

6 Healthy Beef Freezer Meals in 1 Hour

Recipe #1 (split into 2 freezer bags)

Slow Cooker Chili

- 2 lbs ground beef
- 6 cans chili beans
- 2 cans diced tomatoes
- 4 - 8 oz cans tomato sauce (I use canned puree from my garden)
- 2 onions, diced
- 2 packets chili seasoning

1. Brown ground beef
2. Dice Onions
3. Split ingredients into two bags and freeze.
4. When ready to eat thaw overnight in refrigerator.
5. Cook in slow cooker on low for 8-10 hours.

Recipe #2 (split into 2 freezer bags)

Slow Cooker Beef and Veggie Soup

- 2 lbs ground beef
- 2 - 25 oz jars pasta sauce

1 can corn
2 cups water
2 tsp beef bouillon granules
1 - 28 oz bag of Pictsweet Frozen Vegetables
for Soup

1. Brown ground beef.
2. Split ingredients into 2 bags and freeze.
3. When ready to eat thaw overnight in refrigerator.
4. Cook in slow cooker on low for 8-10 hours.

Recipe #3 (split into two freezer bags or foil
casserole pans)

Saturday Night Supper

2 lbs ground beef
1/2 box whole wheat spiral pasta
1 - 16 oz bag frozen mixed vegetables
1/2 cup parmesan cheese
2 - 25 oz jars pasta sauce
1 can corn

1. Brown ground beef.
2. Cook pasta and drain.

2. Split ingredients into two bags or foil pans and freeze.
3. When ready to eat let thaw overnight in refrigerator.
4. If you used a freezer bag then pour into greased casserole dish.
5. Cook for 35 minutes at 400 degrees or until center is hot.

Shopping List

- 6 - 1 gallon freezer bags
- 6 lbs ground beef
- 6 cans chili beans
- 2 cans diced tomatoes
- 4 - 8 oz cans tomato sauce
- 2 onions
- 2 packets chili seasoning
- 4 - 25 oz jars pasta sauce
- 2 cans corn
- 2 tsp beef bouillon granules
- 1 - 28 oz bag of Pictsweet Frozen Vegetables
for Soup
- 1/2 box whole wheat spiral pasta

1 - 16 oz bag frozen mixed vegetables
1/2 cup parmesan cheese