

**The Ultimate Aldi Freezer Cooking Plan**  
**Thelittlefrugalhouse.com**

**Meals**

8 containers of Spaghetti (2 servings each)  
5 containers of Chili (2 servings each)  
3 packages of Salsa Chicken (2 servings each)  
2 containers of Beef Tacos (2 servings each)  
2 packages of Chicken Tacos (2 servings each)  
4 packages of Italian Chicken (2 servings each)  
5 packages of Honey Mustard Chicken (2 servings each)  
4 packages of Chicken Teriyaki (2 servings each)  
3 packages of Chicken Parmesan (2 servings each)  
2 packages of Ranch Chicken (2 servings each)  
2 packs of burgers (2 burgers in each bag)  
40 containers = 80 servings

**Ingredients**

8 lbs ground beef  
22 large chicken breasts  
15 8 oz cans tomato sauce (only size my Aldi had but they were only 25 cents!)  
2 cans diced tomatoes with basil, garlic, oregano  
1 can kidney beans  
1 can pinto beans

1 can Rotel

1/4 cup Masa

1 jar salsa

1 bottle Italian dressing

2/3 cup Soy Sauce

1/2 cup Brown Sugar

Dash - Hot Sauce

Dash - Worcestershire Sauce

1 bottle Dijon Mustard

1 container of Honey

2 Taco Seasoning Packets

1 Ranch Seasoning Packet

2 Green Onions

1 Lemon

4 eggs

Breadcrumbs

Grated Parmesan Cheese

Flour

Salt

Pepper

2 tbsp. Sesame Seeds

Garlic Powder

Onion Powder

Paprika

Basil Leaves

Dried Oregano

Cayenne Pepper

Ground Cumin

Crushed Red Pepper Flakes

Chili Powder

Lawry's Seasoning Salt (or other burger seasoning)

## Instructions

1. Start browning 4 lbs ground beef in large skillet.
2. Pour 14 cans of tomato sauce and 2 cans diced tomatoes into large pot to start the spaghetti sauce. Add a dash of hot sauce and worchestire sauce (I don't measure much, but I would say 2 tbsp. or so of each.) Add desired spaghetti spices. Add about 2 tbsp. of chili powder. I use about 1 tbsp. of garlic powder, onion powder, basil leaves, dried oregano, and about 1 tsp. of cayenne pepper. Mix and let simmer.
3. While beef is browning and spaghetti sauce is simmering, you can start the chicken meals. You will have to go back and forth from your chicken meals to check on ground beef and sauce, but I wanted to list all of the chicken meals together.
  1. Salsa Chicken - Place 2 small or 1 large chicken breast in freezer bag with 1/3 jar of salsa. Seal bag and label. For the two of us, we just eat 1 large chicken breast, so I made 3 bags.
  2. Italian Chicken - Cut 4 large or 8 small chicken breasts into tender pieces, place in freezer bag with 1/4 bottle of Italian dressing. Makes 4 bags.
  3. Honey Mustard Chicken - to make [The Pioneer Woman's Ranch Style Chicken](#) - mix 1 cup Dijon mustard, 1 cup honey, juice of 1 lemon, 1 tsp of paprika, 1 tsp of salt, and a sprinkle of crushed red pepper flakes in bowl. Slice 5 large chicken breasts in half lengthwise (create thinner pieces), place 2 pieces in freezer bag with 1/5 honey mustard mix. Makes 5 bags.
  4. Chicken Teriyaki - Mix 2/3 cup soy sauce, 1/2 cup brown sugar, 2 tbsp. sesame seeds, dash of salt and pepper, and 2 diced green onions. Cut 4 large chicken breast (or 2 small) into bite sized pieces. Divide chicken pieces into 4 freezer bags, divide soy sauce mix between bags, seal and label. Makes 4 bags.

