

31 Freezer Meals

#	Recipe Title	Serves 4-6	Serves 8-10	# Meals	Step One	Step Two	Step Three	Step Four	Step Five	Day of Serving Cooking Instructions	Serving Suggestions
1	Grilled Chicken Bacon Stackers	6 pieces of Chicken, 6 Pieces of Bacon, Mozzarella Cheese for topping, salt & pepper to taste	12 pieces of Chicken, 12 Pieces of Bacon, Mozzarella Cheese for topping, salt & pepper to taste	2	Cook Bacon.	Grill Chicken.	Top chicken with bacon and cheese	Cool and wrap each one in plastic wrap.	Place wrapped chicken in 2 Ziplock Bags with Recipe title written on it and freeze.	Heat and eat.	Serve with macaroni & cheese and corn.
2	Grilled Chicken Caprese	6 pieces of chicken, fresh basil, 3 tomatoes sliced and mozzarella cheese, salt & pepper to taste	12 pieces of chicken, fresh basil, 6 tomatoes sliced, and mozzarella cheese, salt & pepper to taste	2	Grill chicken.	Slice tomatoes.	Top chicken with basil, 2 tomato slices and cheese.	Cool and wrap each one in plastic wrap.	Place wrapped chicken in 2 Ziplock Bag with Recipe title written on it and freeze.	Heat and eat.	Serve with a balsamic reduction, hot buttered noodles and green beans
3	Goolash	2.5 lbs. ground turkey, 1 can 30 oz. diced tomatoes, 1 can 15 oz. tomato sauce, 3 chili seasoning packets, garlic, salt & pepper to taste, 3 lbs. elbow macaroni	5 lbs. ground turkey, 2 can 30 oz. diced tomatoes, 1 can 30 oz. tomato sauce, 6 chili seasoning packets, garlic, salt & pepper to taste, 6 lbs. elbow macaroni	3	Cook ground turkey.	Mix tomatoes, tomato sauce and chili seasoning together. Add ground turkey.	Divide sauce mixture between three Ziplock freezer bags labeled Goolash and freeze.			Cook macaroni on the day of serving and mix in sauce until heated through.	Top goolash with cheese and serve with corn.
4	BBQ Chicken Sandwiches	3 lbs chicken, 2 cups of BBQ sauce or 2 bottles of BBQ sauce, salt & pepper to taste, 3 packages of hamburger buns	6 lbs. chicken, 4 1/2 cups of BBQ sauce or 3 bottles of BBQ sauce, salt & pepper to taste, 6 packages of hamburger buns	3	Divide chicken evenly between 3 Ziplock Freezer Bags.	Make BBQ sauce and put in a small Ziplock bag or store the bottled BBQ sauce until day of serving.	Package individually wrapped meat and sauce in 3 Ziplock bag with BBQ chicken Sandwiches written on it and freeze.			Cook chicken in crock pot on low for 4-6 hours or high for 3 hours and shred. Drain any excess water and add sauce.	Serve with coleslaw and corn on the cob.
5	Taco Tots	2 1/2 lbs. ground turkey or lean hamburger, 3 taco seasoning packets, 1 30 oz. can of diced tomatoes, 3 lbs. tator tots	5 lbs. ground turkey, 5 taco seasoning packets, 2 cans 30oz. Diced tomatoes, 6 lbs. tator tots	4	Cook ground meat, add taco seasoning according to package instructions and diced tomatoes.	Divide into 4 freezer ziplocks with Taco Tots written on it.				Heat the meat and cook Tots according to package instructions.	Serve with homemade refried beans, and all the taco fixings you like!

