



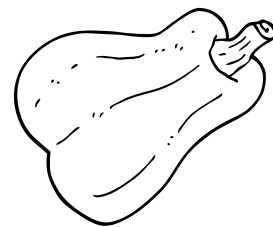
OKLAHOMA COUNTY  
EXTENSION

# Get Cooking: **FREEZER MEALS**

## Example Plan - Dinner

Monday

Butternut Squash  
Lasagna



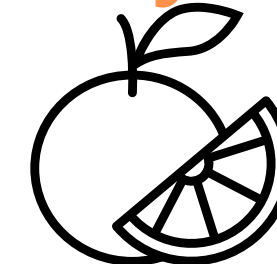
Tuesday

Taco Soup



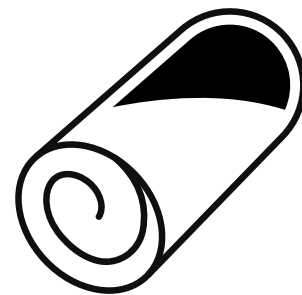
Wednesday

Orange Chicken  
Teriyaki



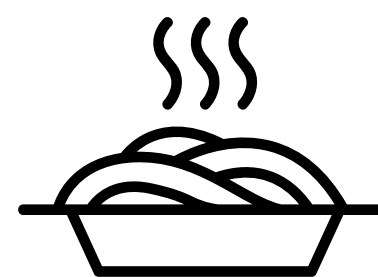
Thursday

Homemade  
Pockets



Friday

Easy Cheesy  
Pasta



Saturday

Chicken  
Enchilada  
Casserole



Sunday

Spaghetti & Sauce





# Get Cooking: **FREEZER MEALS** 1-Week Meal Planning Recipes

## Butternut Squash Lasagna

Servings: 8

### Ingredients:

- 6 ½ cups peel and dice Squash, Butternut
- ½ cups Chicken Broth/Stock
- ⅛ teaspoons Salt #1
- ⅛ teaspoons Pepper #1
- 4 tablespoons Butter
- ⅓ cups Flour, All-Purpose
- 4 cups Milk
- ⅛ teaspoons Salt #2
- ⅛ teaspoons Pepper #2
- ⅛ teaspoons Nutmeg
- 18 individual cooked Lasagna Noodles, Whole Wheat
- 2 ½ cups Mozzarella Cheese, Shredded
- ⅓ cups Parmesan Cheese, Shredded

### Containers:

- 2 8"x8" Baking Pans



Recipe from Once a Month Meals

### Freeze for Later:

1. In a large covered pot, cook squash and chicken broth over medium heat until squash is fork tender (15-20 minutes).
2. Mash with a fork or puree squash in a food processor.
3. Season with salt #1 and pepper #1 and set aside.
4. In another sauce pan, melt butter over medium heat.
5. Whisk in flour and cook about one minute until bubbling.
6. Slowly whisk in milk and continue cooking 5-7 minutes whisking frequently until thickened.
7. Season with salt #2, pepper #2, and nutmeg.
8. Coat the bottom of baking pans with a few Tablespoons of sauce.
9. Then layer 1/3 of lasagna noodles, half of squash puree, and 1/3 of mozzarella and Parmesan cheese (divide evenly among pans).
10. Top with some of the cream sauce, then repeat layer.
11. Finish topping lasagna with remaining 1/3 of noodles, 1/3 of cheese, and remaining cream sauce.
12. Cover tightly with foil. Label and freeze.

