

Freezer Meal Recipes

BBQ Chicken and Veggies (make recipe once and split into two bags)

- 2 bell peppers, chopped
- 1 zucchini, chopped
- 3 onions chopped
- 6 red potatoes, chopped
- 4 garlic cloves, chopped
- 4 chicken breasts
- 1 15 oz. can of tomato sauce
- 1 tbsp. brown sugar
- 1 bottle of BBQ sauce

(Split ingredients into two bags)

Cook in slow cooker on high for 4 hours or low for 8 hours

Teriyaki Chicken (make this recipe x 2)

- 3 boneless chicken breasts
- 1 cup teriyaki sauce
- 1 cup water
- 2/3 cup brown sugar
- 3 cloves of garlic

Cook on low for 4-6 hours.

Chicken Taco Soup (make this recipe x 4)

2 Frozen Chicken Breasts

1 can Black Beans

1 can Corn

1 can Rotel

1 onion, chopped

1 packet taco seasoning

1 packet ranch dip mix

Cook in slow cooker on low 8 hours

Creamy Baked Pasta (make this recipe x 2).

16 oz pasta, cooked and drained

1 jar pasta sauce

1 small tub sour cream

1/4 c parm. cheese

1 onion, chopped

1 bell pepper, chopped

1 cup shredded mozzarella

Mix all ingredients in pot over medium heat until sour cream is combined

Pour in casserole dish. Sprinkle cheese on top.

Bake @ 350 for 30 min (45min - 1 hr if frozen)

Chili Mac Casserole (make this recipe x 2).

16 oz pasta, cooked and drained

1 can chili beans

1 packet chili seasoning

1 onion, chopped

1 can rotel or stewed tomatoes

1 can tomato sauce

1 cup shredded cheddar

Mix all ingredients in casserole dish. Sprinkle cheese on top.

Bake @ 350 for 30 min (45-1 hr if frozen)