

Freezer Meals

Easy Homemade Lasagna: <https://happymoneysaver.com/homemade-easy-lasagna-recipe/>

Stuffed Shells: <https://happymoneysaver.com/how-to-make-stuffed-shells-freezer-meal/>

Chicken Enchiladas: <https://happymoneysaver.com/chicken-enchiladas-recipe/>

Baked Chicken Pesto Alfredo Pasta: <https://happymoneysaver.com/baked-chicken-pesto-alfredo-freezer-meal/>

Chocolate Chip Cookies: <https://happymoneysaver.com/the-chocolate-chip-cookie-recipe-my-dreams-are-made-of/>

Baked Ziti: <https://www.sixsistersstuff.com/recipe/baked-ziti-freezer-meal/>

Breakfast Sandwiches: <https://www.sixsistersstuff.com/recipe/bagel-breakfast-sandwiches-freezer-meal/>

Cheesy Hashbrown Potato Casserole: <https://www.sixsistersstuff.com/recipe/cheesy-hashbrown-potato-casserole/>

Rice and Bean Burritos: <https://www.sixsistersstuff.com/recipe/bean-and-rice-burritos-freezer-meal/>

Freezer Breakfast Burritos: <https://www.sixsistersstuff.com/recipe/freezer-breakfast-burritos/>

Cheeseburger Casserole: <https://www.sixsistersstuff.com/recipe/easy-cheeseburger-casserole/>

Broccoli Chicken Casserole: <https://www.tasteofhome.com/recipes/contest-winning-broccoli-chicken-casserole/>

Mozzarella Baked Spaghetti: <https://www.tasteofhome.com/recipes/mozzarella-baked-spaghetti/>

Southwestern Casserole: <https://www.tasteofhome.com/recipes/southwestern-casserole/>

Chicken Tortilla Bake: <https://www.tasteofhome.com/recipes/chicken-tortilla-bake/>

Chicken Ranch Mac and Cheese: <https://www.tasteofhome.com/recipes/chicken-ranch-mac-cheese/>

Crock Pot Chili: <https://happymoneysaver.com/darn-good-chili-recipe/>

Shredded Chicken Tacos: <https://happymoneysaver.com/frugal-food-recipe-chicken-tacos/>

Chili Chicken Verde (Serves 5-6):

- ¾ c onion, sauteed
- 3 c cubed chicken, sauteed OR 3 c canned chicken
- 30 oz pinto beans (half drained)
- 4 oz diced green chilis
- 30 oz diced tomatoes
- 1 tsp cumin
- 1 tsp oregano
- 1/8 tsp ground cloves
- ¼ tsp cayenne
- 1 Tbs chicken bouillon
- 1 tsp garlic
- 1 tsp salt
- Reheat in oven or crockpot. Serve with rice or pasta

Grilled Seasoned Chicken (Serves 8-10):

- 6 chicken breasts OR 4 c canned chicken
- ¼ c Italian dressing
- 2 Tbs lemon juice
- 2 Tbs balsamic vinegar
- 1 ½ tsp garlic

Marinate for at least 30 minutes; bake at 450 F for 15-18 minutes, or until chicken is cooked to temperature (see meat temp guide). Let cool, and then wrap for freezing. Heating instructions: After thawing, bake at 350 until heated through. Serve with rice, pasta, etc.

BBQ Meatballs (Serves 4):

- 1 lb ground beef
- ½ c oats
- 2/3 c milk
- 2 Tbs minced onion

- 1 tsp salt
- ½ tsp black pepper

Mix above ingredients together in a bowl, then shape into 2 inch meatballs. Bake at 350 for 30 minutes or brown in a pan until meatballs are at least 165 F in the middle.

Sauce

- 1 ½ Tbs sugar
- 2/3 c ketchup
- ½ c water
- 2 Tbs Worcestershire sauce
- 2 Tbs white vinegar
- 4 Tbs minced onion

Warm all sauce ingredients together and add to cooked meatballs. Bake together at 350 for another 15 minutes.

Black Bean Taco Soup (Serves 6-8):

- 1 lb ground beef, sauteed
- ¾ c onion, sauteed
- 2 Tbs taco seasoning
- 1 can corn
- 1 can black beans, drained and rinsed
- 2 cans diced tomatoes
- 8 oz tomato sauce
- 4 oz diced green chilis

Combine in a freezer bag. Warm on the stove or in a crockpot.

Taco Twist Casserole (Serves 4-6):

- 3 c macaroni, parboiled
- 1 ½ lbs cooked hamburger
- 2 Tbs taco seasoning
- 15 oz tomato sauce
- 15 oz black beans, drained
- 15 oz corn, drained
- 2 c cheese
- 1 c sour cream

Mix in freezer bag for freezing. When ready to heat, pour into a casserole dish and bake until fully heated through.

