# **Take out copycat: Chinese beef and broccoli**

Recipe from: mommysavers.com

Cook time 3-4 hours

Serves: 8

Ingredients

2 pound beef thinly sliced (flank steak is a deal but any cut will work)

1 can beef broth

 1/2 cup soy sauce

1/3 Cup brown sugar

1 tablespoon minced garlic

1 tablespoon sesame oil

2 tablespoons cornstarch

1 Bag frozen broccoli florets or 2 cups fresh broccoli

2 cups white or brown rice (optional)

Instructions

1.       Mix beef and sauce ingredients in a freezer bag

2.       Put broccoli in a separate gallon freezer bag

3.       Thaw bag of meat before adding to crockpot (or cook an additional 2 hours on low)

4.       With only half hour cook time remaining Remove quarter cup of sauce from crockpot and mixed with 2 tablespoons cornstarch and add broccoli

5.       Serve over white or brown rice (optional)

# **Beef stroganoff**

Recipe from: sidetrackedsarah.com

Cook time: 6-8 hours

Serves: 4

Ingredients

2 pounds of cubed beef stew meat or 4 cups of cooked ground beef

4 cans of cream of mushroom soup

1 cup chopped onion

2 tablespoons Worcestershire sauce

1/2 cup water

1 cup sour cream

2 tablespoons minced garlic

1 packet of onion soup mix

Egg noodles

Instructions

1.       Mix all ingredients in freezer safe bag (except egg noodles)

2.        Freeze as flat as you can

3.       Remove and defrost night before if possible

4.       put in crockpot on low for about 6 to 8 hours or if meat is pre-cooked 3 to 6 hours

5.       Serve over egg noodles

# **Enchilada casserole**

Recipe from: blogspot.com

Cook time: 35-45minutes

Serves: 4

Ingredients

1 large can of mild enchilada sauce

1 regular can of medium enchilada sauce

2 packages of shredded cheese

1 can diced chilies

1 pound of ground beef or turkey

14 corn tortillas

1 package of taco seasoning

 4-5 diced green onions

Cooking spray

Instructions

1.        Spray a casserole dish with cooking spray

2.        Brown meat and drain, once drained add taco seasoning and cook according to directions

3.        Cut 10 tortillas in half 4 coat tortillas with enchilada sauce

4.       Cover bottom of dish with tortillas

5.        Cover the tortillas in the dish with the seasoned meat evenly

6.       Spread Chili's over the meat evenly

7.       Top chilies and meet with one package of shredded cheese

8.       Spread onions over the top evenly

9.       Spoon remaining enchilada sauce over the top reserving enough to coat the remaining tortillas

10.   Add another layer of coated tortillas

11.   pour any remaining enchilada sauce on top of the tortillas

12.   Top the casserole with the other package of cheese

13.   Cover pan with heavy duty foil

14.   Freeze

15.   Preheat oven to 425 degrees and bake until the cheese is melted and bubbly, about 35-45 minutes

# **Taco pasta**

Recipe from: smartmoneymom.com

Cook time: 25 min

Serves: 4

Ingredients

1 pound ground beef

1 can black beans

1 can sweet corn

1 can of ro-tel tomatoes

1-10 ounce can crushed tomatoes

1 package of taco seasoning

1 onion

**When cooking**

2 cups of elbow noodles

Optional for topping cheddar cheese and sour cream

Instructions

1.       Place all ingredients but 3lbow noodles in labeled freezer bag

2.       Thaw up to 3 months

3.       Thaw in fridge overnight

4.       Place contents of the bag and elbow noodles in large skillet, bring to boil

5.        Reduce heat, cover, and simmer for approximately 10 minutes until pasta is softened

6.       Remove from heat and let it sit for 3-5 minutes to thicken

# **Tasty taco soup**

Recipe from: Pillsbury.com

Cook time: 25 min

Serves: 4

Ingredients

1 pound ground beef

1/4 cup sliced green onions

1 package old El Paso taco seasoning mix

1 can diced tomatoes undrained

1 cup frozen corn

1 cup water

1/2 cup finally shredded cheddar cheese

Instructions

1.       Mix in labeled freezer bag

2.       Freeze for up to 3 months

3.       To eat heat in large pot on stove top on medium heat until desired temperature or cook in the crock pot on low 3-4 hours

# **Easy crockpot meatloaf**

Recipe from: Stephanie Ertel

Cook time: 8 hours

Serves: 4-6

Ingredients

2eggs beaten

1/2 cup milk

2/3 cup breadcrumbs

1/2 chopped onion

1 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon sage

1 1/2 pound lean ground beef

Ketchup or barbecue sauce

Instructions

1.      Label freezer bags with cooking directions and date

2.      Mix together

3.      Place into freezer safe bags

4.      on cooking day put frozen meatloaf in crockpot cover with ketchup or barbecue sauce (use a little or as much as you want to) 5. Cook on low for 8 to 10 hours (our frozen meatloaf was ready in 8hours)

# **Hearty Beef Stew**

Recipe from: mommysavers.com

Cook time: 6-8 hours on low 3-4 hours on high

Serves: 4

Ingredients

1 lb stew meat, cubed

1 small-medium onion, chopped

2-3 celery, chopped

30 baby carrots, cut into chunks

1 cup frozen peas

8 baby red potatoes, cubed

1 (14.5 oz) can diced tomatoes

**Sauce**

1 (8 oz) can tomato sauce

1 (6oz) can tomato paste

1 clove garlic, minced

1 tsp. garlic and herb seasoning

1/8 tsp pepper

1 Tbsp beef bullion

Instructions

1.       Mix sauce ingredients in small bowl

2.       Add all other ingredients evenly between two labeled freezer bags

3.       Split sauce evenly between the two bags

4.       Freeze up to 3 months

5.       To eat add 1-2 cups water and ingredients of bag into slow cooker.

6.       Cook on low 6-8 hours, or high 3-4 hours (check meat with thermometer to be sure it is above 165 degrees)

# **Lasagna**

Recipe from: Tasha Losing

Cook time: 1 -1 ½ hours

Serves: 4

Ingredients

1lb ground beef

1 can pasta sauce

1 box lasagna noodles

1 (8oz) cottage cheese or sour cream

1 bag shredded cheese

½ cup chopped onion

Instructions

1.       Spray freezer pan with cooking spray

2.       Layer noodles, meat, cottage cheese/sour cream, until all ingredients are used

3.       Top with cheese

4.       Cover pan with tin foil

5.       Freeze

6.       To Eat, thaw in fridge and bake for 1 hour, or bake in oven froze leaving tinfoil on it will take about 1 ½ hours