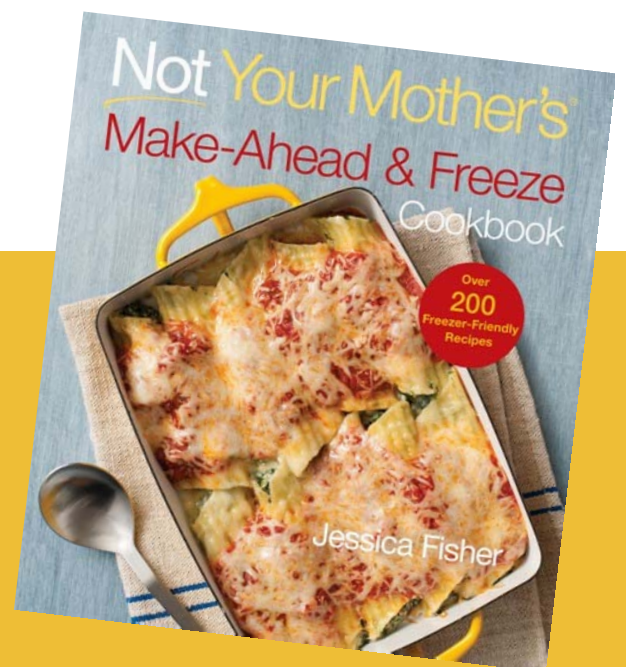


Dinner on the Run Freezer Meal Plan

to be used with recipes from
Not Your Mother's Make-Ahead & Freeze Cookbook by Jessica Fisher



Dinner on the Run Meal Plan

22 to 26 meals, serving 4 people

Grab dinner on the run! All these recipes are easy to reheat and simple to pack to eat on the road (once reheated) so that you can head to ball games or evening events without having to hit the drive-thru.

[Seasoned Versatile Pinto Beans](#), page 180, two batches

Basic Taco Seasoning Mix, page 89, one batch

Not Your Convenience Store's Frozen Burritos, page 87, 3 batches

[Cilantro-Chipotle Cheeseburgers](#), 2 batches

[Easiest Mac and Cheese](#), 2 batches

Italian-Spiced Cheesewiches, page 189, 3 batches

[Basic Pizza Dough](#), page 234, 1 batch

Pepperoni Calzones, page 248, 1 batch

Basic Herb-Baked Chicken, page 104, 2 batches

Notes

- This shopping list includes ingredients needed to make these meals up to the point of freezing. Pay attention to the recipe for ingredients that you will need on the day of serving as these are not included in the shopping list.
- Having pre-baked chicken chopped and ready to go makes meal planning a snap. Toss chicken into a salad, into sandwiches, burritos, and tacos, or to top pizzas. Fold cooked chicken into quesadillas or stir it into soup. Make pulled chicken sandwiches or chicken salad lettuce wraps. Your options are endless.

Grocery List

FRESH PRODUCE:

- 5 medium onions
- 10 cloves garlic
- 4 1/2 teaspoons chopped fresh basil (if not using dried)

DAIRY:

- 6 cups shredded cheddar cheese
- 12 cups shredded sharp cheddar cheese
- 16 ounces sour cream
- 1 pound cheddar cheese, cubed
- 4 cups mozzarella cheese

MEAT & POULTRY:

- 5 pounds ground beef
- 12 bone-in chicken breasts
- 2 (6-ounce) packages sliced pepperoni

CANNED/BOTTLED/DRY GOODS:

- 2 pounds dried pinto beans
- 6 cups tomato sauce
- 3 cups enchilada sauce
- 3 (4-ounce) cans chopped green chilies
- 1 1/2 cups chopped black olives

- 36 burrito-size flour tortillas
- 36 kaiser rolls
- 1 1/2 pounds elbow macaroni pasta
- 1 cup olive oil,
- 2 tablespoons honey or sugar
- 4 1/2 cup unbleached all-purpose flour
- 1 tablespoon active dry yeast
- cornmeal (for sprinkling)

SEASONINGS:

- salt
- pepper
- 1/4 cup chili powder
- dried oregano
- dried thyme
- onion flakes
- garlic powder
- dried basil (if not using fresh)
- cumin
- herbs de Provence, chili powder, or mixed Italian herbs (optional, for chicken)

Grocery List *(continued)*

Packaging

- plastic wrap
- waxed paper
- heavy-duty aluminum foil
- snack-size zip-top bag or small container with lid labeled for Basic Taco Seasoning Mix
- pint-size containers with lids or pint-size zip-top freezer bags labeled for extra Seasoned Versatile Pinto Beans
- 16 gallon-size zip-top freezer bags labeled Frozen Burritos (6), Cheeseburgers (2), Cheesewiches (6), Calzones (2)
- 4 quart-size zip-top freezer bags labeled Baked Chicken
- two 9 x 13 baking dishes with lids

Special Equipment

- slow cooker or large stockpot
- bread maker

Prep List

1. Print online recipes.
2. Prep the Basic Taco Seasoning Mix.
3. Soak and cook the beans according to the recipe directions. Having them precooked and cooled will allow your meal assembly to go much faster.
4. Chop onions, garlic, and basil (if using).

