

Pre-Baby Freezer Meals – Part Two

10 Casserole-Type Freezer Meals

Full recipes and grocery list below

Recipe List (I made two of each)

1. [Chicken Pot Pie](#)
2. [No Cook Lasagna with Spinach](#)
3. Mexican Stuffed Shells from [the Girl Who Ate Everything](#)
4. [Brown Sugar Meatloaf](#)
5. [Sausage-Stuffed Mini Peppers](#)

1. Freezer-Friendly Chicken Pot Pie

Yields: 2 chicken pot pies

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- 1 pound bag of frozen mixed vegetables (corn, carrots, peas, green beans, and lima beans)
- 3 medium-sized potatoes, peeled and diced
- 1/3 cup unsalted butter
- 2/3 cup yellow onion, diced
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed
- 1/4 teaspoon poultry seasoning
- 2 cups chicken broth
- 2 cups 2% milk (or whatever you have on-hand)
- 2 deep-dish **double** pie crusts (I buy the frozen kind)

Materials

- Waxed paper
- Aluminum foil

Directions

1. In a large pot, combine chicken, vegetables, and potatoes. Add water to cover and boil for 12-15 minutes, or until chicken is cooked through. Remove from heat, drain, and set aside.
2. In a large saucepan, prepare sauce:
 1. Cook onions in butter until soft and translucent.
 2. Stir in flour, salt, pepper, celery seed, and poultry seasoning to form a paste.
 3. Add chicken broth and milk.
 4. Stir and bring to boil for one minute or until sauce thickens.
 5. Remove from heat and set aside.
3. Combine cooked chicken and vegetables with sauce.

To Freeze

Complete Steps 1-3. Prepare the pie crusts according to directions on wrapper. (For example, you may need to thaw for a few minutes). Cool chicken/sauce mixture to room temperature. Pour into crusts. Cover with top crust, seal edges, and cut away excess. Make 2-3 small slits in the top to allow steam to escape. Wrap in wax paper and foil, and freeze up to 3 months. When ready to eat, remove plastic wrap and foil. Bake at 350°F for 75 minutes, or until crust is golden brown and filling is bubbly.

2. No Cook Lasagna with Spinach

Yields: Two 9x13 pans

Ingredients

- 4 large eggs
- 30 oz container of ricotta cheese
- 2 cups shredded parmesan cheese
- 16 oz mozzarella cheese, freshly shredded and divided in half (about 4 cups total)
- 2 tablespoons dried parsley flakes
- 2 teaspoons salt
- 1 teaspoon pepper
- Two 24 oz jars of pasta sauce
- 2.5 oz fresh baby spinach, chopped (about 3 cups)
- Two 9 oz boxes of "oven ready" lasagna noodles with no boiling required

Materials

- Two 9"x13" pans (Glass, aluminum, or disposable)
- Plastic wrap
- Aluminum foil

Directions

1. In a large bowl, create cheese filling by combining eggs, ricotta, parmesan, half of the mozzarella cheese, parsley, salt, and pepper.
2. Spread a thin layer of pasta sauce at the bottom of each pan.
3. Layer lasagna noodles, cheese filling, fresh spinach, and pasta sauce until you have four layers of noodles in each pan.
4. 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.)

To Freeze

Complete Steps 1-4. Cover each pan with layers of plastic wrap and foil, and freeze for up to three months. Preheat oven to 375 degrees F. Remove plastic wrap and replace foil. Bake frozen lasagna 60 minutes or until center is hot. Remove foil and bake for additional 5-10 minutes or until cheese on top is melted.

3. Mexican Stuffed Shells

Recipe modified from [The Girl Who Ate Everything](#)

Yields: 2 pans with 16 shells each

Ingredients

- 2 pounds ground beef
- 2 packages taco seasoning
- 8 ounces cream cheese
- One 12 oz box of jumbo pasta shells
- 16 oz jar of salsa (about 2 cups – we like “medium” heat)
- 16 oz jar of taco sauce (2 cups)
- 8 oz sharp cheddar cheese, freshly grated (about 2 cups)
- 8 oz Monterrey jack cheese, freshly grated (about 2 cups)

Materials

- Two 9"x13" pans (Glass, aluminum, or disposable)
- Plastic wrap
- Aluminum foil

Directions

1. Brown the ground beef; add taco seasoning and cream cheese.
2. Stir until cheese is melted.
3. Set aside and cool completely.
4. While ground beef is cooking, cook the pasta shells according to package directions (Tip: add some oil to the water to prevent sticking); drain. (Set shells out individually on waxed paper so they don't stick together.)
5. Pour salsa on bottom of two 9x13" baking dishes.
6. Stuff each shell with 1-2 tablespoons of the meat mixture.
7. Place shells in 9"x13" pans open side up.
8. Evenly cover shells with taco sauce and cheeses.

To Freeze

Complete Steps 1-8. Cover each pan with layers of plastic wrap and foil, and freeze for up to three months. Preheat oven to 350°F. Remove plastic wrap and replace foil. Bake for 30 minutes. Remove foil and bake an additional 10-15 minutes.

Top with green onions or olives if desired. Serve with sour cream and/or more salsa.