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6	Chicken Tacos	3 lbs. of chicken, 3 taco seasoning packets	6 lbs. of chicken, 6 taco seasoning packets	3	Divide chicken evenly into 3 Ziplock freezer bags.	Divide packets of taco seasoning in each bag.	Write chicken tacos on the bag and freeze.			Cook chicken in crock pot on low for 4-6 hours or high for 3 hours and shred.	Serve with tortillas, Spanish rice and refried beans. And of course, all the fixings- sour Cream, salsa, cheese, onions, and tomatoes.
7	Chicken Sausage Rice Soup	1/2 lb. chicken breasts, 2 packages Polish, 2 cups cooked rice (day of serving), 4 cups chicken broth, garlic, salt & pepper to taste	1 lb. chicken breasts, 3 packages Polish, 4 cups cooked rice (day of serving) 8 cups chicken broth, garlic, salt & pepper to taste	3	Divide chicken between 3 Ziplock bags.	Slice the sausage and divide into 3 separate Ziplock bags.	Put them both together in 3 freezer bag and label the bags Chicken Sausage Rice Soup and freeze.			Cook the chicken in the crock pot with chicken broth, pinch of red pepper, salt and pepper. About 30 minutes before serving add 4 cups of cooked rice and sausage. Note: I serve this soup the day after I made chicken tacos because I use my leftover Spanish rice.	Serve with a salad.
8	Chicken Noodle Soup	1 1/2 lbs. of chicken, 3 packages egg noodles, 1 1/2 lbs baby carrots, 2 onions, 6 cups chicken broth, sage, garlic, salt & pepper to taste	3 lbs. of chicken, 3 packages egg noodles, 3 lbs baby carrots, 3 onions, 12 cups chicken broth, sage, salt & pepper to taste	3	Divide chicken into each of the 3 freezer bags.	Cut onions and divide into each bag.	Divide baby carrots.	Label each bag Chicken Noodle Soup		In the crock pot, cook chicken and veggies in chicken broth. Cook egg noodles right before serving and mix in the crock pot.	Serve with salad or tuna fish sandwiches.
9	Chicken Fettuccine	3 lbs. of chicken, 3 jars Alfredo sauce, 3 lbs of pasta	6 lbs. of chicken, 6 jars Alfredo sauce, 6 lbs of pasta	3	Divide chicken into 3 Ziplock bags.	Write Chicken Fettuccine on the bags and freeze.				Cook chicken in crock pot on low 4-6 hours. Cook pasta about 30 minutes before serving. Add the sauce and mix well.	Serve with peas.

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10	Chicken Lasagna	1 lb. of chicken, 1 30 oz. canned diced tomatoes, 30 oz canned tomato sauce, 48 oz. cottage cheese or ricotta cheese, 6 eggs, spaghetti sauce seasoning, garlic, salt & pepper to taste 4 cups of mozzarella cheese, 1 packages of oven ready lasagna noodles, 2 aluminum pans with lids.	2 lbs. of chicken, 3 30 oz. canned diced tomatoes, 3 30 oz canned tomato sauce, 96 oz. cottage cheese or ricotta, 12 eggs, spaghetti sauce seasoning, salt & pepper to taste, 8 cups of mozzarella cheese, 3 packages of oven ready lasagna noodles, 4 aluminum pans with lids.	2	Cook the chicken.	Add the diced tomatoes, tomato sauce, and spaghetti sauce seasonings.	Mix cottage cheese and eggs and season.	Spray pan with non cooking spray and start layering. Sauce, noodles, cottage cheese mixture, mozzarella cheese.	Put the lid on pans and label Chicken Lasagna. Freeze.	Thaw. Cook at 375 for 45-50 mins until heated through.	Serve with a salad or corn.
11	One Pot Chicken and Potatoes	3 lb. chicken, 2 lb carrots, 3 onions, 3 packets of chicken gravy, salt & pepper to taste, 12 potatoes (added the day of serving)	6 lbs. of chicken, 3 lb carrots, 6 onions, 6 packets chicken gravy, salt & pepper to taste, 24 potatoes (added the day of serving)	3	Make chicken gravy and let cool while you bag up the rest of the ingredients.	Divide chicken into 3 Ziplock bags.	Cut onions and divide between bags.	Divide the carrots.	Add the gravy. Write One Pot Chicken and Potatoes on the bags and freeze.	Dump the bagged ingredients crock pot. Wash and chop potatoes and place in crock pot. Cook on low for 6-8 hours or high for 4-6 hours.	Serve with a salad and a roll.