

Monthly Freezer Cooking Plan

Make 111 Meals in 3 Hours

Thelittlefrugahouse.com

Here's what we're going to be making:

Breakfast Meals:

- 4 sausage, egg, and cheese burritos
- 6 sausage patties
- 24 muffins

Dinner Meals:

- 6 servings of beef stew
- 7 hamburger patties
- 1 pan of lasagna - 8 servings
- 12 servings of salsa chicken
- 8 servings of honey mustard chicken
- 10 servings of beef taco meat
- 8 servings of chili
- 18 servings of spaghetti sauce

Your shopping list:

If you shop at Aldi, I would grab as much there as you can so this can be a frugal freezer cooking session. I will list the prices of everything I got there.

Meat:

- 2 lbs of sausage - \$1.99/lb at Aldi
- 2 lbs of beef stew meat
- 14 lbs of ground beef
- 20 small chicken breasts or 10 large chicken breasts (We buy the large ones from [Zaycon](#). One chicken breast is 2 servings for us.)

Dairy:

- 2 dozen eggs - You won't use all - need about 16.
- Cheddar shredded cheese - 1/2 lb.
- Mozzarella shredded cheese - 1 lb. - \$2.49 at Aldi

- Cottage cheese - 3 cups - \$1.79 at Aldi

Produce:

- Potatoes - 3 or 4
- Baby Carrots
- Onion (if you like onion in your stew)
- Basil leaves

Grocery:

- 2 boxes of muffin mix - I grabbed blueberry and chocolate from Aldi for \$1.99 each.
- Pinto beans - \$1.05 at Aldi
- Kidney beans - \$.55 at Aldi
- 1 can of Rotel
- Dijon mustard - \$.89 at Aldi
- Honey
- 2 jars of salsa - \$1.49 at Aldi
- 2 12 oz cans tomato paste - \$.39 at Aldi
- Lasagna noodles - \$1.25 at Aldi
- Tortillas - 4
- Beef stock
- Parmesan cheese - 1/2 cup
- Taco seasoning - 2 packets
- 4 29 oz cans tomato sauce
- 5 14.5 oz cans diced tomatoes with basil and oregano
- hot sauce - just need a dash
- Worcestershire sauce - just need a dash

Seasonings/Spices:

- Burger seasoning - I love McCormick's Worcestershire Pub Seasoning and Lawry's Seasoning Salt
- Red Pepper Flakes
- Cumin
- Chili Powder
- Garlic Salt
- Onion Powder
- Basil Leaves
- Dried Oregano
- Cayenne Pepper
- Paprika

Other supplies/tools needed:

- Freezer Bags
- Freezer containers
- Large pan for lasagna and cover or aluminum foil
- Crock pot
- The largest skillet you own
- Another skillet
- 3 large pots
- Mixing bowls
- 2 Muffin tin pans
- Cutting board

And the monthly freezer cooking plan:

First off, you are not going to feel like cooking a regular dinner the same day you tackle this freezer cooking plan. For that reason, I suggest you put a pot of stew in the crock pot to cook all day, and it doubles as part of the plan!

1. Make stew in the crock pot.

Place your beef stew meat, 3 or 4 peeled potato chunks, a bag of baby carrots, and a container of beef stock in the crock pot. This will cook on low all day and be ready for dinner when you get home from work! Yum! Let your family serve themselves while you work on your freezer cooking. Place the leftovers in the fridge for extra meals

2. Start browning your ground beef.

Place 4 lbs of ground beef in your largest skillet and brown. This will be the meat for your spaghetti sauce and chili.

3. Start making your spaghetti sauce and chili.

On your two back stove burners, place your biggest pot (for spaghetti) and another large pot.

- For the spaghetti, add: 4 large cans tomato sauce, 3 cans diced tomatoes, dash of worchestire sauce, dash of hot sauce, and spices. I add garlic salt, chili powder, onion powder, basil leaves (fresh or dried), dried oregano, paprika, and a sprinkle of cayenne pepper. Mix everything up and let simmer on low.
- For the chili, add: 1 can pinto beans, 1 can kidney beans, 1 can rotel, 1 can diced tomatoes, 12 oz can tomato paste. I add cumin, chili powder, paprika, and a sprinkle of cayenne pepper. Mix everything and let simmer on low.

Once your beef is browned, drain, and add about 2 1/2 lbs to the spaghetti sauce and about 1 1/2 lbs to the chili. Mix and continue to simmer. These can just sit and simmer until you are done with everything else.

4. Cook your sausage.

While your beef is browning, you can cook your sausage in another skillet. Make 6 sausage patties, cook, and place on a paper towel to drain. Using the remaining sausage from the same package, brown into crumbles. Place the sausage crumbles on a paper towel to drain. You can place these in the microwave until you are ready to make your breakfast burritos.

5. Mix and bake muffins.

Preheat your oven to 425 (or the recommended temp on your mix), and mix your muffins. I love using reusable, silicone baking cups. Bake the muffins as directed on your mix. Set aside to cool when done.

6. Make taco meat.

While your muffins are baking, and you have a free skillet/burner, go ahead and brown 4 lbs. of beef for your taco meat. Drain the grease. Mix 2 packets of taco seasoning with about 2 cups of water and add to meat. Let boil, then reduce to simmer. Divide into 5 containers and let cool.

7. Cook your meat for the lasagna.

The next free burner you have, use your largest skillet to brown 3 lbs of beef and 1 lb of sausage. This will be your meat for the lasagna. Once browned, drain the grease, and add a 12 oz can of tomato paste (2 really wouldn't hurt) and a can of drained, diced tomatoes. Let this simmer and mix together.

8. Cook your lasagna noodles.

Once your taco meat is done, you should have a burner to cook your lasagna noodles. Set aside when done.

9. Assemble your chicken meals.

If you are waiting for your lasagna meat and noodles, go ahead and start assembling your chicken meals. These are super quick and easy.

- For the salsa chicken, place 2 small or 1 large chicken breast in a freezer bag, and add about 1/3 jar of salsa to the bag. Seal and label. Make 6 of these.

- For the honey mustard chicken, mix equal parts honey and Dijon mustard in a bowl, with a sprinkle of crushed red pepper (sorry I don't measure most things!). Place 2 small or 1 large chicken breast in a freezer bag, pour in enough honey mustard mix to lightly cover the chicken, seal, and label. Make 4 of these.

10. Make hamburgers.

When you are waiting for things to cook, go ahead and pat out your burgers. I made 7 burgers out of 3 lbs of ground beef. Sprinkle with seasoning and place in freezer bags.

11. Assemble your lasagna.

By this time, your lasagna meat and noodles should be ready. Make your cheese mix by mixing 3 cups of cottage cheese, 2 beaten eggs, and 1/2 cup of parmesan cheese. Cover the bottom of your baking dish with noodles, then add half of the cottage cheese mixture, sprinkle with shredded mozzarella cheese, add half of your meat mixture, then more noodles, the rest of the cottage cheese mix, shredded mozzarella cheese, and the rest of the meat mixture. Sprinkle with shredded mozzarella cheese and freshly chopped basil. Cover with aluminum foil. You can place this in the fridge to bake the next day, go ahead and bake it now, or freeze it to bake later.

12. Make your breakfast burritos.

Did you forget about the sausage in the microwave? Scramble 6 eggs, divide onto 4 tortillas, sprinkle with sausage crumbles and shredded cheddar cheese, and roll into burritos. Place in freezer bags and label.

13. Place everything in freezer bags and containers.

Divide your spaghetti sauce, chili, leftover stew, and taco meat into freezer containers. Place the muffins, breakfast burritos, and sausage patties into freezer bags. Then, find a place for everything in the freezer.

Here's how to finish the meals:

Breakfast Meals

- 4 sausage, egg, and cheese burritos - Thaw in the fridge overnight and heat in the microwave about 45 seconds
- 6 sausage patties - Thaw in the fridge overnight and heat in the microwave about 30-45 seconds. Serve with a muffin or with fruit!
- 24 muffins - Thaw in the fridge overnight and heat in the microwave about 30 seconds.

Dinner Meals:

- 6 servings of beef stew - Heat for about 2 minutes.
- 7 hamburger patties - Thaw in the fridge overnight, grill or cook in a skillet. Serve as a hamburger, hamburger steak, or cover with gravy.
- 1 pan of lasagna - 8 servings - From the fridge: Bake at 350 degrees for 30 mins, From frozen: thaw overnight, bake at 350 degrees for 30 mins.
- 12 servings of salsa chicken - Thaw in the fridge overnight, place in the crockpot to cook all day on low. Serve on tortillas with taco toppings.
- 8 servings of honey mustard chicken - Thaw in the fridge overnight, grill in skillet, top with bacon and cheese.
- 10 servings of beef taco meat - Thaw in the fridge overnight, heat in skillet or in microwave. Make tacos, nachos, or a taco salad with all of your favorite toppings.
- 8 servings of chili - Thaw in the fridge overnight, heat in pan or microwave. Serve with fritos and shredded cheese.
- 18 servings of spaghetti sauce - Thaw in the fridge overnight, heat in sauce pan, serve with noodles.