4. Brown Sugar Meatloaf

Yields: Two 9x5" loaves (I made three pans that measured 8 x 3 7/8 x 2 15/32")

Ingredients

- 4 pieces of bread
- 3 pounds lean ground beef
- 1 cup milk
- 4 large eggs
- 2 packages onion soup mix
- 1 ½ cups Italian-seasoned breadcrumbs
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger
- 1/2 cup light brown sugar
- 1 cup ketchup (I like Simply Heinz)
- 1 teaspoon Worcestershire sauce
- Cooking spray

Materials

- Two 9"x5" loaf pans (Glass, aluminum, or disposable)
- Plastic wrap
- Aluminum foil

Directions

1. Prepare 9"x5" loaf pans by coating with cooking spray and placing two slices of bread at the bottom of each pan. (The bread will absorb the grease from the cooked meatloaf.)
2. In a large mixing bowl, combine beef, milk, eggs, onion soup mix, breadcrumbs, salt, pepper, and ground ginger. Spoon into prepared pans.
3. In a small bowl, combine brown sugar, ketchup, and Worcestershire sauce. Spread on top of meat mixture in pans.
4. Bake in preheated oven for 75 minute or until cooked through.

To Freeze

Complete Steps 1-3. Instead of baking, cover with layers of plastic wrap and foil, and freeze for up to 3 months. When ready to cook, remove plastic wrap and foil. Bake at 350°F for 1 ½ to 2 hours, or until cooked through. (To shorten the cooking time, defrost the meatloaf overnight in your refrigerator.) Cut bread from bottom of meatloaf before serving.

5. Sausage-Stuffed Mini Peppers

Yields: 2 pans with 4 servings each

Ingredients

- Two 16oz bags of mini sweet peppers
- 2 pounds ground Italian sausage (we like hot sausage)
- Two 24oz jars of spaghetti sauce
- 16oz mozzarella cheese, shredded (about 4 cups)

Materials

- Two 9"x13" pans (Glass, aluminum, or disposable)
- Plastic wrap
- Aluminum foil

Directions

1. Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)
2. Stuff the peppers with sausage and place in 9×13" casserole dishes.
3. Cover stuffed peppers with spaghetti sauce.
4. Top with shredded mozzarella cheese.

To Freeze

Complete Steps 1-4. Cover pans with layers of plastic wrap and foil and freeze for up to three months. When ready to eat, thaw overnight in refrigerator and remove plastic wrap and foil. Bake for 40 minutes at 350°. (You can also skip thawing and bake frozen for 60-90 minutes.)

Serve over spaghetti.

Grocery List for 10 Casserole-Type Freezer Meals

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 yellow onion (1)
- 3 medium-sized potatoes (1)
- 2.5 oz fresh baby spinach (2)
- Two 16oz bags of mini sweet peppers (5)

Meat

- 2 pounds boneless skinless chicken breasts (1)
- 2 pounds ground beef (3)
- 3 pounds lean ground beef (4)
- 2 pounds ground Italian sausage (we like hot sausage) (5)

Freezer

- 2 deep-dish **double** pie crusts (1)
- 1 pound bag of frozen mixed vegetables (corn, carrots, peas, green beans, and lima beans) (1)

Cold

- 1/3 cup unsalted butter (1)
- 3 cups milk (1, 4)
- 8 large eggs (2, 4)
- 30 oz container of ricotta cheese (2)
- 2 cups shredded parmesan cheese (2)
- 32 oz mozzarella cheese (2, 5)
- 8 ounces cream cheese (3)
- 8 oz sharp cheddar cheese (3)
- 8 oz Monterrey jack cheese (3)

Spices

- 5 teaspoons salt (1, 2, 4)
- 2 teaspoons black pepper (1, 2, 4)
- 1/2 teaspoon celery seed (1)
- 1/4 teaspoon poultry seasoning (1)
- 2 tablespoons dried parsley flakes (2)
- 2 packages taco seasoning (3)
- 1/2 teaspoon ground ginger (4)
- 2 packages onion soup mix (4)

Italian

- Four 24oz jars of pasta/spaghetti sauce (2, 5)
- One 12 oz box of jumbo pasta shells (3)
- Two 9 oz boxes of “oven ready” lasagna noodles with no boiling required (2)
- 1 ½ cups Italian-seasoned breadcrumbs (4)

Canned

- 2 cups chicken broth (1)
- 16 oz jar of salsa (3)
- 16 oz jar of taco sauce (3)

Baking

- 2/3 cup all-purpose flour (1)
- Cooking spray (4)
- 1/2 cup light brown sugar (4)

Miscellaneous

- Two Pie Plates (Glass, aluminum, or disposable – I used the pans that came with my pie crusts) (1)
- Six 9"x13" pans (Glass, aluminum, or disposable) (2, 3, 5)
- Two 9"x5" loaf pans (Glass, aluminum, or disposable) (4)
- Plastic wrap (2-5)
- Aluminum foil (1-5)
- Waxed paper (1)
- 1 teaspoon Worcestershire sauce (4)
- 4 pieces of bread (4)
- 1 cup ketchup (I like Simply Heinz) (4)