

FREEZER STOCK & MEAL IDEAS

FREEZER STOCK

- Buy a rotisserie chicken- pick off the meat and freeze it in small portions in ziploc so it's easy to microwave portions and not the whole thing.
- Precooked chicken from freezer section
- Ground beef
- Meatballs
- Hot pockets
- Frozen pizza
- Italian sausage
- Brats/hotdogs
- Chicken patties
- Chicken nuggets
- Frozen veggies
- Tortellini or raviolis
- Chicken thighs for summer grilling

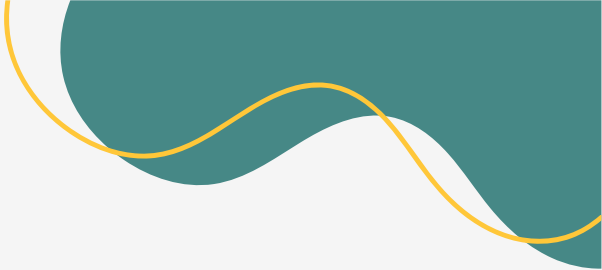
- Frozen biscuits
- Breakfast pork sausage

OTHER STOCK

- Tortillas (last so long & lots of uses)
- Marinara
- Pasta sauce
- Noodles
- Side pasta packages
- Salsa (for chicken quesadilla mix)
- Oats
- Oatmeal

MEALS FROM STOCK

- Chicken quesodials
- Chicken or beef enchiladas
- Chicken Florentine with pasta (recipe below)
- Chicken Alfredo pasta
- Bbq& grape jelly meatballs (recipe below)
- Meatball marinara subs on hot dog buns
- Mini cheddar meatloaves (recipe below)
- Spaghetti
- Baked Ziti (pioneer woman's recipe is so yummy)
- Tacos
- Ravioli & pasta sauce
- Tortellini in Alfredo & pesto sauce
- Tortellini and Italian sausage soup
- Chicken patty sandwiches
- Sheet pan Roasted veggies & brats or sausages
- Mac n cheese n hot dogs
- breakfast burrito (egg, cheese, sausage patty)
- Biscuits and gravy
- Mom Js Egg Dish Recipe



EASY RECIPES

Easy Chicken Florentine

Ingredients:

Mozzarella, Spinach & mushrooms (fresh or canned), penne or fettuccine noodles, Cooked frozen chicken, Cream of mushroom soup can, Butter, Italian seasoning

Make sauce:

In sauce pan: Mushroom soup with 1/2 stick butter, Italian seasoning, Touch of lemon juice if you have it. Add a small handful of mozzarella cheese at the end and melt everything together. Take off heat.

Add to baking dish:

Spinach, sliced mushrooms, sliced frozen chicken (microwaved till warm) , pour sauce over and mix it up. Add cheese on top. Bake about 20 min. Or until warmed through.

Serve over noodles.

Fast n Easy Meatballs and Tatoes

Ingredients:

frozen meatballs, bbq, grape jelly, potatoes or instant potato flakes in pantry

Heat meatballs in skillet with a half cup or so of water till warm. Add bbq sauce n a spoonful or two of grape jelly and heat till warm n bubbly. Serve over mashed potatoes

Mini Cheddar Meatloaves

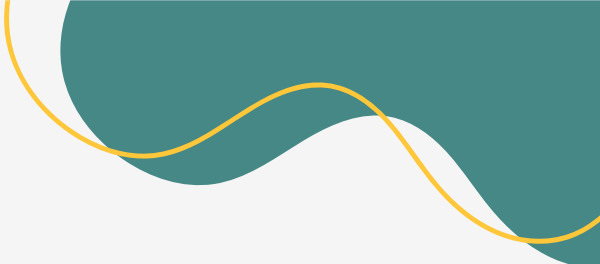
This is a Johnson family favorite and easy to whip up and stick in the oven.

ingredients:

1lb ground beef, 3/4cup milk, onion, 1 egg, 1/2 cup oats , block of cheddar cheese cut into rectangle slices. (sauce: ketchup, mustard, brown sugar).

Directions:

mix everything up and shape into oval loaf the size of your hand palm. Put rectangle of cheese in middle & place loaves in 9x13. Top with your sauce and Bake at 350 for 45 minutes.



EASY RECIPES

Egg Dish Recipe

Ingredients:

1lb pork breakfast sausage, 10-12 eggs, 3 cups milk, 12 slices of white bread, shredded cheddar cheese

Directions:

Brown your breakfast sausage.
Crack eggs into bowl and whisk with milk.
Grab a 9x13 and oil it. Put 6 slices of bread down, pour $\frac{1}{3}$ egg mix over. add browned sausage and cheese in the center, top with 6 more bread slices and pour the rest of egg mixture in making sure to evenly soak all the bread through.

Bake for 50-60min at 350.

Can put together night before and place in fridge for baking in the morning. Just expect bake time to go longer.

Yummy potato side dish

Ingredients:

Favorite potatoes, peeled
salt, pepper, thyme to taste
onion and garlic
 $\frac{1}{2}$ cup Milk or heavy cream
 $\frac{1}{2}$ cup chicken broth

Directions:

Heat olive oil in skillet over medium heat. Add diced potatoes and season with salt, pepper, thyme. Cook for 8-10 min stirring occasionally until golden brown. Remove from skillet and set aside.

Add chopped onion and garlic to same hot skillet. Cook 2-3 min. Add chicken broth and heavy cream (or milk) and cook for a few minutes till it starts to thicken. Add the potatoes back into the skillet until cooked through.

Oven baked BBQ Ribs

Ingredients:

2 1/2-3lbs baby back ribs
 $\frac{1}{3}$ cup brown sugar
2 TBSP onion powder
1 TBSP kosher salt
1 TBSP paprika
2 tsp fresh cracked pepper
1tsp cumin
 $\frac{1}{2}$ tsp nutmeg
 $\frac{1}{2}$ cup of your fav bbq sauce

Directions:

Remember to remove the thin membrane that's on the underside of your ribs. Tear a piece of foil long enough to cover your ribs. Put on a baking sheet. Mix all spices and sugar together in a bowl. Rub ribs all over with spices and crimp the seams of foil around the ribs.

Bake ribs at 300 for 2.5-3hrs. At end of baking take out of oven and open up foil and spread bbq on top. Leave foil open and put ribs back in to warm sauce.

KIDDOS SNACKS

Super simple smoothie

Ingredients:

frozen strawberries

Frozen (or fresh) banana

vanilla/plain yogurt

milk

Directions:

optional add ins of whatever is on hand or your favorite frozen fruits. We love to add frozen blueberries.

I eye everything up and go for it. Handful of each frozen fruits, about 1 ½ cup of milk, couple spoonfuls of yogurt. Blend. If it's too thick I add in some water or more milk.

To make it fun:

Make into popsicles. If you have popsicle molds- otherwise I've used bathroom paper/plastic throwaway cups and stick a baby spoon in it before freezing.

Banana Bread

My boys love helping me make banana bread.

This one is so easy and super moist.

Ingredients:

3 bananas (about a cup)

½ cup mayo

1 egg

1 ½ cup flour

1 tsp baking soda

¾ cup sugar

Directions:

Mash bananas. Mix in wet ingredients, then dry. Don't overmix. Pour in greased bread pan and bake at 350 about 60-70min.