

Two-Week Cooking with Saving & Giving



The Plan

The Chicken

1. Place 6 chicken breasts into a freezer bag. Add BBQ sauce or some other marinade. Put this into your freezer. Pat yourself on the back. You just prepped the meat for TWO meals! 😊
2. Place 6 chicken breasts into a freezer bag labeled CHICKEN PARMESAN. Put this into the freezer.
3. Cut 2 chicken breasts into bite-sized pieces. Place these into a large bowl. To this bowl, add the following:

- ½ c. thinly sliced carrots
- ½ c. chopped onion
- ½ lb. smoked sausage or kielbasa (cut into bite-sized pieces)
- 2 T. brown sugar
- 1 t. dry mustard (or a squirt of regular mustard)
- ½ c. ketchup
- 1 T. vinegar
- 2 c. frozen green beans

Mix the ingredients.

Label a large freezer bag CHICKEN SAUSAGE STEW. On the bag, write yourself this note: ADD ONE CAN BAKED BEANS BEFORE COOKING.

Then place all ingredients into the bag. Place the bag in the freezer.

4. Place the remaining chicken breasts into your slow cooker. Add enough water that they're somewhat covered but not drowning. I like to sprinkle some chicken bouillon over them, but that's not necessary. Cook on low heat for 4 hours. Check them after 3 hours to see if they're done. If not, keep cooking until they're just barely done. Remove them from the slow cooker and cut them up into bite-sized pieces. You'll be using these in some of the next steps.

In my opinion, the chicken's the worst part of this whole process, so now you're done with that part!

While the chicken's cooking, let's tackle a few other things.

Rice

1. You're going to need rice for your stir fry. If you didn't buy the Uncle Ben's Ready Rice, you need to make enough for your family to have when it's stir fry night. Do that next.
2. ** If you're going to substitute rice for the pasta in the stuffed peppers, cook it along with the stir fry rice. You'll need about ½ c. uncooked.
3. Cook your rice until it's almost done. Drain off any excess water. When you thaw it for stir fry, you can add a little water when you're reheating it. You can make sure it's thoroughly cooked then.
4. When the rice is done, let it cool. Put about 1 c. of it into a freezer bag labeled PEPPERS. Put the rest into a freezer bag labeled STIR FRY.

Pizza Crust

While the chicken and rice are cooking away, let's mix up our pizza crusts... sort of. We're only going to mix the dry ingredients. We'll place them in freezer bags. Then, when it's pizza night, it will be super-fast to add the wet ingredients and get it mixed up!

You'll need 2 quart-sized freezer bags. In each one, place the following.

- 2 c. flour
- 1 tsp. sugar
- 1 tsp. salt

Place those in the freezer (or pantry since they won't be there long), and you're done with pizza! (Did you remember to check the rice?)

Ground Beef

Time to get the rest of the meat cooked! Since the beef is supposed to be cooked with different things for different recipes, we'll need to split it up.

1. Cook 1 lb. with ½ c. diced pepperoni.
2. Cook the remaining 2 lb. with chopped onion.
3. Drain and cool when it's done. We'll be adding it to recipes in just a bit!

Now it's time to get recipe-specific. Are you ready??

Crock Pot Chicken Parmesan

For this one, we can mix up the bread crumb mixture ahead of time. You can use a food processor to make your own bread crumbs. You'll need 1 c. of bread crumbs.

1. To the bread crumbs, add ½ c. grated Parmesan cheese, and 1 t. Italian seasoning.
2. Place this mixture in a quart-sized freezer bag labeled CHICKEN PARMESAN.

That's all you can ahead of time for this one. The rest of the prep can be done the night before you make it.

Ground Beef Stroganoff

1. Separate out about 1 lb. of the ground beef you browned with onion. Put it in a small skillet or pan.
2. Add 1 oz. cream cheese (about the size of a single-serve container), 1 tsp. beef bouillon, and 1 can of cream of mushroom soup.
3. Heat and stir over medium heat just until the cheese is melted and everything mixes together.
4. Allow the mixture to cool.
5. Place it into a quart-sized freezer bag labeled STROGANOFF.

When it's time to make this meal, you can sautee some mushrooms (optional) and cook some pasta.

Crock Pot Bean Casserole

1. Grab another 1 lb. of the ground beef you browned with onions. Put it into a large bowl.
2. Drain 1 can kidney beans, 1 can baby lima beans, and 1 can cannellini beans. Rinse and add to the bowl.
3. Add pork 'n beans (don't drain!) to the bowl.
4. Then add the following:

½ c. ketchup

1 t. mustard

½ c. brown sugar (It's really okay to use less if you don't want so much sugar.)

2 t. vinegar

1 T. molasses

5. Mix well, and place into a gallon-sized freezer bag labeled BEAN CASSEROLE.

Pizza-Stuffed Peppers

1. Grab the ground beef/pepperoni mixture you browned.
2. If you're substituting rice for the pasta like I am, add it to the mixture. (If you're not substituting, then you can cook your pasta now and add it.)
3. Add 1 15 oz. can/jar pizza sauce and 1 c. of shredded mozzarella or pizza blend cheese.
4. Mix well.
5. Place mixture into a freezer bag labeled PEPPERS.

You may have to sit back and put your feet up for a few minutes now. You'll need the chicken to be done in order to do the rest of this prep work. Read a book, have a snack, or maybe wash up some of the millions of dishes you just dirtied making these fabulous meals! 😊

You're on the home stretch now!!!

Southwest Chicken Roll-Ups

6. Cut up 3 of the cooked chicken breasts from the slow cooker.
7. In a bowl, combine 1 can of refried beans with $\frac{1}{4}$ to $\frac{1}{2}$ c. salsa. (Just make it mixable and semi-smooth.)
8. Add the chicken to the mixture.
9. Place an equal amount of the mixture into each of the tortillas (2 packs worth). Divide the mixture into two parts if it's easier to estimate how much to use in each tortilla.
10. Roll up each tortilla and place into two 9x13 cake pan. If you don't have cake pans available, you can place these directly into gallon freezer bags.
11. Place the pans into the freezer for a few hours. Once the wraps are somewhat hardened, you can remove them from the pan and place them into freezer bags.

Fettuccini Alfredo

1. Cut up 3 of the cooked chicken breasts from the slow cooker.
2. Place this into a bag labeled ALFREDO.

That's all you can do ahead of time for this one. At least that's all I do. I've never tried to make the sauce and freeze it. You're welcome to try, but I make no guarantees!

Chicken Stir Fry

1. You should have 3 chicken breasts left from the slow cooker.
2. Slice those up, and place them into a freezer bag labeled STIR FRY.

When it's time to make this dish, you'll just be adding the veggies and sauce. Easy!