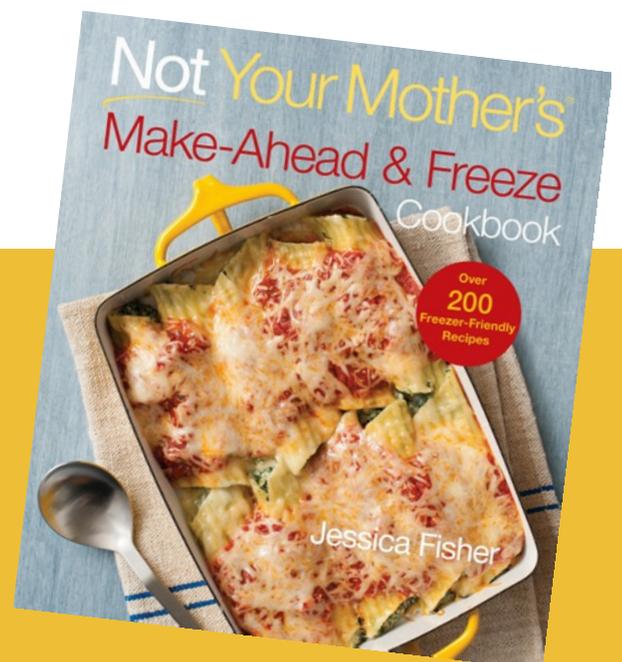


Soups & Stews

Freezer Cooking Plan

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



Soups & Stews Freezer Meal Plan

6 meals serving 4 people

This meal plan that takes 3 hours from start to finish should result in 6 meals. If you've got very big eaters on your hands, then you'll have fewer meals.

The beauty of soups and stews is that you can freeze them in individual portions so that family members can thaw what they want, when they want it. A container of soup and a few pretzels makes a great lunch to pack to work or an easy lunch or supper at home.

Soups:

[Cheddar Cheese Soup with Zucchini, Broccoli, and Carrots](#), page 208-209

[Easy Slow Cooker Chili](#), online only

[Beef Stew with Eggplant, Carrots, and Mashed Potatoes](#), page 226-227

Breads:

[Garlic Herb Pretzels](#), online only

[Make-Ahead Garlic Bread](#), page 322

Notes

- To serve the Beef Stew with Eggplant, you'll also need the ingredients for your favorite mashed potato recipe. Serve the stew over mashed potatoes. You can try this recipe for [Mashed Potatoes](#) — it freezes well.
- If you like, you can cut the garlic bread loaves in half crosswise or in smaller chunks to allow for more individual serving.
- For a quicker meatless chili option, omit the ground meat. Skip the sauté step and add the uncooked onion directly to the pot.
- To speed up the stew's cooking time, add all the ingredients at one time and cook on high for 4 hours.

Grocery List

FRESH PRODUCE:

- about 9 cloves garlic
- 1/2 medium zucchini
- about 8-9 medium carrots,
- about 2 medium onions
- 1 head broccoli
- 4 cups peeled & diced eggplant (about 2 pounds)

DAIRY:

- 12 tablespoons butter (1 1/2 sticks)
- 3 cups milk
- 2 cups shredded cheddar cheese

MEAT & POULTRY:

- 1 1/4 pound ground beef or turkey
- 3 pounds boneless chuck roast

CANNED/BOTTLED/DRY GOODS:

- 1/2 cup olive oil
- 1 large loaf bread
- 3 cups chicken broth
- 2 cups beef broth
- 2 (29-ounce) cans pinto beans

- 1 (30-ounce) cans black beans
- 1 cup tomato sauce
- 1 (14.5-ounce) petite diced tomatoes
- about 3 1/2 cups unbleached, all-purpose flour
- 1 cup white whole wheat flour
- 2 to 4 tablespoons masa harina (thickens chili & adds flavor but can be omitted)
- 1/4 cup baking soda
- 1 tablespoon honey
- 1 tablespoon yeast
- sesame seeds for sprinkling

SEASONINGS:

- salt
- coarse salt
- kosher salt
- black pepper
- bay leaves
- dried basil
- cayenne pepper
- chili powder
- ground cumin

Grocery List *(continued)*

- garlic powder
- dried oregano
- dried parsley
- poppy seeds
- dried thyme

Prep List

1. Chop vegetables: 1 1/2 onions, broccoli, eggplant, garlic.
2. Shred vegetables: 1 carrot, 1/2 medium zucchini, and 1/2 onion.
3. Slice 2 cups carrots.
4. Cube the beef

Packaging

- aluminum foil
- preferred storage containers for soup — plastic containers or freezer bags
- freezer bags for pretzels

Special Equipment

- two 5-quart slow cooker
- large stockpot
- bread machine or stand mixer

Cooking Plan

1. Assemble Easy Slow Cooker Chili and start it cooking on HIGH.
2. Start pretzel dough.
3. Start stew in 2nd slowcooker.
4. Prepare Cheddar Soup in pot. When done, divide into containers, cool, label, and chill before freezing.
5. Wash the pot.
6. The pretzel dough should be done. Form pretzels, boil, and bake.
7. Assemble garlic breads, wrap, and freeze. Feel free to cut the garlic breads in smaller chunks to allow for more individual freezing and serving.
8. Chili should be done. Divide into containers, cool, label, and chill before freezing.
9. Clean up the kitchen while you wait for the stew to finish cooking.
10. Once the stew hits the 4-hour mark, divide into containers, cool, label, and chill before freezing.

Cheddar Cheese Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Cheddar Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Easy Slow Cooker Chili

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Easy Slow Cooker Chili

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Vegetable Beef Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Vegetable Beef Soup

Thaw in refrigerator. Reheat in a saucepan until heated through.

Date prepared:

Beef Eggplant Stew

To serve, you will also need mashed potatoes. Thaw stew in refrigerator. Reheat in a saucepan until heated through. Serve over mashed potatoes.

Date prepared:

Beef Eggplant Stew

To serve, you will also need mashed potatoes. Thaw stew in refrigerator. Reheat in a saucepan until heated through. Serve over mashed potatoes.

Date prepared:

Garlic Herb Pretzels

instructions

Date prepared:

Make-Ahead Garlic Bread

instructions

Date prepared: