

# NINE FREEZER MEALS THAT DON'T REQUIRE ANY COOKING AHEAD OF TIME

THIS DOCUMENT CONTAINS THE RECIPES AND GROCERY LIST FOR THE FOLLOWING MEALS

- Bean and Cheese Burritos
- Ham and Cheese Hot Pockets
- Brown Sugar Meatloaf
- Slow Cooker Chicken Curry
- Slow Cooker Chicken Fajitas
- Slow Cooker Beef Roast and Carrots
- Slow Cooker Ginger-Peach Chicken
- Slow Cooker Garden Veggie Soup with Ground Beef
- No-Cook Lasagna with Spinach

## Bean and Cheese Burritos

These burritos make the perfect quick lunch on-the-go. Cook one or more at a time.

### INGREDIENTS

- 8 "burrito size" tortillas (Mine measure about 8.5 inches across.)
- 2, 16oz cans of refried beans (You'll have some leftover, but you definitely need more than one can.)
- 4 z mild cheddar cheese, freshly grated (1/4 pound, about a cup)
- 1 medium sweet yellow onion, diced

### MATERIALS

- Wax paper
- Foil
- 1 gallon-sized plastic freezer bag

### PREP

1. Label freezer bag with name of item inside, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. Cut eight 12×12" pieces of wax paper and foil. Set up an assembly line with each piece of foil topped with a piece of waxed paper and a tortilla.
3. Top each tortilla with 1/3 cup refried beans, 2 tablespoons cheddar cheese, and 2 tablespoons onions.
4. Wrap each burrito's tortilla around the filling. Then wrap each burrito in wax paper. Lastly, wrap each burrito in foil. (For photos of how I wrap my burritos, check out my recipe for [Freezer-to-Microwave Breakfast Burritos](#) on my New Leaf Wellness blog.)
5. Place all wrapped burritos into labeled freezer bag and freeze.

### COOK

1. Remove individual burrito from foil and wax paper and wrap in a paper towel.
2. Microwave for 2 minutes or until filling is heated through. (If you don't own a microwave, you can use an oven, toaster oven, or covered pan on your stovetop instead.)

## Ham & Cheese Hot Pockets

These homemade hot pockets are the perfect quick lunch or dinner on-the go.

### INGREDIENTS

- 2 packages pizza crust mix (we like Betty Crocker)
- 2oz mild cheddar cheese, shredded (1/8 pound, about 1/2 cup)
- 1 teaspoon extra virgin olive oil
- 1/2lb of cooked ham, diced (about 1 3/4 cups)
- 1 cup frozen chopped broccoli (you can sub fresh broccoli florets)
- 3/4 cup part-skim ricotta cheese
- 1 teaspoon Italian seasoning, divided

### MATERIALS

- 2 cookie sheets
- Wax paper and foil
- 2 gallon-sized plastic freezer bags

### PREP

1. Label your freezer bags with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. Prepare pizza crust according to directions on package.
3. Use olive oil to oil hands and 2 baking sheets.
4. Separate dough into 7 even-sized balls (3 on one baking sheet, 4 on the other).
5. Flatten dough as thin as possible with hands.
6. On one side of each flattened dough ball, add:
  - 1/4 cup ham
  - 2 tablespoons of broccoli (for easy measuring, split 1/4 cup between 2 hot pockets)
  - 1 tablespoon of cheddar cheese and 1 tablespoon of ricotta cheese
  - 1/7 teaspoon of Italian seasoning (sprinkle the full teaspoon across all 7 hot pockets)
7. Fold the empty side of the flattened dough ball over the toppings and seal the edges with your fingers.
8. Place baking sheets in freezer for an hour or until hot pockets are frozen firm.
9. Wrap hot pockets in a layer of wax paper and top with a layer of foil.
10. Place wrapped hot pockets in labeled freezer bags and freeze.