Easy Spinach Pie (Serves 4):

- 1 c prepared pancake and biscuit mix
- $\frac{1}{4}$ c milk
- 2 eggs
- $\frac{1}{4}$ c diced onion
- 1 pkg frozen spinach
- $\frac{1}{2}$ c parmesan
- $\frac{1}{2}$ c Monterey Jack
- 2 c cottage cheese
- $\frac{1}{2}$ tsp salt
- 1 tsp garlic
- 2 eggs

Directions:

1. Grease foil pan
2. Mix first 4 ingredients in a bowl and then spread in greased pan
3. Mix remaining ingredients, and spoon evenly over batter in pan.
4. Cover with foil and label.

Heating instructions: After thawing, bake at 400 for 30-35 minutes or until knife inserted comes out clean. Let stand 5 minutes before serving.

Diane's Quick and Easy Chicken (Serves 6-8):

- 6 chicken breasts
- 1 c Italian dressing
- 3 Tbs Teriyaki sauce
- 1 tsp salt
- 3 Tbs honey
- $\frac{1}{2}$ tsp black pepper
- 2 tsp garlic

Bake at 450 F for 15-18 minutes, or until chicken is cooked to temperature (see meat temp guide). Let cool, and then wrap for freezing.

Heating instructions: After thawing, bake at 350 until heated through. Serve with rice, pasta, etc.

Cilantro Lime Chicken (Serves 6-8):

- 3 Tbs olive oil
- 2 tsp garlic
- 4 Tbs chopped cilantro
- 2 Tbs lime juice
- 1 tsp red pepper flakes
- ½ tsp salt
- 6 chicken breasts

Marinate for at least 30 minutes. Bake at 450 F for 15-18 minutes, or until chicken is cooked to temperature (see meat temp guide). Let cool, and then wrap for freezing. Heating instructions: After thawing, bake at 350 until heated through. Serve with rice, pasta, etc.

Meatballs (Serves 4-6):

- 2 eggs
- 2 lbs ground beef
- ¾ c oats
- ½ c ketchup
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp garlic powder or 2 tsp minced garlic

Mix above ingredients together in a bowl, then shape into 2 inch meatballs. Bake at 350 for 30 minutes or brown in a pan until meatballs are at least 165 F in the middle. Freeze in a freezer bag. Heating instructions. Thaw, and then bake or cook on the stovetop until heated through. Serve with pasta and sauce of choice.

Poppyseed Chicken (Serves 4-6):

- 2 c cubed/cooked chicken OR canned chicken
- 1 can cream of anything soup
- ½ c sour cream
- 1 tsp garlic salt
- 1 tsp garlic pepper
- ½ c water

Mix in freezer bag. Heating instructions: Thaw, and pour into a casserole dish. Bake at 375 until heated through. Serve with pasta or rice.

Meatloaf (Serves 4):

- 2 eggs
- 2 lbs ground beef
- $\frac{3}{4}$ c bread crumbs (optional; leave out if you desire a GF option)
- $\frac{1}{2}$ c ketchup
- 1 tsp onion salt
- 1 tsp salt
- 1 tsp garlic powder

Directions:

1. Mix in a large bowl. Shape into a large loaf and place in an ungreased 9x5 inch pan. Wrap in saran wrap, then foil, date and then store in the freezer for up to 6 months.
2. When you are ready to cook, preheat oven to 350°F.
3. Bake uncovered at 350° for about an hour or until a meat thermometer reads 160°F.
4. Let cool to room temperature and serve.

King Ranch Casserole (Serves 4):

- 1 c bell pepper
- 1 onion, diced
- 2 c cubed/cooked chicken OR canned chicken
- 10 oz cream of mushroom soup
- 10 oz cream of chicken soup
- 10 oz Ro-tel tomatoes
- 12 corn tortillas
- 2 c cheddar cheese

Combine first 2 ingredients. Spray foil pans. Layer soup mix, tortillas, soup mix, then cheese; repeat for 3 layers. Prepare for freezer. Heating instructions: After thawing, bake at 350 F for 30-35 minutes, until heated through.

Chicken Mole (Serves 6-8):

- 4 cans canned chicken
- 1 c diced onion
- 2 tsp salt
- 2 Tbs veg. oil
- 2 c chicken broth

- ½ c tomato sauce
- ¼ c peanut butter
- 1 oz dark chocolate, grated
- ¼ c dry bread crumbs
- ¼ c chili powder
- 1 ½ tsp sugar
- ¼ tsp cinnamon
- ¼ tsp ground cumin
- ¼ tsp cloves
- ½ tsp garlic

Directions:

1. Place chicken in foil pans.
2. Blend all other ingredients in a blender until fully combined.
3. Pour over chicken.
4. Prepare for freezer.

