

## The Recipes:

All of the recipes for this Freezer Cooking Plan can be found online at either [GoodCheapEats](#) or [LifeasMOM](#). Click on the links below to find the printable recipes online.

### [Green Chile Burritos](#)

2 batches (3 - 4 meals)

### [Cheese Enchiladas](#)

2 batches (4 meals)

### [Popeye's Burgers](#)

2 batches (2 meals)

### [Velvety Vegetable Soup](#)

2 batches (2 meals)

### [Quick Meat Sauce for Pasta](#)

2 batches (2 meals)

### [Healthier Refried Beans](#)

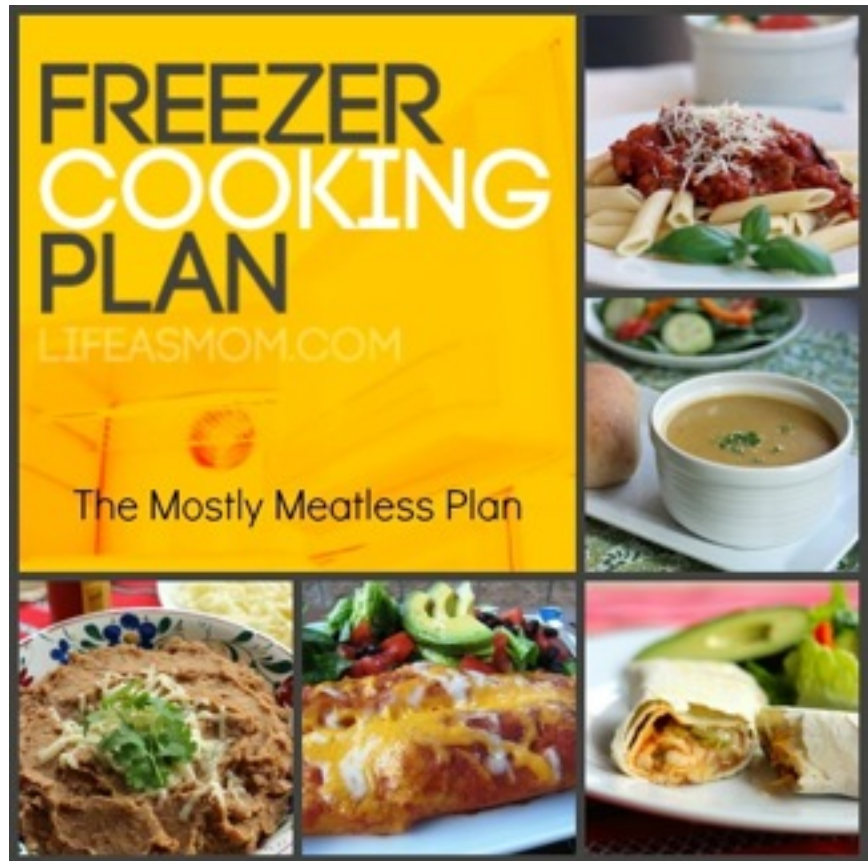
2 batches

### [Homemade Garlic Focaccia](#)

2 batches

### [Jamie's Spice Mix](#)

1 batch



## 13+ meals, serving 4 people

This freezer plan is made up of easy recipes that are mostly meatless, but you can add meat to the meatless ones or even sub out the meat in the two recipes that contain meat.

Either way, these meals are simple to pull together. They're just perfect for those busy nights when you know it's wiser and cheaper to eat at home, but need a quick fix solution.

### *Notes about this plan:*

- This grocery list only includes the items that you need to prepare the recipes for the freezer. Check the recipes to see what additional items you'll need for serving. For example, you'll need hamburger buns, additional greens, tomato slices, and condiments to serve the Popeye Burgers.

