

# Freezer Meal Recipe Book

## Meals:

Beef Enchiladas	Breakfast Burritos
Cheeseburger Macaroni	Cheesy Potatoes
Chinese Chicken	Chocolate Chip Cookies
Crockpot Cheeseburger Soup	Honey Chicken
Pizza Casserole	Taco Casserole
Spicy Pulled Pork Marinade	

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CONSUMER  
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## Beef Enchiladas

### Ingredients:

- 1 pound hamburger, browned
- 1 package enchilada seasoning
- 6 tortillas
- 1 can enchilada sauce (1 small can OR ½ of a large can)
- 1 ½ cups shredded cheddar cheese

### Directions:

Combine hamburger, seasoning, 1/3 of the can of enchilada sauce, and ½ cup cheese together. In 9x13" foil pan, pour 1/3 of the can of enchilada sauce. Spoon hamburger mixture into tortilla, roll, and place seam-side down in the pan. Cover with remaining enchilada sauce and top with cheese and freeze.

To cook, thaw completely and cook 350 degrees for 45 minutes or until heated through and cheese is melted.

## Breakfast Burritos

### Ingredients:

- 1 pound ground sausage
- 1 dozen eggs
- 2 cups shredded cheddar cheese
- 12 - 8" tortillas

### Directions:

Brown sausage and drain grease. Crack eggs, whisk, and cook. Combine cooked sausage, eggs, and cheese. Spoon onto tortillas. Roll tortillas and wrap individually in parchment paper or wax paper, and put into a gallon freezer bag.

To serve: Thaw in microwave or in refrigerator overnight, and microwave to warm.

## Cheeseburger Macaroni

### Ingredients:

- 1 pound browned hamburger
- 1 cup hot water
- 2 cups milk
- 1 ½ cups elbow macaroni noodles (not cooked)
- 1 cup shredded cheddar cheese (do not add until time of cooking)

### Sauce Packet Ingredients:

- 1 Tablespoon cornstarch
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic
- 1 teaspoon salt
- 1 teaspoon sugar

### Directions:

Place cooked hamburger, water, and milk in a gallon freezer bag, with all of the contents of the sauce packet. Place macaroni in a sandwich size bag. Place cheddar cheese in a sandwich size bag. Freeze altogether in a gallon size freezer bag.

To serve, thaw bag in refrigerator overnight. Combine all ingredients and cook until macaroni is done in a saucepan or large skillet (about 10 minutes). Stir in one cup of cheddar cheese, near the end.

## Cheesy Potatoes

### Ingredients:

- 1 (10.5 oz) can cream of chicken soup
- 2 cups sour cream
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups shredded cheddar cheese
- 1 package shredded hashbrowns, frozen
- 2 cups crushed corn flake cereal
- ¼ cup butter, melted

### Directions:

In a large bowl, whisk together soup, sour cream, salt, and pepper. Stir in cheese and hashbrowns until well mixed. Spoon evenly into 9x13" foil pan. Put the butter and crushed cereal in separate sandwich baggies (do not melt the butter) and tape to the top of the pan.

To serve, thaw in refrigerator overnight or 24 hours. Melt the butter and mix the cereal with butter. Spread evenly over top of hashbrown mixture. Bake uncovered for 45-50 minutes or until hot and bubbly. Allow to rest for 5 minutes before serving. Season with additional salt and pepper if desired.

## Chinese Chicken

### Ingredients:

- 4 boneless, skinless chicken breasts (CUT THE CHICKEN BREASTS in half first)
- $\frac{3}{4}$  cup ketchup
- $\frac{1}{4}$  cup soy sauce
- $\frac{1}{2}$  cup firmly packed brown sugar
- 2 Tablespoons white vinegar
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon seasoned salt

### Directions:

Place the chicken in a gallon size freezer bag. Combine the remaining ingredients in a large mixing bowl, stir well, and pour over the chicken. Label and freeze.

To serve, thaw and bake, uncovered at 350 degrees for 50 minutes, or until the chicken is done. Turn the chicken over at the 30-minute mark, and baste (spread more sauce over it) occasionally, or as needed.