### COOK

1. Preheat oven to 350 degrees F. Remove wax paper and foil from hot pocket(s).
2. Place frozen hot pocket(s) on a cookie sheet and bake 35 minutes or until golden brown.

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

# Brown Sugar Meatloaf

Serve with potatoes or brown rice and a vegetable (for example peas or carrots).

## INGREDIENTS

- 2 pieces of bread
- 1.5lbs lean ground beef
- 1/2 cup skim milk (or whatever you have on-hand)
- 2 large eggs
- 1 package onion soup mix
- 3/4 cup Italian-seasoned breadcrumbs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground ginger
- 1/4 cup light brown sugar
- 1/2 cup Simply Heinz ketchup
- 1/2 teaspoon Worcestershire sauce
- Cooking spray

## MATERIALS

- 9x5" loaf pan
- Plastic wrap
- Foil

## PREP

1. Label foil with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. Prepare 9x5" loaf pan by coating with cooking spray and placing two slices of bread at the bottom of the pan. (The bread will absorb the grease from the cooked meatloaf.)
3. In a large mixing bowl, combine beef, milk, eggs, onion soup mix, breadcrumbs, salt, pepper, and ground ginger. Spoon into prepared pan.
4. In a small bowl, combine brown sugar, ketchup, and Worcestershire sauce. Spread on top of meat mixture in pan.
5. Cover with layers of plastic wrap and labeled foil, and freeze.

## TO COOK

1. Remove plastic wrap and foil.
2. Bake at 350 degrees for 90min-2hours, or until cooked through. (To shorten the cooking time, defrost the meatloaf overnight in your refrigerator.)
3. Cut bread from bottom of meatloaf, and discard.

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

# Slow Cooker Chicken Curry

Serve with brown rice.

## INGREDIENTS

- 2lbs boneless, skinless chicken breasts, cut into bite-size pieces
- 1, 6oz can of tomato paste
- 1, 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 1, 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

## MATERIALS

- 1 gallon-sized plastic freezer bag

## PREP

1. Label your freezer bag with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. To your freezer bag, add tomato paste, coconut milk, onion, peas, tomato sauce, garlic, honey, curry powder, salt, crushed red pepper, and chicken breasts. (Add the chicken breasts to the bag last, so they're the first ingredients poured into your slow cooker.)
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 slow cooker and cook on "low" setting for 6-8 hours, or until all ingredients are cooked through.

## Slow Cooker Chicken Fajitas

Serve on tortillas or brown rice with shredded lettuce, diced tomatoes, and shredded cheddar cheese.

### INGREDIENTS

- 1 medium-sized green pepper, sliced
- 1 medium-sized red pepper, sliced
- 1 small sweet yellow onion, sliced
- 1lb boneless skinless chicken breasts
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- 1 lime, juiced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. To your freezer bag, add peppers, onion, garlic, honey, lime juice, seasonings, and chicken breasts. (Add the chicken breasts to the bag last, so they're the first ingredients poured into your slow cooker.)
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 slow cooker and cook on "low" setting for 4-8 hours, or until chicken is cooked through. Shred chicken and serve.

## Slow Cooker Beef Roast and Carrots

This is my family's favorite slow cooker recipe. The meat melts in your mouth and the carrots are very flavorful. Serve with brown rice.

### INGREDIENTS

- 2lb boneless beef chuck shoulder roast (no substitutions!), fat trimmed
- 2lbs carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar (you can sub apple cider vinegar)
- One seasoning packet (We love McCormick Mesquite seasoning) or 3 tablespoons of [homemade taco seasoning](#)

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. To your freezer bag, add all ingredients. (Add the beef roast to the bag last, so it's the first ingredient poured into your slow cooker.)
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 slow cooker and cook on "low" setting for 8-12 hours, or until beef is cooked through and tender.
3. Remove beef from slow cooker and shred.
4. Serve shredded beef with carrots.

