

Company's Coming!

Freezer Meal Plan from LifeasMom.com

10+ meals serving 4 people or a few feasts for a crowd.

Company's coming and you need an easy prep meal! These recipes are perfect for feeding a group, but taste great for regular days with just the fam as well.

BREAKFAST & BRUNCH

[Maple Vanilla Almond Granola](#), 2 batches

[Spiced Pumpkin Bread](#), 2 batches (4 loaves)

[Spicy Turkey Sausage with Garlic and Basil](#), 2 batches

[Ham and Gruyere Quiche with Leeks](#), 2 batches

[Cheesy Potatoes](#), 2 batches

[Homemade Cream of Celery Soup](#) (for Cheesy Potatoes), 2 batches

DINNER

[Red Sauce with Meats](#), 1 batch

Sausage, Mushroom and Pepper Lasagna, 2 batches (recipe included)

[Easy Make-Ahead Garlic Bread](#), 2 batches

DESSERT

[Slab Apple Pie](#), 2 batches

[Gramma John's Pie Crust](#) (for Slab Apple Pie and Quiche), 4 batches

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Spicy Sausage, Mushroom, and Pepper Lasagna

Makes one 9 x 13 pan.

Ingredients

- 1 pound hot Italian sausage
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 cup sliced brown mushrooms
- one 28-ounce can crushed tomatoes
- 1 tablespoon herbes de Provence
- 1/4 cup red wine or water
- 1/4 cup butter
- 1/4 cup flour
- 1 1/2 cups milk
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 9 uncooked lasagna noodles
- 4 cups shredded mozzarella cheese

Instructions

1. In a large skillet, brown the sausage and cook the pepper, onion, and mushrooms together. The vegetables will become tender as the meat cooks. Add the crushed tomatoes, herbes de Provence,

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- and red wine. Simmer for ten minutes.
2. Meanwhile in a small saucepan, melt the butter. Add the flour and whisk until blended and bubbly. Whisk in the milk, garlic powder, salt, and pepper. Whisk until smooth, over medium heat until the sauce thickens. Remove from heat.
 3. Grease a 9×13-inch pan. Spread 1 1/2 cups of the meat sauce in the bottom of the pan. Sprinkle 1 cup of mozzarella cheese over the sauce.
 4. Lay 3 noodles across the cheese.
 5. Spread 1 cup of meat sauce over the noodles, followed by 1 cup of cheese and another 3 noodles.
 6. Pour the white sauce over the noodles in the pan. Top with 1 cup mozzarella and the remaining 3 noodles.
 7. Spread the rest of the meat sauce over the noodles. Top with the remaining cheese.
 8. Bake in a preheated 400° oven for 30 minutes. Allow to rest 10 minutes before serving.
 9. To Make-Ahead: Refrigerate the unbaked lasagna for up to 1 day or chill it completely and freeze for 2 to 3 months. To serve: Thaw completely in the refrigerator before following baking instructions. Add 5 to 10 minutes to allow for a cold pan.

Grocery List

FRESH PRODUCE:

- 5 large onions
- 10 cloves garlic
- 2 green bell peppers
- 2 cups sliced brown mushrooms
- 1 leek
- 2 stalks celery (or 2 tablespoons dried celery flakes)
- 12 apples
- lemons for 2 tablespoons juice
- fresh basil (if not using dried)

DAIRY:

- 8 cups shredded mozzarella cheese
- 2 cups shredded Gruyere cheese
- 2 cups grated cheddar cheese
- 1/4 cup Parmesan cheese
- 2 cups sour cream
- 4 cups milk
- 2 cups half and half
- 9 1/2 cups butter (3 1/2 cups could be substituted with vegetable oil)
- 12 eggs

MEAT & POULTRY:

- 2 pounds Italian sausage links or meatballs
- 2 pounds hot Italian sausage

- two 20-ounce packages ground turkey
- 1 cup chopped ham

FROZEN:

- two 32-ounce bags frozen shredded hashbrown potatoes

CANNED/BOTTLED/DRY GOODS:

- 1/4 cup olive oil
- 1 cup vegetable oil
- 2 large loaves French bread
- four 28-ounce cans tomato puree
- four 28-ounce cans crushed tomatoes
- 3 cups chicken broth
- 18 lasagna noodles
- 13 cups flour
- 10 cups old fashioned rolled oats (do not use quick oats)
- 2 cups wheat germ
- 2 cups oat bran
- 2 cups dry-roasted, unsalted almonds
- 1 cup maple syrup
- 2 cups brown sugar
- 5 cups sugar
- about 4 cups pumpkin puree or solid pack pumpkin
- 1 cup chopped nuts

- baking soda
- baking powder
- 2 cups crushed cornflakes, cracker crumbs, or bread crumbs
- 1/2 cup red wine (can use water instead)

SEASONINGS & EXTRACTS:

- salt
- fine sea salt
- black pepper
- cayenne pepper
- crushed red pepper flakes
- garlic powder
- dried basil
- dried oregano
- dried celery flakes (if not using fresh)
- sweet paprika
- parsley flakes
- herbes de Provence (or [make your own](#))
- cinnamon
- ground ginger
- ground nutmeg
- vanilla extract

INGREDIENTS FOR SERVING:

- pastas, polenta, spaghetti squash or zoodles for serving with red sauce and meats

Packaging

- airtight containers or ziptop bags for granola and red sauce with meats
- ziptop bags for pumpkin bread and sausage patties
- two quiche or pie pans
- six 9 x 13 pans with lids for lasagna, cheesy potatoes, and slab apple pie
- plastic wrap
- aluminum foil

Special Equipment

- large stockpot
- large rimmed baking trays
- four loaf pans

Prep List

1. Chop vegetables (leeks, garlic, onions, mushrooms, peppers).
2. Chop ham if you didn't buy it chopped already.
3. Shred cheese if you didn't buy it shredded already.
4. Make the homemade cream of celery soup and chill in the refrigerator. [CREAM OF CELERY SOUP DONE]
5. Make the pie crust and chill in the refrigerator. [PIE CRUST DONE]

Cooking Plan

1. Start the red sauce with meats. Set a timer to add the sausages in 2 hours.
2. Prepare the pumpkin bread to bake in the oven. Set a timer. When the timer rings, cool the bread in the pans for about 10 minutes, then remove to cool on racks.
3. Assemble the apple pies. Wrap, label, and freeze. [APPLE PIES DONE]
4. Prepare the granola. As soon as the pumpkin bread is done, cool the loaves on the rack and place the granola in the oven to bake. Set a timer. When the timer rings allow the granola to cool completely.
5. It should be about time to add the sausages to the slow cooker. Set the timer for another two hours.
6. Assemble the turkey sausage and wrap, label, and freeze. [TURKEY SAUSAGE DONE]
7. Assemble the garlic bread. Wrap, label, and freeze. [GARLIC BREAD DONE]
8. Prepare the quiche, being sure to cool the sauteed vegetables before combining them with the cool egg filling. [QUICHE DONE]
9. Assemble the lasagnas. Wrap, label, and freeze. [LASAGNAS DONE]
10. Assemble the cheesy potatoes. Wrap, label, and freeze. [CHEESY POTATOES DONE]
11. Wrap the pumpkin bread. Label and freeze. [PUMPKIN BREAD DONE]
12. Place the granola in airtight containers, label, and freeze. [GRANOLA DONE]
13. Divide the sauce and sausages into freezer-safe containers. Chill in the refrigerator until completely cold. [RED SAUCE WITH MEATS DONE]
14. Wipe down the counters, wash dishes, put ingredients away. Be sure to put red sauce and sausages in the freezer once fully chilled.