

# SOLVING THE DAILY DINNER DILEMMA

## 12 COSTCO FREEZER MEAL PLANS

1. Sweet Sesame Chicken served with brown rice
2. Maple Mustard Pork Chops served with steamed broccoli and romaine salad
3. Turkey Sausage and Veggie Soup
4. Chicken Fajitas served with romaine salad
5. Black Bean Chili
6. Broccoli Pork Stir Pot served with brown rice
7. BONUS: What to do with all those leftover onions....

## GROCERY LIST FOR ALL 10 MEALS

<b>PRODUCE</b>		Price
Sweet onions	1 bag	\$6.99
Grape tomatoes	1 container	\$5.99
Crimini mushrooms	1 container	\$4.49
Campari tomatoes	1 container	\$5.49
Broccoli florets	1 bag	\$4.49
Red Peppers	1 bag	\$5.79
Romaine	1 bag	\$2.99
<b>FROZEN</b>		
Sweet Corn	1 bag	\$5.89
<b>DAIRY</b>		
Shredded Sharp Cheddar	1 block	\$4.89
<b>MEATS</b>		
Ground turkey (mild sausage)	1 package of 2 lbs.	\$17.53
Pork loin	1 loin, slice into approx. 20 chops	\$13.73
Chicken thighs	1 package of 4 lbs.	\$14.92
<b>CANNED</b>		
Black beans	1 pkg of six (?) cans	\$6.79
<b>DRY GOODS</b>		
Grey Poupon mustard	1 pkg of two mustards	\$6.99
Corn tortillas	1 pkg of two bundles	\$3.19
Maple Syrup	1 jug	\$10.49
<b>MISC</b>		
Ziploc Gallon Freezer Bags	Package of four – total 136 count	\$13.69
		<b>Total: \$134.34</b>
<b>PANTRY – already have on hand</b>		
Minced garlic	Ketchup	
Olive oil	Cornstarch	
Crushed tomatoes	Cumin	
Brown rice or quinoa	Paprika	
Sesame seeds	Garlic salt	
Brown Sugar	Onion powder	
Avocado	Chili powder	
Nonfat plain Greek yogurt	S/P	
Rice or white vinegar	Cardamom	
Low sodium soy sauce	Honey or agave	
Rice or white vinegar		

# MEAL PREP DAY

## PRIOR TO STARTING

- Refrigerate any dairy and meats until ready to use
- Place any freezer items in freezer until ready to use
- Label all bags with recipe names and date
- Get all supplies out and set up meat only and veggie only cutting stations with bowls

## SUPPLIES

- 14 gallon-sized plastic freezer bags
- bread pans(s) – used for keeping bags stable while filling
- saran wrap
- several mixing bowls
- measuring cups, spoons
- cutting boards
- knife
- Sharpie to label bags

## PREP

1. Rinse all veggies and lay on paper towels to dry.
2. Prep veggies and place in their own bowl:
  - Dice up 6 onions
  - Slice 4 onions into strips
  - Slice 6 bell peppers into strips
  - Roughly chop all the mushrooms
  - Quarter the Campari tomatoes
  - Halve 3 cups cherry tomatoes
3. Open two cans of black beans, rinse and place in a bowl.
4. Shred block of cheese into a bowl and place in a baggie, then in refrigerator.
5. Over sink, cut small slit in pork chop loin and allow all liquid to drain out (make sit less messy to slice). Clean sink with bleach when done.
6. On meat only cutting board, place loin and cut into approximately 20 1" chops, place 14 in a bowl.
7. Cut remaining (six) chops into thin strips, place into another bowl.
8. To your gallon-sized freezer bag, add the ingredients and seasonings according to each recipe, leaving meats until last (so they go into the crockpot first).
9. Remove as much air from the gallon-sized freezer bags as possible, seal, and lay flat in your freezer.
10. Place any toppings and sides in refrigerator or freezer until serving.

# RECIPES

## Tips:

- I doubled each recipe for 12 dinners. You will never regret having an extra set of meals in the freezer and the prep work is all the same.
- I am feeding a family of 5 (two adults and three picky kids – 14, 12, & 10) and occasionally my parents (they live with us 6 months out of the year). These recipes are enough to feed 6-7 adults or a family of 5 with leftovers, so feel free to adjust accordingly to what your family normally eats.
- These are good in the freezer for 3 months, but I doubt they'll last that long.
- If you aren't a big salad eater you really don't need that much romaine but I like to have some extra on hand for salads for my lunches.

## Abbreviations:

tsp	Teaspoon
Tbsp	Tablespoon
S/P	Salt and pepper
EVOO	Extra virgin olive oil
SO	Swap Out (alternative ingredients you might already have on hand or due to preferences)
T	Topping (appears in grocery list, optional)
LO	Leftovers

# Sweet Sesame Chicken

CPFM – Crockpot Freezer Meal

## INGREDIENTS

- 1 onion, diced
- ½ cup honey or agave
- ½ cup low sodium soy sauce
- ¼ cup ketchup
- ¼ cup rice vinegar
- 1 Tbsp minced garlic
- 1 pkg chicken thighs
- S/P to taste
- Cornstarch – to be used at end
- 2 cups brown rice – made separately
- Topping: sesame seeds

## PREP

1. Layer in each labeled bag: onion, chicken thighs, garlic, honey, vinegar, soy sauce, ketchup and S/P.
2. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

## COOKING

1. 24 hours before cooking, move a gallon-sized freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on high for 4 hours or low for 8 hours.
4. 30 mins prior to eating put pot of water on stovetop to boil for rice or quinoa.
5. Remove chicken from crockpot and shred.
6. Dissolve 2 tsp of cornstarch into a little water. Pour into crockpot and cook on high for 10 mins.
7. Return chicken to crockpot.
8. Serve over rice, quinoa or spinach and top with sesame seeds.

# Maple Mustard Pork Chops

CPFM – Crockpot Freezer Meal

## INGREDIENTS

- 7 pork chops
- 6 tablespoons Dijon mustard
- $\frac{3}{4}$  cup Maple Syrup
- Onion powder
- 1 Tbsp minced garlic
- Broccoli florets – not needed until day of cooking

## PREP

1. To each of the labeled bags layer ingredients from the recipe above: pork chops, mustard, maple syrup, seasonings.
2. Remove as much air from the gallon-sized freezer bag as possible, smoosh around to mix, seal, and lay flat in your freezer.

## COOK

1. Day before cooking move bag from freezer to refrigerator.
2. Morning of cooking empty bag into crockpot (could also keep in fridge to grill that night).
3. Cook on high for 4 hours or low for 8 hours.
4. Serve with steamed broccoli florets and romaine and cherry tomato salad.

# Turkey Sausage and Veggie Soup

CPFM – Crockpot Freezer Meal

## INGREDIENTS

- 1 lb ground mild turkey sausage
- ½ package button mushrooms, roughly chopped
- 1 onion, diced
- 2 ½ cups frozen sweet corn
- Campari tomatoes, quartered
- Any other veggies you have on hand to use up!
- 2 Tbsp olive oil
- 2 tsp minced garlic

## PREP

1. To each of the labeled bags layer ingredients from the recipe above: mushrooms, onion, corn, tomatoes, turkey sausage and seasonings.
2. Remove as much air from the gallon-sized freezer bag as possible, smooch around to mix, seal, and lay flat in your freezer.

## COOK

1. Night before cooking move bag from freezer to refrigerator.
2. Morning of cooking empty bag into crockpot with 4 cups of water.
3. Cook on high for 4 hours or low for 8 hours.
4. Break apart ground turkey and serve.

# Chicken Fajitas

FFP – Freezer to Frying Pan

## INGREDIENTS

- 1 sweet onion, sliced
- 2 bell peppers, any color, sliced into strips
- 1 Tbsp ground cumin
- 1 Tbsp paprika
- 2 tsp garlic salt
- S/P to taste
- 1 can Black beans, drained, rinsed
- 1 package chicken thighs
- Toppings to be served with meal: plain Greek yogurt (a.k.a. sour cream), diced avocado and shredded cheddar cheese on corn tortillas

## PREP

1. To each of the fajita mix labeled bags layer ingredients from the recipe above: onions and pepper slices except chicken thighs and toppings.
2. Place chicken thighs in separate bags with seasonings from above.
3. Remove as much air from the gallon-sized freezer bags as possible, seal, and lay flat in your freezer.

## COOK

1. The day before cooking, move 1 chicken thigh freezer bag and 1 fajita pepper mix to your refrigerator to thaw.
2. The night of cooking, pour contents of chicken thigh freezer bag into your frying pan on hot.
3. Saute until chicken is browned and cooked through.
4. Remove chicken to platter and add pepper mix to pan.
5. Cook until tender on high.
6. Remove to platter over chicken.
7. In same pan take corn tortillas and cook on each side for about 2 minutes.
8. Serve chicken fajitas in corn tortillas with toppings and romaine salad.



# Black Bean Chili

CPFM – Crockpot Freezer Meal

## INGREDIENTS

- 1 15-ounce can black beans, rinsed and drained
- 1 1/2 cup frozen sweet corn
- 1 large can crushed tomatoes (SO: 1 large can whole stewed tomatoes crushed by hand)
- 2 cups cherry tomatoes, halved
- 1 diced onion
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp garlic salt
- 1 Tbsp brown sugar
- S/P to taste
- Topping options: diced avocado, shredded cheddar cheese, non-fat plain Greek yogurt (aka sour cream)
- Recipe options: If you have any sweet potatoes or squash to use up you can dice that up and toss in also or serve over rice, quinoa or whole wheat pasta!

## PREP

1. To each of the labeled bags layer ingredients from the recipe above
2. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

## COOK

1. The night before cooking, move gallon-sized freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on high for 4 hours or low for 8 hours.
3. Serve with toppings.

# Broccoli Pork Stir Pot

CPFM – Crockpot Freezer Meal

## INGREDIENTS

- 1 onion, sliced
- bell pepper, strips
- 2 tsp cardamom
- 1 tsp garlic salt
- ½ cup low sodium soy sauce
- 2 tbsp white or rice vinegar
- 1 tbsp brown sugar
- S/P to taste
- ½ of 6 pork chops, sliced into strips
- Cornstarch – to be used at end
- 2 cups brown rice – made separately

## PREP

1. To each of the labeled bags layer ingredients from the recipe above: onions, peppers, pork chops and seasonings
2. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

## COOK

1. The night before cooking, move gallon-sized freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on high for 4 hours or low for 8 hours.
3. 30 mins prior to eating put pot of water on stovetop to boil for rice.
4. Dissolve 2 tsp of cornstarch into ½ cup water. Pour into crockpot and cook on high for 10 mins.
5. Serve over brown rice.

# What To Do With All Those Onions...

## Crockpot Caramelized Onions

### INGREDIENTS

- 5-6 onions, sliced
- 4 Tbsp butter

### COOK

1. Throw in crockpot and pour melted butter over them.
2. Cook on low for 12 hours.
3. Leave lid ajar if want extra thick onions, leave on if want soupier onions.

## Onion Dijon Sauce

### INGREDIENTS

- 2 cups caramelized onions
- 2 Tbsp Dijon mustard

### COOK

4. Place onions and mustard in food processor.
5. Pulse until desired consistency.
6. Store in airtight container in refrigerator for 2 weeks.
7. Can be used on sandwiches or in recipes.

[Roasted Parmesan Creamed Onions](#)

[Tennessee Onions](#)

[Baked Blooming Onion](#)

[Grilled Blooming Onion](#)