### Make from Frozen:

1. Thaw: In fridge
2. Place contents of bag into slow cooker.
3. Cook on low for 6-8 hours.

## Taco Soup

Servings: 12

### Ingredients:

- 3 cups cook Ground Beef
- 1 ¼ cups dice Onion
- 1 teaspoon Salt
- ½ teaspoons Black Pepper
- 1 ounce Ranch Dressing Mix
- 2 tablespoons Taco Seasoning
- 15 ½ ounces Whole Kernel Corn, Canned
- 15 ½ ounces Diced Tomatoes, Canned
- 10 ounces Diced Tomatoes with Green Chiles
- 45 ounces Pinto Beans, Canned
- 2 cups Water

### Containers:

- 3 Gallon Freezer Bags

### Freeze for Later:

1. Mix all ingredients together in a bowl.
2. Divide among indicated number of freezer bags. Label and freeze.

### Make from Frozen:

1. Thaw: In fridge
2. Place contents of bag into slow cooker.
3. Cook on low for 6-8 hours.



Recipe from Once a Month Meals



# Get Cooking: **FREEZER MEALS** 1-Week Meal Planning Recipes

## Orange Chicken Teriyaki

Servings: 6

### Ingredients:

- ¼ cup soy sauce
- 3 Tbsp chopped onion
- 2 cloves garlic, minced
- 1 Tbsp olive or canola oil
- ½ tsp ground pepper
- ½ tsp ground ginger
- ½ tsp red pepper sauce
- 1 can (6 oz) orange juice concentrate
- 6 boneless, skinless chicken breasts

### Containers:

- 1 Gallon Freezer Bag



### Freeze for Later:

1. Combine all ingredients except chicken.
2. Place chicken breasts in freezer bag and pour marinade over chicken.
3. Freeze in gallon bag, date and label: "Grill chicken 4-6 inches from heat source for 35-40 minutes."

## Homemade Pockets

### Ingredients:

1. 1 loaf frozen bread dough (thawed)
2. Fillings for Homemade Pockets (suggestions: ham & cheese, pizza ingredients, broccoli and cheese, shredded chicken)

### Containers:

- 1-2 Gallon Freezer Bags



### Freeze for Later:

1. Roll half of the dough out to form a 12x14 inch rectangles.
2. Cut the rectangle into 16 squares. Place 3 to 4 tablespoons of filling in the middles of 8 of the squares. Moisten edges of squares with water.
3. Top with 8 remaining squares. Press dough firmly around edges.
4. Lay on wax paper in cookie sheets in freezer for 10 to 20 minutes. This is known as "quick freezing" and will prevent pockets from sticking together in freezer.
5. Place in freezer bag, date and label: "Bake at 350 degrees for 20 minutes or until golden brown."



# Get Cooking: **FREEZER MEALS** 1-Week Meal Planning Recipes

## Meat Sauce Mix

Makes 4 cups

### Ingredients:

- 2 lbs lean ground beef or turkey
- 1/2 medium onion, minced
- 1/2 can (3 oz) tomato paste plus 3 ounce water or 1/2 can tomato soup
- 1 can (15 oz) tomato sauce
- 1/2 tsp garlic powder
- 1/2 tsp salt

### Containers:

- 2 Pint Freezer Bags

### Freeze for Later:

1. Brown meat; drain fat. Add all other ingredients.
2. Simmer 20 to 30 minutes. Add water or tomato juice to thin if necessary. Immediately place 1 cup portions in freezer-quality, plastic zip-top bags.
3. Freeze.

NOTE: Use Meat Sauce Mix for Easy, Cheesy Pasta and spaghetti.

## Easy Cheesy Pasta

Servings: 6-8

### Ingredients:

- 2 cups Meat Sauce Mix (see recipe)
- 2 cans (16 oz) chili beans
- 4 cups cooked, drained macaroni
- 1 cup grated mozzarella cheese

### Containers:

- 1 Gallon Freezer Bag

### Freeze for Later:

1. Mix together chili beans, macaroni and Meat Sauce Mix. Add 1/2 cup grated cheese.
2. Place mixture in freezer bag with date and cooking instructions. Date and label "Place in sauce pan. Heat over medium heat until bubbling. Add 1 Tbsp water if mixture is dry. Add 1/2 cup remaining cheese over pasta as it is served." Place remaining 1/2 cup cheese in smaller freezer bag. Tape bag to pasta mixture. Freeze.

