

# Seven Kid-Friendly Freezer Meals in 85 Minutes

## Recipes and Grocery List

### Recipe List

1. Chicken tacos
2. Easy chicken pot pie
3. Cheesy tortellini with ground beef
4. Mozzarella-stuffed turkey pesto meatballs
5. Cheesy chicken tater tot casserole
6. Chicken noodle soup
7. Turkey black bean chili

### Chicken Tacos

Yields: 4 servings

#### Ingredients

- 1 pound boneless skinless chicken breasts, fat trimmed
- 1 packet of taco seasoning mix (store-bought or search my website for “homemade taco seasoning”)
- 1 cup chicken broth

#### Materials

- 1 gallon-sized plastic freezer bag

#### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag, remove as much air as possible, and seal.
3. Freeze.

#### Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is tender.
3. Shred chicken.

Serve on soft or hard tortillas and top with favorite taco toppings, like lettuce, tomatoes, and shredded cheese.

## Easy Chicken Pot Pie

Yields: 4 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and cut into bite-sized pieces
- 1 small yellow onion, diced (one cup)
- 2 large (or 3 medium) potatoes, peeled and chopped (1.5 pounds)
- 16oz bag of frozen mixed vegetables (carrots, corn, green beans, and peas)
- 1 cup chicken broth
- 1/4 cup flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed
- 1/4 teaspoon poultry seasoning
- 1/2 cup heavy whipping cream \*not needed until day of cooking

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag (except heavy cream), remove as much air as possible, and seal.
3. Freeze.

### Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is tender and vegetables are cooked through and tender.
3. Add heavy cream and cook additional 5 minutes or until heated through.

Serve with biscuits or crushed Ritz crackers.

Note: You can also freeze heavy whipping cream in a separate freezer bag. Thaw it overnight and store in refrigerator until it's time to add it to the crockpot.

## **Cheesy Tortellini with Ground Beef**

Modified from: <http://damndelicious.net/2014/12/17/slow-cooker-cheesy-tortellini/>

Yields: 4 servings

### **INGREDIENTS**

- 1 pound lean ground beef
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes
- 1 (10-ounce) can diced tomatoes and green chiles, undrained
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (19-ounce) package frozen cheese tortellini
- 4 oz mozzarella cheese, shredded (one cup) \*not needed until day of cooking
- 2 oz cheddar cheese, shredded (1/2 cup) \*not needed until day of cooking

### **MATERIALS**

- 1 gallon-sized plastic freezer bag

### **PREP**

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients except tortellini and cheeses.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

### **COOK**

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 8 hours or until beef is cooked through.
3. Break apart beef and stir.
4. Add tortellini and top with cheeses. Cover and cook on low heat for an additional 15-30 minutes, or until pasta is tender.

Serve with steamed broccoli.

Note: you can also freeze shredded cheese in a separate freezer bag. Thaw it overnight and store in the refrigerator until it's time to add it to the crockpot.

## **Mozzarella-Stuffed Turkey Pesto Meatballs**

Modified from: [www.instagram.com/sweetersidemom](http://www.instagram.com/sweetersidemom)

Yields: 18 meatballs or six servings of three

### Ingredients

- 14.5oz can petite diced tomatoes, undrained
- 1.2 pounds ground turkey (this is how it's sold in my grocery store. You can also use a 1 pound package)
- 1 large egg
- 1/2 cup Italian breadcrumbs
- 1/2 cup pesto
- 1/4 cup grated parmesan cheese
- 7oz container of Bocconcini mozzarella balls
- 4oz mozzarella cheese, shredded (one cup)

### Materials

- 9x13" baking pan (I used a glass one, but you can also use aluminum or disposable)
- Foil (to cover pan)
- Plastic wrap (to cover pan)

### Prep

1. Fill out your freezer label with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Prepare 9x13" pan by dumping diced tomatoes into it.
3. In a large bowl, combine ground turkey, egg, breadcrumbs, pesto, and grated parm. Form into 18 meatballs.
4. Cut mozzarella into 18 even-sized pieces and press inside meatballs.
5. Add to pan and top with shredded mozzarella.
6. Cover pan with layers of plastic wrap and foil, and freeze.

### Cook

- Preheat oven to 350 degrees F.
- Bake 90 minutes or until heated through. (To shorten cooking time, thaw overnight in refrigerator.)

Serve with extra sauce, spaghetti and a vegetable.

## **Cheesy Chicken Tater Tot Casserole**

Modified from: <http://www.thecountrycook.net/2012/07/cheesy-chicken-tater-tot-casserole-slow.html>

Yields: 4 servings

### Ingredients

- 32oz bag frozen tater tots
- 3oz bag bacon pieces (absorbent paper from inside bag removed!)
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 8 oz cheddar cheese, shredded (2 cups)
- 3/4 cup 2% milk (or whatever kind you have on-hand)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag, remove as much air as possible, and seal.
3. Freeze.

### Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is cooked through.

Top with sour cream and serve with peas.

## Chicken Noodle Soup

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts, cut into bite sized pieces
- 1/2 lb carrots, peeled and diced (4 large)
- 1 cup celery, diced (2 large ribs or 4 small ribs)
- 1 small yellow onion, diced (one cup)
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/4 teaspoon pepper
- 8 oz wide egg noodles \*not needed until day of cooking
- 8 cups chicken broth \*not needed until day of cooking

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients except noodles and broth.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

### Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 8 cups of chicken broth.
3. Cook for 6-8 hours on “low” setting or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.
5. Remove bay leaf.

Serve with bread or crescent rolls.

## Slow Cooker Turkey Black Bean Chili

Yields: 6 servings

### Ingredients

- 1.2 pounds of ground turkey (this is how it's sold in my grocery store. You can also use a 1 pound package)
- 2 cans of black beans (15oz each), drained and rinsed
- 2 large carrots, peeled and shredded
- 28oz can of tomato sauce
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1.5 teaspoons ground oregano

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

### Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, dump bag into crockpot.
3. Cover and cook on "low" for 8 hours or until turkey is cooked through.
4. Break apart turkey and stir.

Serve with shredded cheese and chips.

## **Grocery List for All 7 Meals**

### **Produce**

- 3 small yellow onions
- 2 large potatoes (or 3 medium), 1.5 pounds
- 6 large carrots (about 3/4 of a pound)
- 1 cup celery (2 small ribs or 4 large)
- 4 cloves of garlic

### **Meat**

- 5 pounds of boneless skinless chicken breasts
- 1 pound lean ground beef
- 2.4 pounds ground turkey (My grocery store sells ground turkey in 1.2 pound packages. You can sub 1 pound packages instead if it's sold differently in your store)
- 3oz bag bacon pieces (not refrigerated, buy may be sold by bacon)

### **Cold**

- 7oz Bocconcini mozzarella balls
- 1 large egg
- 1/4 cup grated parmesan cheese
- 4oz mozzarella cheese (1 cup shredded) – Tip: buy a 8oz block and freeze the leftover 4oz for one of the “not needed until day of cooking items”
- 8oz mild cheddar cheese (2 cups shredded)
- 3/4 cup 2% milk (or whatever kind you normally buy)

### **Freezer**

- 19oz bag of cheese tortellini
- 32 oz bag of tater tots
- 1 2/3 cup frozen corn
- 16oz bag frozen mixed vegetables (carrots, corn, green beans, and peas)

### **Italian**

- 28 oz can of crushed tomatoes
- 10 oz can of diced tomatoes with green chiles
- 1/2 cup Italian-seasoned breadcrumbs
- 1/2 cup pesto
- 28oz can of tomato sauce
- 2 cans of petite diced tomatoes (14.5oz)

### **Seasonings**

- 3 teaspoons dried oregano (equal to one tablespoon)
- 1.5 teaspoons dried basil
- 1.5 teaspoons salt
- 1.25 teaspoons pepper
- 1/2 teaspoon celery seed

Find more info on [www.newleafwellness.biz](http://www.newleafwellness.biz)



- 1/4 teaspoon poultry seasoning
- 1 teaspoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoon ground cumin
- 1 bay leaf
- 1 packet taco seasoning mix

### **Miscellaneous**

- 6 gallon-sized plastic freezer bags
- 1 9x13" baking pan (I used a glass one buy you can also use disposable)
- Plastic wrap (to cover 9x13" pan)
- Foil (to cover 9x13" pan)
- 2 cups chicken broth
- 1/4 cup flour
- 2 cans of black beans (15oz each)

### **Not needed until day of cooking**

- 4oz mozzarella cheese (you can buy this ahead of time, shred and freeze)
- 2oz cheddar cheese (you can buy this ahead of time, shred and freeze)
- 1/2 cup heavy whipping cream (You can buy this ahead of time and freeze. You can also freeze what's leftover. *I use the leftovers in my coffee.*)
- 8oz wide egg noodles
- 8 cups chicken broth
- Suggested side dishes:
  - Chicken Tacos- soft or hard tortillas and lettuce, tomato, and cheese
  - Easy Chicken Pot Pie- biscuits or crushed Ritz crackers
  - Cheesy tortellini – broccoli
  - Mozz-Stuffed Turkey Pesto Meatballs – spaghetti, extra sauce, and a vegetable
  - Cheesy Chicken Tater Tot Casserole- top with sour cream and serve with peas
  - Chicken Noodle Soup – bread or crescent rolls
  - Turkey Black Bean Chili – Shredded cheese and tortilla chips