

FREEZER COOKING WITH GOOD CHEAP EATS

This meal plan features recipes from the cookbook *Good Cheap Eats Dinner in 30 Minutes (or Less!)*. You'll need the cookbook in order to complete this freezer cooking plan.

All the meals in the book are quick to prepare, but there are nights when you want it done already. This freezer meal plan can make that happen.

You might spend more than 30 minutes for this cooking plan, but remember, you're going to create 12 meals. It would take 6 *hours* to make all 12 meals on 12 different nights.



QUICK AND EASY FREEZER MEALS

This plan produces 12 meals serving 4 people.

<i>Recipe</i>	<i>Page</i>	<i>Batches</i>
Seasoned Turkey Meatloaf	20	two
Three-Cheese Enchiladas	31	two
Teriyaki Meatballs	39	two
Confetti Chili	97	two
Green Chili Burritos	202	two
Vegetable Beef Ragu	243	two

Need to make it gluten-free?

This meal plan can be made gluten-free *if* you make sure to use gluten-free oats, tortillas, enchilada sauce, corn tortillas, bread crumbs, and soy sauce. Be sure to read labels to be sure the ingredients are safe for your family and guests.

GROCERY LIST

FRESH PRODUCE

- 2 bunches scallions
- 2 green bell peppers
- 4 medium onions
- 2 small zucchini
- 2 large carrots
- 4 ribs celery
- 4 cloves garlic

DAIRY

- 16 oz. cream cheese
- 4 cups shredded Monterey Jack and/or cheddar cheese
- 2 cups shredded pepper Jack cheese
- 2 cups shredded cheddar cheese
- 2 eggs

MEAT & POULTRY

- 5 pounds ground turkey
- 2 pounds ground beef

SEASONINGS & EXTRACTS

- fine sea salt
- black pepper
- onion flakes
- paprika
- rubbed sage
- ground ginger
- red pepper flakes
- chili powder
- cumin
- dried basil
- dried oregano
- dried thyme

CANNED, BOTTLED & DRY GOODS

- olive oil
- vegetable oil
- 48 oz. refried beans
- 2 (15-oz.) cans pinto beans
- 2 (15-oz.) cans black beans
- 2 (15-oz.) cans kidney beans
- 2 (15.5-oz.) cans hominy
- 2 (14.5-oz.) cans petite diced tomatoes
- 2 (15-oz.) cans tomato sauce
- 16 oz. salsa verde or tomato sauce
- 24 burrito-size flour tortillas (or gluten-free wraps*)
- 24 corn tortillas*
- 2 (7-oz.) cans chopped green chiles
- 2 (4-oz.) cans chopped green chiles
- 4 cups enchilada sauce*
- 2 (2.25-oz.) cans sliced black olives
- bread for 3 cups fresh bread crumbs (about 4 to 5 slices)
- 1/2 cup quick cooking oats*
- 1/2 dry red wine
- 2 tablespoons soy sauce*
- 2 tablespoons rice vinegar
- favorite hot sauce
- nonstick cooking spray

INGREDIENTS FOR SERVING

- pasta, spaghetti squash, or polenta for serving the ragu
- Hot cooked rice and favorite Asian dipping sauce for the meatballs

PACKAGING

- wax paper if you want to wrap the burritos individually
- foil for wrapping the meatloaf
- gallon-size freezer bags for meatballs, burritos, and meatloaf
- plastic containers for chili and ragu
- 9x13 baking dishes with lids for enchiladas

SPECIAL EQUIPMENT

- two stockpots

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PREP LIST

- Chop* onions, scallions, peppers, zucchini, carrots, celery, and garlic.
- Shred* cheese if not already purchased shredded.

COOKING PLAN

- 1** Assemble the chili. Set the timer for 20 minutes. When the timer rings, remove it from the heat and allow it to cool.
- 2** Preheat the oven to 375°F and line a baking sheet with aluminum foil. Spray the foil with nonstick cooking spray. Prepare the Teriyaki Meatballs with half of the ground turkey. Form 48 meatballs with the meat mixture and place them on the baking sheet. Bake for 15–20 minutes or until cooked through. When the timer rings, remove them from the oven and allow them to cool.
- 3** Use the remaining 2 1/2 pounds of ground turkey to prepare the meatloaf. You won't be baking the meatloaf. Once the loaves are formed, wrap each one in aluminum foil and place the wrapped loaf in a ziptop freezer bag. Label with the date, contents, and baking instructions.
[MEATLOAVES DONE]
- 4** The chili should be cooled now. Divide it into labeled, meal- or individual- sized containers and chill in the fridge until thoroughly cold. Once cold, store in the freezer.
[CHILI DONE]

- 5** The meatballs should be cool. Divide them into labeled zip-top bags and chill thoroughly before storing in the freezer.
[MEATBALLS DONE]
- 6** Wash the pots that the chili was cooked in and start the ragu cooking. Set a timer for 15 minutes. When the timer rings, remove it from the heat and allow it to cool.
- 7** While the ragu is cooking, start frying the tortillas for the enchiladas. Assemble the enchiladas in the 9x13-inch pans, but do not bake them. Cover, label, and chill in the fridge before storing in the freezer.
[ENCHILADAS DONE]
- 8** Assemble the burritos. Place in zip-top freezer bags and store in the freezer, assuming your beans were cold when you assembled the burritos.
[BURRITOS DONE]
- 9** The ragu should be cooled now. Divide it into labeled, meal-sized containers and chill in the fridge until thoroughly cold. Once cold, store in the freezer.
[RAGU DONE]
- 10** All your cooking is complete! Wash dishes and wipe down the counters. Be sure to transfer items from the fridge to the freezer once they are completely cold.