NOTE: Prepare pasta noodles lightly undercooked so they do not get mushy after freezing.





# Get Cooking: **FREEZER MEALS** 1-Week Meal Planning Recipes

## Chicken Enchilada Casserole

Servings: 8

### Ingredients:

- 1 lb cooked, diced, or shredded chicken
- 1/2 onion chopped
- 1 can (4 oz) green chilies, chopped
- 2 cans nacho cheese soup
- 1 package whole wheat flour tortillas
- 3/4 cup cheddar cheese, grated
- 3/4 cup mozzarella cheese, grated

### Containers:

- 9"x12" Glass or foil dish
- Foil

### Freeze for Later:

1. Cut tortillas in quarters. Line bottom of casserole with tortillas, add a layer of chicken, a layer of soup mixed with green chilies and onion, and top with cheese; repeat.
  2. Cover with heavy foil, date and label, "Bake at 350° F for 20 minutes."
- NOTE: Additional tortillas may be heated and served with casserole.



## Spaghetti

Servings: 4-6

### Ingredients:

- 2 cups Meat Sauce Mix
- 1-1/2 tsp Italian seasoning
- or 1 package spaghetti sauce seasoning
- 8 oz pasta
- Parmesan cheese (optional)



### Freeze for Later:

1. Mix Meat Sauce Mix and seasoning in a gallon freezer bag. Label, date and include instructions: "Heat meat sauce in microwave until heated through."
  2. To make pasta: In large pan, boil 3 quarts water. Add 1 tablespoon vegetable oil to reduce boiling over.
  3. Add 8 ounces of pasta (macaroni, spaghetti, noodles) gradually.
  4. Boil uncovered, stirring occasionally. Over stirring causes sticky pasta. Pasta should be tender, yet firm.
  5. Immediately drain in colander; do not rinse. Rinsing washes away valuable nutrients. Pour meat sauce over hot, cooked pasta. Sprinkle with Parmesan cheese.
- NOTE: Prepare pasta noodles slightly undercooked so they do not get mushy after freezing.



# Get Cooking: FREEZER MEALS

## 1-Week Freezer Meal Plan Grocery List - Example

### Canned & Packaged Goods

- 1 (4 oz) green chilies
- 1 (10 oz) green chilies
- 2 cans nacho cheese soup
- 1 can (15oz) tomato soup
- 2 cans tomato sauce
- 2 can chili beans
- 1/2 cup Chicken Broth/Stock
- 1 oz Ranch Dressing Mix
- 2 tbsp Taco Seasoning
- 15 1/2 oz whole kernel corn
- 15 1/2 oz diced tomatoes
- 45 oz Pinto beans

### Staples

- Soy sauce
- Minced garlic
- Canola oil
- Ground pepper
- Ground ginger
- Ground nutmeg
- Red pepper sauce
- 1 pkg spaghetti seasoning
- Garlic powder
- Salt
- Butter
- Flour

### Fruits & Vegetables

- 3 onions
- 2 butternut squash (or 6 1/2 cups worth)

### Breads & Cereals

- 1 pkg flour tortillas (whole wheat if possible)
- 6 oz macaroni (enough for 2 cups cooked)
- Hamburger buns
- 8 oz pasta (spaghetti)
- 18 cooked lasagna noodles, whole wheat

### \*Dairy Foods

- 3/4 cups cheddar cheese
- 4 1/4 cup mozzarella cheese
- 1 pkg cheese (any kind for homemade pockets)
- 1/3 cups Parmesan Cheese, shredded
- 4 cups low-fat milk

### \*Meats & Poultry

- 1 lb cooked chicken (purchase raw chicken & cook or purchase pre-cooked or rotisserie chicken)
- 6 chicken breasts
- 7 lbs ground beef or turkey
- Cooked ham or other filling for Homemade Pockets

### \*Frozen Foods

- Frozen bread dough or cirossant rolls
- Frozen veggies for homemade pockets

### Freezing Supplies

- 1 gallon freezer bags
- Heavy-duty tin foil
- 1 9"x12" pan
- 2 8"x8" Baking Pans

**\*These foods need to be purchased last to protect their safety & quality**



# Get Cooking: **FREEZER MEALS**

Template

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday





# Get Cooking: **FREEZER MEALS**

1-Week Freezer Meal Plan Grocery List

Canned & Packaged  
Goods

Staples

Fruits & Vegetables

Breads & Cereals

\*Dairy Foods

\*Meats & Poultry

\*Frozen Foods

Freezing Supplies

**\*These foods need to  
be purchased last to  
protect their safety &  
quality**



# Get Cooking: **FREEZER MEALS**

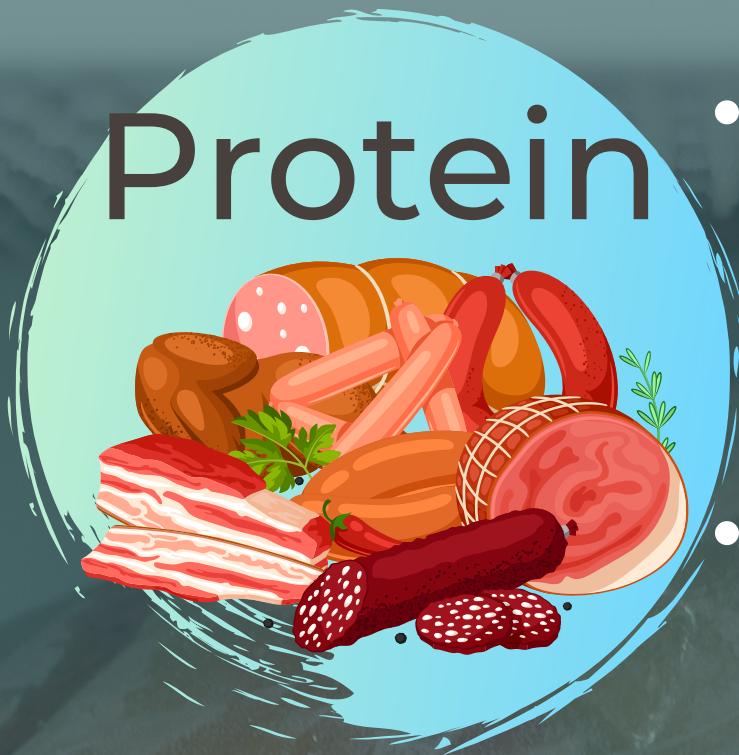
What to look for: *Aim to include these 5 groups 3 times a day!*

## Vegetables



- Rich in fiber, antioxidants, vitamin C, K, & other nutrients!
- Leave peel/skin on for added benefits
- Choose fresh, frozen, or canned (low sodium)

## Protein



- Rich, easy source of protein, B vitamins, zinc, and other essential amino acids
- Choose lean cuts of meat (95% lean)

## Grains



- Rich in fiber, B vitamins and other nutrients!
- Choose whole grains
- Reduces risk of heart disease

## Dairy



- Rich in calcium, vitamin D, and protein
- Dairy helps maintain good bone and muscle health
- Choose low-fat or fat-free options for less calories

## Fruit



- Choose fresh, frozen, or canned (not packed in syrup)
- Add it as a side dish or as a dessert

## Avoid/Limit



- Added Sugars
- Salty foods/Sodium
- High fat (saturated & trans fat)

Get your MyPlate Plan Here:

<https://www.choosemyplate.gov/resources/MyPlatePlan>

## Websites

**National Center for Home Food Preservation:** <https://nchfp.uga.edu/how/freeze.html>

**Once a Month Meals:** <https://onceamonthmeals.com/>

**All Recipes:** <https://www.allrecipes.com/recipes/17880/everyday-cooking/make-ahead/freezer/>

**Pinterest:** <https://www.pinterest.com/>