## Slow Cooker Ginger Peach Chicken

Serve with steamed broccoli and brown rice.

### INGREDIENTS

- 1lb boneless, skinless chicken breasts
- 1 cup peach jam (I use this simple recipe for [slow cooker peach jam](#))
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. To your freezer bag, add all ingredients.
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 slow cooker and cook on "low" setting for 3-6 hours, or until chicken shreds easily. (The cooking time will depend on the size and strength of your slow cooker).
3. Shred chicken and return to slow cooker to mix with juice.



## Slow Cooker Garden Veggie Soup with Ground Beef

This soup is so delicious that even my picky daughters eat the vegetables inside. Serve with fresh crusty bread or baked crescent rolls.

### INGREDIENTS

- 1lb ground beef (I use at least 80% lean)
- 8 medium-sized carrots (about one pound), peeled and sliced
- 2, medium-sized tomatoes, cored, seeds and juice removed, and diced (You can sub a 14.5oz can of petite diced tomatoes, if you want)
- 1 medium-sized zucchini, ends cut off and chopped (about one cup)
- 1 medium-sized yellow squash, ends cut off and chopped (about one cup)
- 1 medium-sized yellow onion, diced (about one cup)
- 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 4 cups fat free, reduced sodium chicken broth (not needed until day of cooking)

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. To your freezer bag, add all ingredients except chicken broth (Add the ground beef to the bag last, so it's the first ingredient poured into your slow cooker.)
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 slow cooker, add chicken broth, and cook on "low" setting for 8 hours, or until carrots are soft.
3. Break apart ground beef and serve.

## No Cook Lasagna with Spinach

This recipe yields two pans of lasagna because I usually make one for dinner and freeze the second one. I'm including instructions for cooking fresh and frozen below. Serve with a big salad.

### INGREDIENTS

- 4 large eggs
- 30oz container of ricotta cheese
- 2 cups freshly shredded parmesan cheese (or 1 cup of the refrigerated stuff)
- 16oz mozzarella cheese, freshly shredded and divided in half (about 4 cups total)
- 2 tablespoons dried parsley flakes
- 2 teaspoons salt
- 1 teaspoon pepper
- 45oz jar of pasta sauce
- 2.5oz fresh baby spinach, chopped (about 3 cups)
- Two boxes of "oven ready" lasagna noodles with no boiling required (I use 24 noodles, about 1.5 boxes)

### MATERIALS

- Two 9x13-inch pans (You can use glass, aluminum, or disposable)
- Plastic wrap
- Foil

### PREP

1. Label two pieces of foil with name of meal, cooking instructions, and use-by date. (I use 3 months from the prep day.)
2. In a large bowl, create cheese filling by combining eggs, ricotta, Parmesan, half of the mozzarella cheese, parsley, salt, and pepper.
3. Spread a thin layer of pasta sauce at the bottom of each pan.
4. Layer lasagna noodles, cheese filling, fresh spinach, and pasta sauce until you have four layers of noodles in each pan.
5. Top the fourth layers with remaining pasta sauce and mozzarella cheese. (Make sure to cover the entire noodles with sauce so they don't get crunchy when baked.)
6. Cover each pan with layers of plastic wrap and labeled foil, and freeze. (If stacking in the freezer, I place layers of cardboard between them.)

### COOK

1. Preheat oven to 375 degrees F.
2. Remove plastic wrap and replace foil.

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

3. Bake frozen lasagna 60 minutes or until center is hot.
4. Remove foil and bake for additional 5-10 minutes or until cheese on top is melted.

Note: If you want to cook one lasagna immediately instead of freezing, Preheat oven to 375 degrees F. Cover lasagna with foil and bake for 40 minutes, or until center is hot. Remove foil and bake for additional 5-10 minutes or until cheese on top is melted.

## Grocery List for All Nine Meals

### PRODUCE

- 4 sweet yellow onions
- 7 large cloves of garlic
- 3lbs carrots
- 1 medium-sized green pepper
- 1 medium-sized red pepper
- 2.5oz fresh baby spinach
- 2 medium-sized tomatoes
- 1 medium-sized zucchini
- 1 medium-sized yellow squash
- 1-inch fresh ginger root
- 1 lime

### MEAT

- 1/2lb cooked ham
- 2.5lbs lean ground beef (I use at least 80% lean)
- 4lbs boneless, skinless chicken breasts
- 2lb boneless beef chuck shoulder roast (no substitutions!)

### REFRIGERATED

- 1/2 cup skim milk (or whatever you have on-hand)
- 6 large eggs
- 6oz mild cheddar cheese (about 3/4 pound or 1.5 cups)
- 16oz mozzarella cheese (about 4 cups)
- Ricotta cheese (one 30oz container plus extra 3/4 cup)
- 2 cups freshly shredded parmesan cheese (or 1 cup of the refrigerated stuff)

### FROZEN

- 1 cup frozen chopped broccoli (you can sub fresh broccoli florets)
- 2 cups of frozen peas

### CANNED

- 2 cans of refried beans (16oz each)
- 1 can of coconut milk (13.5oz)
- 1 can of cannellini beans (15oz)
- 4 cups fat free, reduced sodium chicken broth (not needed until day of cooking)

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## ITALIAN

- 2 boxes of "oven ready" lasagna noodles with no boiling required (I use 24 noodles, about 1.5 boxes)
- 2 jars of pasta sauce (one 45oz and one 24oz)
- 1 can of tomato sauce (14.5oz)
- 1 can of tomato paste (6oz)

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## SEASONINGS

- 1 teaspoon Italian seasoning
- 3.5 teaspoons salt
- 1.25 teaspoons pepper
- 1/4 teaspoon ground ginger
- 2 tablespoons curry powder
- 1.25 teaspoon crushed red pepper flakes
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 2 tablespoons dried parsley flakes
- One seasoning packet (We love McCormick Mesquite seasoning) or 3 tablespoons of [homemade taco seasoning](#)

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## MISC

- 2 packages pizza crust mix (we like Betty Crocker)
- 3 tablespoons plus 1 teaspoon extra virgin olive oil
- 8 "burrito size" tortillas (Mine measure about 8.5 inches across.)
- 2 pieces of bread
- 1 package onion soup mix
- 3/4 cup Italian-seasoned breadcrumbs
- 1/4 cup light brown sugar
- 1/2 cup Simply Heinz ketchup
- 1/2 teaspoon Worcestershire sauce
- 1 cup peach jam (I use this simple recipe for [slow cooker peach jam](#))
- 1 tablespoon low sodium soy sauce
- 4 tablespoons honey
- 2 tablespoons red wine vinegar (you can sub apple cider vinegar)
- Cooking spray

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## SUPPLIES

- 2 cookie sheets
- Waxed paper
- Aluminum foil
- Plastic wrap
- 8 gallon-sized plastic freezer bags

- 9x5" loaf pan
- Two 9x13" casserole dishes (you can use glass, aluminum, or disposable)

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#### SUGGESTED SIDE DISHES (NOT NEEDED UNTIL DAY OF COOKING)

- Bean and Cheese Burritos – none or salad
- Ham and Cheese Hot Pockets – none or salad
- Brown Sugar Meatloaf - potatoes or brown rice and a vegetable (for example peas or carrots)
- Slow Cooker Chicken Curry – brown rice
- Slow Cooker Chicken Fajitas – tortillas or brown rice with toppings like cheddar cheese, tomatoes, and lettuce
- Slow Cooker Beef Roast and Carrots – brown rice
- Slow Cooker Ginger-Peach Chicken – broccoli and brown rice
- Slow Cooker Garden Veggie Soup with Ground Beef – fresh bread or baked crescent rolls
- No-Cook Lasagna with Spinach – salad