

Freeze it and Leave it

- 5 Suppers you can make ahead of your busy week

Busy week ahead? Why not prepare suppers ahead of time! Here are 5 budget-friendly and healthy suppers you can easily freeze, and then reheat them using a slow cooker or an oven.

Slow Cooker Roast Beef and Carrots Yields: 1 bag, 6 servings

SHOPPING LIST

- 2-pound boneless beef chuck shoulder roast
- 1 pound baby carrots
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One packet of store-bought taco seasoning (or this homemade mix: 1 tbsp chili powder, 1 tsp pepper, and 1/2 tsp of the following: salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, and garlic salt)
- 1 gallon-sized freezer bag

PREP

1. Label your freezer bag.
2. Add all ingredients to your freezer bag. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork and carrots are soft.
3. Shred beef and serve!



(www.newleafwellness.biz/2014/07/23/slow-cooker-beef-roast-carrots)

Slow Cooker Turkey Black Bean Chili

Yields: 1 bag, 4 servings

SHOPPING LIST

- 1 pound of ground turkey
- 825 mL can of tomato sauce
- 1 ¾ cup of black beans, drained, rinsed
- 1 ¾ cup of diced tomatoes, undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tbsp paprika
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 ½ tsp ground oregano
- ¼ tsp crushed red pepper flakes
- 3.7 liter-sized freezer bag

PREP

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on “low” setting for 6-8 hours.
3. Break apart turkey and stir.



(www.newleafwellness.biz/2013/02/13/slow-cooker-turkey-black-bean-chili)

Lemon Garlic Chicken

Yields: 1 bag, 4 servings

SHOPPING LIST

- 3-5 chicken breasts or 8-10 chicken thighs
- 2-3 cloves of garlic, minced
- 4 tbsp of olive oil
- 2 tbsp fresh chopped parsley
- 3 tbsp lemon juice
- ¼ tsp pepper
- 3.7 liter-sized freezer bag

PREP

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on “low” setting for 4-6 hours or bake at 350 F for 45-55 minutes.



(www.thechaosandtheclutter.com/archives/5-chicken-dump-recipes)

Vegetarian Fajitas

Yields: 8 Fajitas

SHOPPING LIST

- 3 roma tomatoes, diced
- 3 large peppers (any colour), seeded, sliced
- 1 medium onion, sliced
- 2 tsp cumin
- 2 tsp chili powder
- ½ tsp dried oregano
- ¼ tsp garlic salt
- 3.7 liter-sized freezer bag

PREP

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. Add all the ingredients with 1 tbsp with vegetable oil.
3. Cook on low for 4-6 hours.
4. Serve with warmed tortilla, black beans, & avocados.



(www.thepieperlife.blogspot.ca/2013/09/crockpot-vegetarian-fajitas.html)

Fried Rice

Yields: 6 servings

SHOPPING LIST

- 3.5 cups uncooked rice
- 1 1/2 tbsp vegetable oil
- 6-7 eggs
- package of frozen mixed vegetables (can use any vegetables you have like broccoli, cabbage, carrots, celery, onion, etc)
- 1/3 chicken broth (no salt added)
- 3.7 liter-sized freezer bag

COOK

1. Cook your rice according to package instructions. (Let the rice steam an additional 15 minutes after the heat is off)
2. In a bowl, beat the eggs with 2 tbsp of water. Place them place it on a skillet for 1-2 minutes and remove.
3. Heat vegetable oil on the skillet and add in your vegetables.
4. Add the rice and egg and stir fry everything while gradually adding the chicken broth.

FREEZE

You can add the cooked fried rice in a gallon-sized freezer bag (or in a 9x13 size pan covered in foil). When you want to eat it, take it out of the freezer and put it in the oven for 30-40 minutes at 350 F to heat through.



(www.happymoneysaver.com/frugal-food-fried-rice/)