz can of cannellini beans (white kidney beans) x2

MISC

- 1 cup honey
- 1/2 cup light brown sugar
- 1 cup low sodium soy sauce
- 1.5 cups ketchup
- 1 teaspoon Worcestershire sauce
- 1/4 cup extra virgin olive oil
- 2 packages of onion soup mix
- 1.5 cups Italian-seasoned breadcrumbs
- 4 pieces of bread
- 4 gallon-sized plastic freezer bags (I use Hefty brand)

- Two 9x5" loaf pans (If you don't own two, you can use disposable)
- Plastic wrap
- Aluminum foil
- Cooking spray

ITEMS NEEDED FOR DAY-OF COOKING

- 16 cups of chicken broth (I bought 4 cartons)
- Sesame seeds
- Side dishes, optional (I bought brown rice and broccoli for the chicken and potatoes and carrots for the meatloaf.)

RECIPES

Crockpot Honey Sesame Chicken

Modified from Damn Delicious

<http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesame-chicken/>

Yields: One bag of honey sesame chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 2 pounds boneless, skinless chicken thighs (I subbed chicken breasts)
- Sesame seeds (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through.
4. Top with sesame seeds.

Crockpot Turkey, White Bean, & Kale Soup

Yields: One gallon-sized bag of soup with six servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 1 can cannellini beans (white kidney beans), washed and drained
- 2 tablespoons Italian seasonings
- 1 pound ground turkey
- 8 cups chicken broth (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add ground turkey to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot with 8 cups of chicken broth.
3. Cook on "low" setting for 8 hours, or until turkey is cooked through and carrots are soft.

Brown Sugar Meatloaf

Yields: Two pans of brown sugar meatloaf (each loaf has six slices that are 1.5" thick.)

INGREDIENTS FOR MEATLOAF

- 4 pieces of bread
- Cooking spray
- 3 pounds lean ground beef
- 1 cup 2% milk (or whatever you have on-hand)
- 4 large eggs
- 2 packages onion soup mix
- 1.5 cups Italian-seasoned breadcrumbs
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger

INGREDIENTS FOR BROWN SUGAR GLAZE

- 1/2 cup light brown sugar
- 1 cup ketchup
- 1 teaspoon Worcestershire sauce

MATERIALS

- Two 9x5" loaf pans
- Plastic wrap (to cover pans)
- Aluminum foil (to cover pans)

PREP

1. Label the aluminum foil for the top of your pans.
2. Coat bottom of pans with cooking spray and place two slices of bread at the bottom of each pan. (The bread will absorb the grease from the cooked meatloaf.)
3. In a large mixing bowl, combine the remaining meat loaf ingredients. Split between two loaf pans.
4. In a medium-sized bowl, combine ingredients for brown sugar glaze. Spread on top of meatloaves in pans.
5. Cover each pan with one layer of plastic wrap and one layer of foil. Freeze for up to three months.

COOK

1. Pre-heat oven to 350 degrees F.
2. Remove plastic wrap and foil.

3. Bake, uncovered, 90 minutes to 2 hours, or until cooked through. (To shorten the cooking time, defrost the meatloaf overnight in your refrigerator the night before you're going to cook it.)
4. Cut bread from bottom of meatloaf, and discard it.

More info can be found on <http://www.NewLeafWellness.biz>