

# MARCH 2016 Dinners

\*FF = from freezer

\*DF = double & freeze the second one (eat the first one that day)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<a href="#">pepperoni pizza braid</a>	<a href="#">bean &amp; cheese burritos</a>	<a href="#">pan fried pork chops</a>	chicken enchiladas	leftovers (do freezer cooking)
family dinner	chicken taco soup (FF)	leftovers	teriyaki chicken (FF)	leftovers	mac & cheese (DF)	leftovers
family dinner	BBQ chicken & veggies (FF)	leftovers	chili (DF)	leftovers	chicken bacon rollups	leftovers
family dinner	out of town	X	X	X	X	X
X	breakfast for dinner	something FF	leftovers			

## Budget & Plan

\$250 (max) at beginning of month big trip

\$30-\$40 on dairy & produce restock halfway through the month

At end of month, after eating some of the freezer meals, we will have 5 out of the following 6 meals left in the freezer: chicken taco soup, teriyaki chicken, slow cooker bbq chicken, chili, enchiladas, mac & cheese

## Recipes

\*The first 3 meals are for my day of freezer cooking & are noted with an asterisk\*

### Chicken Taco Soup\*

*(double it & freeze in 2 separate bags)*

recipe source: <http://www.gracefullittlehoneybee.com/12-easy-freezer-meals-2-hours/>

2 Frozen Chicken Breasts

1 Can Black Beans

1 Can Corn

1 Can Rotel

1 Onion, chopped

1 packet taco seasoning (I make my own)

1 packet ranch dip mix

Cook in slow cooker on low 8 hours.

### **Teriyaki Chicken\***

***(double it & freeze in 2 separate bags)***

recipe source: <http://www.gracefullittlehoneybee.com/12-easy-freezer-meals-2-hours/>

4 Frozen chicken breasts

1 C. teriyaki sauce <http://www.foodnetwork.com/recipes/teriyaki-sauce-recipe.html>

1 c. water

$\frac{2}{3}$  c brown sugar

3 cloves garlic

cook low 4-6 hours

serve over rice + steamed veggies

### **Slow Cooker BBQ Chicken and Veggies\***

***(recipe makes 2 meals - freeze it in two separate bags)***

recipe source: <http://www.gracefullittlehoneybee.com/12-easy-freezer-meals-2-hours/>

2 green peppers, chopped

1 zucchini, chopped

3 onions chopped

6 red potatoes, chopped

4 garlic cloves, chopped

4 frozen chicken breasts

1 15 oz. can of tomato sauce

1 tbsp. brown sugar

1 bottle of BBQ sauce

Split ingredients into two bags and freeze

Cook in slow cooker on high for 4 hours or low for 8 hours

### **Homemade Mac & Cheese**

***(option to double it the day you make it, and freeze half)***

recipe source: <http://thepioneerwoman.com/cooking/macaroni-cheese/>

4 cups Dried Macaroni (8 ounces)

1 whole Egg, Beaten

1/4 cup (1/2 Stick Or 4 Tablespoons) Butter

1/4 cup All-purpose Flour

2-1/2 cups Whole Milk

2 teaspoons (heaping) Dry Mustard, More If Desired

1 pound Cheese, Grated

1/2 teaspoon Salt, More To Taste

1/2 teaspoon Seasoned Salt, More To Taste

1/2 teaspoon Ground Black Pepper

Optional Spices: Cayenne Pepper, Paprika, Thyme

- Cook macaroni until very firm. Macaroni should be too firm to eat right out of the pot. Drain.
- In a small bowl, beat egg.
- In a large pot, melt butter and sprinkle in flour. Whisk together over medium-low heat. Cook mixture for five minutes, whisking constantly. Don't let it burn.

- Pour in milk, add mustard, and whisk until smooth. Cook for five minutes until very thick. Reduce heat to low.
- Take 1/4 cup of the sauce and slowly pour it into beaten egg, whisking constantly to avoid cooking eggs. Whisk together till smooth.
- Pour egg mixture into sauce, whisking constantly. Stir until smooth. Add in cheese and stir to melt.
- Add salt and pepper. Taste sauce and add more salt and seasoned salt as needed! DO NOT UNDERSALT.
- Pour in drained, cooked macaroni and stir to combine.
- Serve immediately (very creamy) or pour into a buttered baking dish, top with extra cheese, and bake for 20 to 25 minutes or until bubbly and golden on top.

### **Mama's Chili**

***(option to double it the day you eat it & freeze half for another time)***

1 ½ lbs. ground beef

1 ½ - 2 cups chopped onion

1 ½ - 2 cups green and red bell peppers. (I usually find 1 large size of each.)

1 ½ tsp red pepper flakes OR ¼ tsp cayenne. (This is WAY too spicy for me. I sprinkle a dash of cayenne in the whole pot and that's plenty of spice for this wimp. Consider yourself warned.)

2 T. chili powder

1 tsp. minced garlic or 1 mashed garlic clove

½ tsp cumin

½ tsp oregano

¼ tsp paprika

½ tsp salt

28 oz can whole tomatoes - chop them\*

16 oz tomato sauce

16 oz water

⅓ c. ketchup

1-2 cans kidney beans (optional)

drops of tabasco to taste (optional)

\*Add chopped tomatoes from can as well as juice to the chili.

### **Directions**

In a large pot, cook meat, onion & peppers until meat is done. Drain fat. Stir in remaining ingredients (except the beans if you're including those.) Heat to boiling. Reduce heat, cover & simmer for 2 hours, stirring occasionally. Stir in beans before serving, heat thoroughly. Serve with cheese, sour cream, fritos, or any other chili toppings of your choice.

### **Chicken Enchiladas with White Suace**

***option to double & freeze one serving the day you make it***

recipe source: <http://bakerette.com/chicken-enchiladas-with-white-sauce/>

10 soft flour taco shells, medium size

1 rotisserie chicken, shredded (about 2 cups)

2 cups Mexican cheese blend, shredded

1 cup (8 ounces) chunky salsa, medium heat

1 can (4 ounces) green chilies, diced

1/2 teaspoon salt  
3 tablespoons butter  
3 tablespoons flour  
2 cups chicken broth  
1 cup sour cream

- In a large mixing bowl, mix together the shredded chicken, cheese, salsa, chilies, and salt. Spread one large heaping spoonful onto one end of the taco shell. Roll up the taco shell and place it seam side down in a greased baking pan. Repeat for remaining shells.
- In a sauce pan on medium heat, melt the butter. Stir in flour and cook one minute while stirring constantly to make sure it doesn't burn. Add chicken broth and whisk until smooth. Stir in the sour cream and remove from heat.
- Pour sauce over the top of the enchiladas making sure to cover in between and the sides of the enchiladas. Top with the remaining cup of cheese.
- Bake for 22 minutes. Turn the broiler on to high and broil for an additional 3 minutes or until cheese is lightly browned.
- Remove from oven. Serve warm with refried beans, Spanish rice, and salad.
- Thaw completely, bake for 22 minutes at 350

Click links on the menu calendar above for additional meals that aren't listed here.

If you have a favorite freezer friendly recipe to share, please send it my way either via email (reneecook3@gmail.com) or the [contact form](#) on my blog.

Happy Cooking!