

Meals to Give as Gifts

Freezer Meal Plan

about 19 meals serving 4 people each

Give the gift of a homecooked meal! These meals cover breakfasts, lunches, and dinners, but they also can be packaged into smaller containers so it's easy to gift the meals to friends and family.

Breakfast

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

[Mix and Match Muffins](#), 3 batches of mix

Main Dishes

[Chicken Chili with White Beans](#), 2 batches, divide into 4 containers

[Lawnmower Taco](#), 3 batches – make in 6 square pans for easy gifting.

[Cheesy Corn Chile Tamales](#), 2 batches – divide into 4 packages

Dessert

[Double Chocolate Toffee Cookies](#), 2 batches

Grocery List

FRESH PRODUCE:

- 2 cups chopped white onion
- 2 tablespoons crushed garlic
- 4 tablespoons lime juice

DAIRY:

- 2 cups shredded jack cheese
- 4 cups shredded pepper jack cheese
- 6 cups grated cheese
- 2 3/4 cups butter
- 4 eggs

MEAT & POULTRY:

- 4 chicken breasts
- 3 pounds ground beef or turkey

CANNED/BOTTLED/DRY GOODS:

- vegetable oil
- olive oil
- 10 cups old fashioned rolled oats (do not use quick oats)
- 2 cups wheat germ

- 2 cups oat bran
- 9 3/4 cups unbleached flour
- 1 1/2 cups whole wheat flour
- 4 cups flour (can be 1/3 whole wheat pastry flour to 2/3 unbleached)
- 7 cups masa harina (I use Maseca)
- 1 cup maple syrup
- 3 cups sugar, brown sugar, or sucanat
- 1 cup brown sugar
- 2 cups dark brown sugar
- 2 cups chocolate chips, melted
- 2 cups crushed Heath bars OR 1 cup chocolate chips and 1 cup chopped toffee pieces
- baking powder
- baking soda
- 2 cups dry-roasted, unsalted almonds
- 4 1/2 cups any combination of nuts, chocolate, or dried fruit to package in small bags for mix-ins in muffin mixes (1 1/2 cups per batch)
- eight 15-ounce cans Great Northern beans

- two 4-ounce cans chopped green chiles
- two 7-ounce cans chopped green chiles
- 2 cups corn kernels
- 4 cups chicken stock
- 6 cups chicken or beef broth
- 6 cups vegetable broth
- 27 ounces tortilla chips
- dried corn husks

SEASONINGS & EXTRACTS:

- salt
- ground cumin
- oregano
- cayenne pepper
- ground cloves
- 3 to 6 tablespoons [taco seasoning](#)
- vanilla extract

Packaging

- snack-size zip-top bags to package mix-ins for muffin mix
- three quart-size zip-top bags for muffin mix
- gallon-size zip-top bags for tamales

- plastic containers for chili, cookies, and granola
- three aluminum baking pans for lawnmower taco
- plastic wrap
- aluminum foil

Special Equipment

- rimmed baking trays
- large stockpot

Prep List

1. Presoak the corn husks for the tamales.
2. Cook the chicken for the chili.

Cooking Plan

1. Mix up the granola and get it baking. Set the timer so you can stir it when needed.
2. Mix the chili ingredients and start them to simmer on the stove.
3. Start the meat cooking for the Lawnmower Taco. Prepare the sauce. Assemble the casseroles and allow to cool before wrapping and refrigerating. [LAWNMOWER TACO DONE]
4. Prepare the cookie dough and start portioning it on trays.
5. The granola should be done now. Remove it from the oven to cool on a rack. [GRANOLA DONE]
6. Start the cookies to bake.
7. The chili should be done simmering. Portion it into containers and allow to cool before topping the lids and refrigerating. [CHILI DONE]
8. As the cookies are done, remove them to a rack to cool. Keep baking cookies as you work on other tasks. Once the cookies are completely cool, wrap, label, and freeze. [COOKIES DONE]
9. Prepare the tamale mixture and start wrapping tamales. Steam them in batches until done. Chill completely before freezing. [TAMALES DONE]
10. Prepare the muffin mixes. Wrap and label. [MUFFIN MIXES DONE]

Chicken Chili with White Beans

Thaw and reheat. Serve with optional toppings: jack cheese, chopped cilantro, salsa, and/or sour cream.

Ingredients: Great Northern white beans, chicken, chicken stock, jack cheese, onion, green chilies, lime juice, olive oil, garlic, cumin, oregano, cayenne pepper, ground cloves

Date Prepared:

Lawnmower Taco

Thaw in the refrigerator. Bake at 325 degrees for about 25-35 minutes depending on how cold or frozen the casserole is at the start. Serve with optional toppings: shredded lettuce, salsa, sour cream, and/or black olives.

Ingredients: ground beef or turkey, tortilla chips, chicken or beef broth, grated cheese, flour, taco seasoning

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Cheesy Corn Chile Tamales

Steam for 20-30 minutes or until heated through. Or cook in the microwave for a couple of minutes until hot.

Ingredients: masa harina, vegetable broth, pepper jack cheese, butter, corn kernels, green chilies, salt, dried corn husks

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Double Chocolate Toffee Cookies

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Maple Vanilla Granola

Ingredients: old fashioned oats, wheat germ, oat bran, almonds, maple syrup, brown sugar, vegetable oil, vanilla extract, salt

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Mix and Match Muffins

Preheat oven to 350 degrees. Line muffin tins with papers or use nonstick spray. In large mixing bowl, combine 1/2 cup oil, 1 cup milk, 1/2 cup yogurt, 2 eggs, and 1 teaspoon extract (optional). Whisk to blend. Add wet ingredients to dry mix. Fold gently until mostly moistened but still lumpy. Fold in mix-ins. Bake 25-35 minutes.

Mix Ingredients: unbleached flour, whole wheat flour, sugar (white, brown, or sucanat), baking powder, baking soda, salt

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