

8 “NO-COOK” FREEZER MEALS IN 90 MINUTES

RECIPE LIST (full recipes below)

1. Turkey and Black Bean Chili
2. Brown Sugar Meatloaf
3. Garden Veggie Soup with Meatballs
4. Red Pepper Chicken
5. Honey Dijon Chicken
6. Apricot-Ginger Chicken with Green Beans
7. Chicken Curry
8. Greens & Beans

GROCERY LIST FOR ALL 8 MEALS

MEAT

- 4 pounds of boneless, skinless chicken breasts
- 1 pound of boneless chicken thighs
- 1 pound of ground turkey
- 1.5 pounds of ground beef

PRODUCE

- 1.5 pounds fresh green beans
- 1-inch fresh ginger root
- 16 cloves garlic (one bulb usually has 10-12 cloves)
- 1 pound carrots
- 1 zucchini
- 3 small yellow onions
- 2 large russet potatoes (1.5lbs)
- 1 head of escarole
- 1/2 bunch of kale
- 1 medium-sized red bell pepper

FROZEN

- 1 pound of frozen meatballs
- 2 cups frozen peas
- 1 2/3 cup frozen corn

COLD

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

SEASONINGS

- 3.25 teaspoons salt
- 3.25 teaspoons pepper
- 1/4 teaspoon ground ginger
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 2 teaspoon ground cumin
- 1.5 teaspoons ground oregano
- 2.25 teaspoons crushed red pepper flakes
- 2 tablespoons curry powder
- 1/2 teaspoon ground thyme
- 1 package onion soup mix (Or search my site for my homemade mix)

CANNED

- 2 cans of black beans (15 oz each)
- 8 cups low sodium chicken broth (two cartons)
- 1 can of coconut milk (13.5oz)

ITALIAN

- 24oz jar of pasta sauce (about 2.5 cups)
- 24oz can of tomato sauce
- 14.5oz can of tomato sauce
- 1 can of petite diced tomatoes (14.5oz)
- 1 can tomato paste (6oz)

MISC

- 2/3 cup apricot jam (peach is also delicious)
- 1 tablespoons low sodium soy sauce
- 2 pieces of bread
- 3/4 cup Italian-seasoned breadcrumbs
- 1/4 cup light brown sugar
- 1/2 cup ketchup
- 1/2 teaspoon Worcestershire sauce
- 1/2 cup plus 3 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon extra virgin olive oil
- 1 pinch of sugar (literally a pinch)
- 8oz dried cannellini beans (I used great northern instead)
- 7 gallon-sized plastic freezer bags
- 9x5" loaf pan
- plastic wrap to cover loaf pan
- foil to cover loaf pan

SUGGESTED SIDE DISHES *NOT NEEDED UNTIL DAY-OF COOKING

1. Turkey and Black Bean Chili – shredded cheese
2. Brown Sugar Meatloaf – potatoes and a salad
3. Garden Veggie Soup with Meatballs – top with parmesan cheese and serve with fresh Italian bread or baked garlic bread
4. Red Pepper Chicken - Serve on rice or tortillas with lettuce, cheese, and tomatoes
5. Honey Dijon Chicken - Serve with rice and steamed broccoli or a salad.
6. Apricot-Ginger Chicken with Green Beans - Serve with rice.
7. Chicken Curry - Serve with rice or naan.
8. Greens & Beans - Top with parmesan cheese and serve with fresh bread.

SCROLL DOWN FOR PRINTABLE RECIPES

RECIPES

Turkey and Black Bean Chili

Yields: 4 servings

INGREDIENTS

- 1 pound of ground turkey
- 24oz cans of tomato sauce
- 2 cans black beans, drained and rinsed
- 1 can petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 large potatoes (1.5lbs), peeled and cut into 1" pieces
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the turkey last so it's the first ingredient dumped into the 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 slow cooker and cook on "low" setting for 6-8 hours, or until turkey is cooked through.
3. Break apart turkey.

Serve with shredded cheese.

Brown Sugar Meatloaf

Yields: One 9x5 pan of brown sugar meatloaf with six slices (each slice is 1.5" thick.)

INGREDIENTS FOR MEATLOAF

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

INGREDIENTS FOR BROWN SUGAR GLAZE

- 1/4 cup light brown sugar
- 1/2 cup ketchup
- 1/2 teaspoon Worcestershire sauce

MATERIALS

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

PREP

1. Label the aluminum foil for the top of your pan.
2. Coat bottom of pan with cooking spray and place two slices of bread at the bottom. (The bread will absorb the grease from the cooked meatloaf.)
3. In a large mixing bowl, combine the remaining meat loaf ingredients and spoon into prepared pan.
4. In a medium-sized bowl, combine ingredients for brown sugar glaze. Spread on top of meatloaf in pan.
5. Cover 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 replace foil.
3. If thawed, cook 90 minutes.
4. If frozen, cook 2 hours.

Garden Veggie Soup with Meatballs

Yields: 6 SERVINGS

INGREDIENTS

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 1/2 pound green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 4 cups low sodium 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 except chicken broth.
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 add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until veggies are cooked through and tender.

Top with parmesan cheese. Serve with fresh Italian bread or baked garlic bread.

Red Pepper Chicken

Yields: 3 servings

INGREDIENTS

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
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 4-6 hours, or until chicken is cooked through and tender.

Serve on rice or tortillas with lettuce, cheese, and tomatoes.

Honey Dijon Chicken

Yields: 3 servings

INGREDIENTS

- 1 pound of boneless skinless chicken breasts, fat trimmed
- 1/4 cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water* not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag (you can use a quart-sized freezer bag, if you have one)

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except water).
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add water.
3. Cook on low setting for 3-6 hours or until chicken is cooked through and tender.

Serve with rice and steamed broccoli or a salad.

Apricot-Ginger Chicken with Green Beans

Yields: 3 servings

INGREDIENTS

- 1 pound boneless, skinless chicken thighs
- 2/3 cup apricot jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated (If you buy a large root, you can freeze whatever is leftover. I place the leftover root whole in my freezer.)
- 3 cloves garlic, peeled and minced
- 1 pound fresh green beans, cut into 1" pieces

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move freezer 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 3-6 hours or until chicken is cooked through and tender.

Serve with rice.

Chicken Curry

YIELDS: 6 SERVINGS

INGREDIENTS

- 2 pounds 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.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move freezer 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 6 hours or until chicken is cooked through and tender.

Serve with rice or naan.

Greens & Beans

Yields: 6 servings

INGREDIENTS

- 8oz dried cannellini beans, rinsed (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want (I used dried great northern beans)
- 1 tablespoons extra virgin olive oil
- 5 cloves of garlic, peeled and minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, thinly chopped
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)
- 4 cups of low sodium chicken broth *not needed until day of cooking (You can sub vegetable broth to make this a vegetarian meal)
- 8 cups of water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth and water).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. Pour contents of freezer bag into your crockpot and add broth and water.
2. Cook on “low” setting for 6-8 hours or until beans are cooked through.

Top with parmesan cheese and serve with fresh bread.