## Chocolate Chip Cookies

### Ingredients:

- 1.5 sticks butter, softened
- ¼ cup granulated sugar
- ¾ cup brown sugar
- 1 egg
- 2 teaspoons vanilla extract
- 2 cups all purpose flour
- 2 teaspoons cornstarch
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chocolate chips

### Directions:

Cream together butter, sugar, and brown sugar until fluffy and light in color. Add egg and vanilla and blend in. In a separate bowl, mix flour, cornstarch, baking soda, and salt. Add, in three portions, the flour mixture to the creamed mixture, barely mixing each time. Make sure it is completely mixed, then stir in chocolate chips. Freeze in a gallon bag.

To serve, thaw overnight and roll into uniform sized cookies, and bake at 350 for 10-12 minutes.

## Crockpot Cheeseburger Soup

### Ingredients:

- 1 pound ground beef
- 4 oz. cream cheese (half a block)
- 6 slices bacon
- 1 bag frozen hashbrowns
- 1 8oz. block velveeta cheese (1/4 of a large block)
- 4 beef bouillon cubes

### Directions:

Brown hamburger. In a separate skillet, cook bacon and crumble. Put beef, bacon, cream cheese, hashbrowns, velveeta (cut into cubes), and beef bouillon cubes into gallon bag. Freeze.

To serve, thaw in refrigerator overnight. Place contents of bag into crock pot. Add 4 cups of water. Cook on high for 4-5 hours or low for about 8 hours, stirring occasionally.

## Honey Chicken

### Ingredients:

4 boneless, skinless chicken breasts (CUT THE BREASTS IN HALF FIRST)  
1 teaspoon dried basil  
½ cup soy sauce  
½ cup ketchup  
1/3 cup honey  
¼ cup vegetable oil  
½ teaspoon garlic salt

### Directions:

Sprinkle chicken with basil. Put chicken breasts in large gallon freezer bag. In a medium bowl, mix the remaining ingredients and pour them into a 1-quart freezer bag. Place the small quart bag inside of the large gallon bag, label, and freeze.

To serve, thaw overnight and arrange in a 9x13" baking dish, sprayed with nonstick cooking spray. Pour the sauce over the top, and bake in a 400-degree preheated oven for 45 minutes. This recipe also grills well.

## Pizza Casserole

### Ingredients:

- 1 pound cooked rotini pasta
- 1 jar pasta sauce
- pepperoni slices (half of a package)
- 1 cup shredded mozzarella cheese
- 1 pound cooked hamburger
- 1 teaspoon garlic

### Directions:

In a 9x9" greased foil pan, place the cooked pasta, 1 jar pasta sauce, pepperoni slices (as desired), 1 pound cooked hamburger, and 1 teaspoon garlic. Mix all ingredients together in the pan and top with 1 cup of cheese. Freeze.

To serve, thaw for 24 hours in the refrigerator and cook at 400 degrees for 1 hour.

## Taco Casserole

### Ingredients:

- 1 pound browned hamburger
- 1 bag Nacho Cheese Doritos
- 1 cup shredded cheddar cheese
- ½ can enchilada sauce (of a regular sized can... if you use a large can, use ¼ can)
- ½ can cream of chicken soup
- ½ can cream of mushroom soup
- ½ cup milk

### Directions:

Brown hamburger, drain, and place in a quart-sized freezer bag. Mix enchilada sauce, soups and milk in a bowl and place in another quart-sized freezer bag. Put together in large gallon bag, label, and freeze.

To serve, thaw overnight in refrigerator. Crumble Doritos and place ¾ of the bag on the bottom of the casserole dish. Layer hamburger, then soup mixture, and finally cheese. Bake at 350 for 20-30 minutes. Top with remaining Doritos and serve.

## Spicy Pulled Pork Marinade

### Ingredients:

- 1 Tablespoon chili powder
- ½ cup brown sugar, packed
- 1 Tablespoon garlic powder
- 1 teaspoon oregano
- 2 teaspoons cumin
- 1 Tablespoon salt
- 3 Tablespoons olive oil
- 2 Tablespoons white vinegar.

### Directions:

Mix all ingredients in a quart bag. Place in freezer.

To serve, thaw and rub over a 5-7 pound pork shoulder or roast. Place in crock pot with

1-2 cups of water and cook on low for 6-8 hours. Shred and enjoy. This is great to

serve as-is, with BBQ sauce, or in a tortilla.