## Grocery List

### Fresh Produce

- 1 1/2 cup finely chopped greens such as spinach, kale, and/or chard
- 1 tablespoon plus 1 teaspoon chopped garlic
- 3 cups finely chopped onion
- 3 cups chopped mushrooms
- 1 cup chopped celery
- 8 cups chopped vegetables of your choice (such as potato, carrot, sweet potato, zucchini, celery, asparagus, green beans, rutabaga, broccoli, or cauliflower)
- sliced green onions (to top enchiladas)
- 1/2 cup chopped fresh basil (or use dried if you prefer)

### Dairy

- 1/4 cup milk
- 16 ounces shredded jack cheese (or cheddar if you prefer)
- 8 cups shredded jack cheese and/or cheddar cheese

### Butcher / Deli

- 2 pounds lean ground beef for burgers
- 2 pounds ground turkey, beef, pork, or chicken for quick meat sauce

### Dry Goods

- vegetable oil
- olive oil
- 2 slices bread for fresh bread crumbs (about 1 1/2 - 2 cups)
- 2 pounds dry pinto beans
- 2 dozen burrito-size flour tortillas
- 4 dozen corn tortillas
- 2 (28-ounce) cans red enchilada sauce or the ingredients to make your own
- 2 (7-oz) cans chopped green chiles
- 1 or 2 small can(s) sliced olives, depending on how much you like olives
- 2 (15-ounce) cans tomato sauce
- 1 small can tomato paste
- hot sauce
- 8 cups vegetable broth (or chicken broth or stock if you prefer)
- 4 1/2 cups unbleached all-purpose flour
- 2 cups whole wheat flour
- 5 teaspoons yeast

### Spices

- fine sea salt
- coarse salt
- Kosher salt

- black pepper
- garlic powder
- onion powder
- chili powder
- dried basil (if not using fresh)
- dried oregano
- dried thyme
- favorite seasoning blend OR ingredients for [Jamie's Spice Mix](#) – onion powder, garlic powder, paprika, dried basil, dried oregano, sea salt, black pepper, celery seeds, grated lemon zest, and cayenne pepper

## Packaging

- aluminium foil
- waxed paper
- plastic wrap
- parchment paper
- four (9 x 13) pans with lids labeled Cheese Enchiladas
- large plastic containers in meal-sized portions labeled Velvety Vegetable Soup
- \_\_\_ gallon-sized zip-top freezer bags labeled Green Chile Burritos (#), Popeye Burgers, (#) Garlic Focaccia
- \_\_\_ quart-sized zip-top freezer bags labeled Refried Beans (#), Quick Meat Sauce (#)

## Special Equipment

- 5-quart slow cooker
- large stockpot
- immersion blender (can also use a regular blender or food processor)
- large rimmed cookie sheets
- bread machine or stand mixer with dough hook

## Prep List

1. Soak dry beans overnight or up to 24 hours in advance.
2. Grate cheese if not purchased pre-shredded.
3. Grind bread into fresh breadcrumbs.
4. Chop onions. Will use these for various recipes.
5. Chop mushrooms and celery. Will use these for both the meat sauce and the soup.
6. Chop your preferred vegetables for the soup.
7. Chop basil if not using dried.
8. Make Jamie's Spice Mix if not using a purchased seasoning blend.

## Cooking Plan

1. Start Healthier Refried Beans in the slow cooker(s). If your cooker isn't large enough, you'll have to cook two batches, so you'll want to make one batch overnight and then make the second batch in the morning. The first batch will be used for the burritos, and the second can be frozen for side dishes and later use.
2. Make dough for Garlic Focaccia. When dough cycle is complete, spread into cooking sheet and allow to rise for at least 30 more minutes.
3. Cook two batches of Quick Meat Sauce in a large stockpot on the stove. Portion into meal-size containers. Cool. Refrigerate before freezing. [QUICK MEAT SAUCE DONE]
4. Assemble Popeye's Burgers. Form patties and separate with squares of wax paper. Pack, label, and freeze. [POPEYE BURGERS DONE]
5. Assemble Cheese Enchiladas. Wrap, label, and freeze. [CHEESE ENCHILADAS ARE DONE].
6. Bake Garlic Focaccia. Cool, wrap, label, and freeze. [GARLIC FOCACCIA DONE]
7. Once Quick Meat Sauce is done, clean the pot and start the Velvety Vegetable Soup.

Cool, package, label, and freeze. [VELVETY VEGETABLE SOUP DONE]

8. Once Healthier Refried Beans are done, assemble Green Chile Burritos. Cool, wrap, label, and freeze. [GREEN CHILE BURRITOS DONE]