5. Chicken Tacos - Place 2 large chicken breast (or 4 small) into 2 freezer bags. Mix 1 packet of taco seasoning with 2/3 cup of water and divide between 2 bags. Makes 2 bags.
  6. Parmesan Chicken - Whisk 4 eggs with a tsp of water in bowl. Mix 1/2 cup breadcrumbs, 1/4 cup grated parmesan cheese, 1/4 cup flour, salt, and pepper in another bowl. Cut 3 large chicken breasts in half lengthwise to create 6 thinner chicken breasts. Dip chicken in egg mixture, then breadcrumb mixture. Place 2 pieces in a freezer bag, seal, and label. Makes 3 bags.
  7. Ranch Chicken - Cut 2 large chicken breasts in half lengthwise to create 4 smaller breasts. Mix 1/3 cup breadcrumbs, ranch seasoning packet, and 1/4 cup flour together. Dip chicken pieces in egg mixture left from parmesan chicken, and then in breadcrumb mixture. Place 2 pieces in bag, seal, and label. Makes 2 bags.
- 
4. When beef is browned, drain grease, and add half (about 2 lbs) to the spaghetti sauce and stir.
  5. Add the other half of the browned beef to your next largest pot. This will be for the chili. I use [this recipe from Pioneer Woman](#). Add the remaining can of tomato sauce and spices: 2 tbsp. of chili powder, 1 tsp ground cumin, 1 tsp ground oregano, 1 tsp salt, 1/4 tsp cayenne pepper. Mix and let simmer (recipe says 1 hr, but I have done more and less.) while you finish the chicken meals. To finish the chili, mix 1/4 cup masa with 1/2 cup water and add to beef. Add the kidney beans, pinto beans, and rotel. Let simmer until ready to divide into containers.
  6. Brown 2 more lbs of ground beef for the beef tacos. When the beef is brown, drain the grease, and add the other taco seasoning packet mixed with 2/3 cup water. Simmer and divide into 2 containers when done.
  7. Pat out your burgers using the remaining 2 lbs of ground beef when you get done with the chicken meals. I use Lawry's seasoning salt and McCormick's GrillMates Montreal Steak Seasoning. I made 4 burgers and put 2 in a bag.
  8. Once all the chicken meals and burgers are made, you can divide your spaghetti sauce and chili into containers. Again we use 2 serving containers, so I had 8 containers of spaghetti and 5 containers of chili.
  9. Make sure everything is labeled and freeze.

## **To finish the meals:**

Spaghetti - Thaw sauce in fridge overnight, heat in small pot, boil noodles. Serve with side salad and French bread.

Chili - Thaw in fridge overnight, heat in small pot (or microwave if you're in a super hurry). Serve with cornbread or Fritos and shredded cheese.

Salsa Chicken - Thaw in fridge overnight, place in small crockpot in the morning on low. Serve with tortillas, shredded cheese, and pico de gallo.

Beef Tacos - Thaw in fridge overnight, heat in skillet or microwave. Serve with flour or corn tortillas, shredded lettuce, pico de gallo, and shredded cheese.

Chicken Tacos - Thaw in fridge overnight, place in small crockpot in the morning on low. Serve with flour or corn tortillas, shredded lettuce, pico de gallo, shredded cheese, and sour cream.

Italian Chicken - Thaw in fridge overnight, grill in skillet with small amount of oil until a glazed brown color. Serve with a side salad and fresh veggies.

Honey Mustard Chicken - [The Pioneer Woman's Ranch Style Chicken](#) - Thaw in fridge overnight. Heat oven to 400. Fry 2 pieces of bacon, set aside, keep small amount of bacon grease in skillet, grill chicken until glazed brown color. Place chicken pieces on baking sheet, topped with shredded cheese and bacon. Cook for 5-10 minutes, or until cheese is melted. Serve with roasted potatoes and green beans.

Chicken Teriyaki - Thaw in fridge overnight, place in skillet with small amount of oil. Serve with white rice and steamed broccoli.

Chicken Parmesan - Thaw in fridge overnight, cook in skillet with small amount of oil. Heat oven to 400 and place chicken on baking sheet when done with a slice of provolone cheese to melt. Serve with angel hair pasta and red sauce.

Ranch Chicken - Thaw in fridge overnight, cook in skillet with a small amount of oil. Serve with fresh veggies and a side salad.

Burgers - Thaw in fridge overnight and grill when ready. I love using potato buns!