Heating instructions: After thawing, bake at 375 for 30-45 minutes, covered, until heated through. Serve with rice, tortillas, avocado, etc.

Campfire Casserole (Serves 2-4):

- 1 lb ground beef, sauteed
- ½ c onion, sauteed
- 3 Tbs taco seasoning
- 1 Tbs water
- 1 can diced tomatoes
- 2 cans pinto beans, drained
- 1/3 c sliced olives

Place all ingredients in a bag; seal and shake. Heating instructions: After thawing, pour into a casserole pan and bake at 350 for 30 minutes, covered, until heated through. Serve with rice, cheese, sour cream, etc.

Swiss Steak (Serves 4-6):

- 2 lbs steak, cubed
- Seasoned Flour
- 20 oz tomato soup
- 2/3 c chopped onion, sauteed
- 2/3 c sliced celery

- ¼ tsp garlic
 - 4 Tbs brown sugar
 - 2 Tbs Worcestershire sauce
 - 4 tsp mustard
 - 2 tsp lemon juice
1. Pound seasoned flour into steak.
 2. Brown steaks, then let cool.
 3. Combine all ingredients in a freezer bag.
 4. Seal and freeze.

Directions:

Heating instructions: After thawing, cook in a covered casserole dish at 350 for 50-60 minutes, until heated through. Serve with pasta or rice.

Jolene's Pot Roast (Serves 4):

- 2-3 lbs roast
- 4 Tbs brown gravy mix
- 1 pkg Zesty Italian dressing mix
- 2 tsp beef bouillon

Massage dry ingredients into meat. Seal bag and freeze. Heating instructions: After partially thawing, cook in crockpot on low for 8 hours.

Chicken Parisienne (Serves 6-8):

- 3 c cubed/cooked chicken OR canned chicken
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp paprika
- 1 can cream of mushroom soup
- 1 can sliced mushrooms, drained
- ½ c chicken broth
- Sour cream

Mix all ingredients in a freezer bag. Heating instructions: After thawing, bake in a casserole dish or heat in a crockpot until heated through. Serve with rice or pasta.

Biscuit Beef Bake (Serves 4):

- 2 c ground beef, sauteed
- ½ c onion, sauteed
- ½ tsp garlic
- 14.5 oz Mexican-style stewed tomatoes
- 15 oz black beans, drained and rinsed
- 8 oz tomato sauce
- ½ c corn
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp salt

Mix all ingredients in freezer bag and freeze. Heating instructions: Thaw, and pour into casserole dish, leaving at least ¾ inch of room at the top. Mix up Bisquick and pour evenly over top. Bake at 400, covered, for 25 minutes or until an inserted knife comes out clean. Serve with grated cheddar cheese, sour cream, diced chilis, etc.

Easy Goulash (Serves 4-6):

- 1 ½ lbs ground beef, sauteed
- 1 c diced onion, sauteed
- 1 tsp minced garlic
- 2 cans stewed tomatoes
- 1 can mushrooms
- 1 tsp salt
- 2 Tbs Cavendar's Seasoning or generic Greek Seasoning blend
- 2 Tbs Worcestershire sauce
- 2 Tbs beef broth or cranberry juice

Put in freezer bag for freezing. Heating instructions: After thawing, heat on the stove or in a crockpot until heated through. Serve with pasta, rice, etc.

Mexican Stew (Serves 4-6):

- 2 lbs hamburger, sauteed
- ¾ c onion, sauteed
- 2 tsp salt
- 1 tsp chili powder
- ¼ tsp pepper

- ½ tsp garlic salt
- 1 can kidney beans
- 1 can tomato soup
- 1 can vegetable beef soup

Place in freezer bag; seal and freeze. Heating instructions: After thawing, heat on the stove or in a crockpot until heated through.

Santa Fe Chicken (Serves 6-8):

- 6 chicken breasts, cubed and cooked OR 4 c canned chicken
- 3 Tbs lime juice
- ½ c soy sauce
- 1 Tbs olive oil
- 1 Tbs chili powder
- 1 Tbs cumin seed
- 1 Tbs ground coriander
- 3 tsp minced garlic
- 1 Tbs honey

Place all ingredients in freezer bag; seal and freeze. Heating instructions: After thawing, saute or bake until heated through. Serve with rice.

Lemon Pesto Chicken (Serves 6-8):

- 6 chicken breasts
- ¾ c pesto
- 3 Tbs lemon juice

Marinate for at least 30 minutes. Bake at 450 F for 15-18 minutes, or until chicken is cooked to temperature (see meat temp guide). Let cool, and then wrap for freezing. Heating instructions: After thawing, bake at 350 until heated through. Serve with rice, pasta, etc.