Cooking Plan

1. Make pizza dough. Allow to rise. When timer rings, stop where you are in the cooking plan and jump to step 7, assembling and baking the calzones. Once they are in the oven, return to the last step you were on.
2. Brown and season taco meat. Once done, drain off drippings and allow to cool. You want it to be pretty cool before assembling the burritos.
3. Bake chicken. Set a timer. Once it's done, pull from the oven and allow to cool.
4. Assemble cheesewiches. Wrap, label, and freeze. [ITALIAN-SPICED CHEESEWICHES DONE]
5. Boil noodles until al dente. Rinse and cool to room temperature.
6. Form patties for cheeseburgers, layering waxed paper between the patties. Wrap tightly with plastic wrap and place in labeled freezer bag. Freeze. [hamburger patties for CILANTRO-CHIPOTLE CHEESEBURGERS DONE]
7. Pizza dough should be done by now. Assemble and bake the calzones. Cool on a rack.
8. Shred or chop the chicken. Wrap, label, and freeze. [HERB-BAKED CHICKEN DONE]
9. Assemble Easiest Mac and Cheese. Wrap, label, and freeze. [EASIEST MAC AND CHEESE DONE].
10. Assemble the burritos. Wrap, label, and freeze. [NOT YOUR CONVENIENCE STORE'S FROZEN BURRITOS DONE]
11. Package any leftover beans for another meal. Wrap, label, and freeze. [SEASONED VERSATILE PINTO BEANS DONE.]
12. Calzones should be cool now. Wrap, label, and freeze. [PEPPERONI CALZONES DONE].

Basic Taco Seasoning Mix

Store in freezer until ready to use.

Date prepared:

Seasoned Versatile Pinto Beans

Thaw the beans in the refrigerator or reheat them directly from the freezer. Reheat them in a pan on the stovetop or in a microwave-safe dish in the microwave.

Date prepared:

Seasoned Versatile Pinto Beans

Thaw the beans in the refrigerator or reheat them directly from the freezer. Reheat them in a pan on the stovetop or in a microwave-safe dish in the microwave.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Frozen Burritos

To reheat in microwave, cook thawed burritos 1 to 2 minutes, flipping once. Add additional minute or two for frozen. Or, cook thawed on hot griddle until filling is hot and tortilla is crisp. Or, bake thawed in a 350 degree oven for 15-20 minutes. If frozen, increase cooking time 5-10 minutes.

Date prepared:

Cilantro-Chipotle Cheeseburgers

Thaw the patties completely in the refrigerator. Cook over a hot grill until done. Serve with recipe-recommended toppings.

Date prepared:

Cilantro-Chipotle Cheeseburgers

Thaw the patties completely in the refrigerator. Cook over a hot grill until done. Serve with recipe-recommended toppings.

Date prepared:

Easiest Mac N Cheese

Thaw the casserole in the refrigerator. Preheat the oven to 350 degrees. Bake the casserole for 15-20 minutes. If it doesn't thaw completely before you need to bake it, just increase the baking time, checking often.

Date prepared:

Easiest Mac N Cheese

Thaw the casserole in the refrigerator. Preheat the oven to 350 degrees. Bake the casserole for 15-20 minutes. If it doesn't thaw completely before you need to bake it, just increase the baking time, checking often.

Date prepared:

Italian-Spiced Cheesewiches

Thaw desired number of rolls in the refrigerator. Preheat the oven to 350 degrees. Baked thawed, foil-wrapped rolls for 15-25 minutes until the bread is crusty and the cheese is melted.

Date prepared:

Italian-Spiced Cheesewiches

Thaw desired number of rolls in the refrigerator. Preheat the oven to 350 degrees. Baked thawed, foil-wrapped rolls for 15-25 minutes until the bread is crusty and the cheese is melted.

Date prepared:

Pepperoni Calzones

Thaw calzones overnight in the refrigerator. Preheat the oven to 350 degrees. Unwrap the calzones and reheat for 5 to 10 minutes, or until heated through. Serve with warmed red sauce if desired for dipping.

Date prepared:

Pepperoni Calzones

Thaw calzones overnight in the refrigerator. Preheat the oven to 350 degrees. Unwrap the calzones and reheat for 5 to 10 minutes, or until heated through. Serve with warmed red sauce if desired for dipping.

Date prepared:

Basic Herb-Baked Chicken

Thaw chicken in the refrigerator. Use as you like in any recipe that calls for cooked chicken.

Date prepared:

Basic Herb-Baked Chicken

Thaw chicken in the refrigerator. Use as you like in any recipe that calls for cooked chicken.

Date prepared: