

Chicken Stew

*makes 1 large container or 2 small containers;
double if making 2 large containers.

3 stalks celery
2 medium onions
4 carrots
3T olive oil or butter
2.5 cups chicken (cooked + shredded)
6.5 cups chicken broth
1t pepper
1t salt
0.5t thyme
2 bay leaves (in soup ball for easy removal)
1 can green beans (14oz)
1.5 cups corn
2T cornstarch (dissolved in 0.25 cup cold water)

- Sautee celery, carrots + onions in oil/butter.
 - Add remaining ingredients, except cornstarch, and simmer.
 - Add dissolved cornstarch and bring to a light boil.
 - Freeze in pail.
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Taco Soup

*makes 2 large containers or 4 small
containers.

2 onions
3 peppers
2T olive oil
2lbs ground beef, cooked
3 cups chicken broth (or 900ml jug is fine too)
5 cups salsa
2T taco seasoning
2 cans black beans (optional)
2 cans corn (optional)
2.5 cups tomato soup (if from a can, follow directions to first make the soup, then add to recipe)

- Sautee onions + peppers in olive oil
- Add other ingredients and bring to a light boil
- Freeze in pail

Chicken, Broccoli, Rice

*makes 1 large container or 2 small containers;
double if making 2 large containers.

2T butter

5 ½ cups small broccoli florets

2 med. Onions

2/3 cup plain Greek yogurt or sour cream

1/3 cup mayo

1t salt

1t pepper

4t curry powder

3T water

3 ¼ cups rice or quinoa (cooked) **we have found that brown rice freezes better

2 ¾ cups shredded or cubed chicken (cooked) (about 3.5 chicken breasts)

½ cup shredded cheese

- Sautee broccoli + diced onion in butter.
 - In a large bowl mix together Greek yogurt, mayo, salt, pepper, curry powder + water.
 - Mix in the sautéed veggies, cooked rice/quinoa + chicken.
 - Press into foil dish.
 - Top with shredded cheese and freeze.
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Enchiladas

*makes 1 large container or 2 small containers;
double if making 2 large containers.

3 ¼ cups cooked meat (4 chicken breasts or 1 ½ lbs ground beef)

1 large pepper

1 medium onion

2 ½ cups mild salsa + extra for topping

2/3 brick cream cheese

1T taco seasoning

6 large wraps

2/3 cup shredded cheese + extra for topping

- Fry the onions + peppers until just softened (about 10 minutes) in a large sauce pan.
- Add cream cheese, salsa, taco seasoning + meat to the sauce pan.
- Stir until combined
- Scoop 1/6 of the filling into each wrap.
- Roll up + place in rows.
- 3 wraps on the bottom of container, top with a little salsa and cheese.
- Last 3 wraps on top of bottom 3, top with a little salsa and cheese.
- Freeze.

Sweet & Sour Meat with Rice

4 cups cooked rice (brown freezes better)

1.5 lbs meat: sausage cut into small pieces or ground beef made into meatballs

2/3 cup water

2/3 cup vinegar

600ml tomato sauce

3 T cornstarch

1 cup melted honey

1 T chili powder

- Mix water, vinegar, tomato sauce, chili powder and cornstarch.
- Add honey once the cornstarch is completely dissolved.
- Add meat to sauce and cook at 350; 1 hr for sausage, 40 min for meatballs.
- Put cooked rice at the bottom of foil container, pour sauce + meat on top.
- Freeze.