

TOP 10 FREEZER MEALS SHOPPING LIST

SLOW COOKER CHICKEN AND CHEESE TAQUITOS:

MAKES: 4 SERVINGS (2 TAQUITOS PER PERSON)

- 1 pound (about 2 large) chicken breasts
- 1 package taco seasoning
- ¾ cup chicken broth (optional; can sub water)
- 2 ounces cream cheese
- ¼ cup salsa
- 8 (8-inch) whole grain tortillas
- 1 ½ cups shredded cheddar or pepper jack cheese
- Optional toppings: sour cream or plain Greek yogurt, guacamole

SLOW COOKER BBQ BEEF SANDWICHES

MAKES: 8 SERVINGS

- 1 (3-pound) boneless beef chuck roast
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 ½ cups BBQ Sauce (unless you want to make your own using [this recipe](#))
- 8 hamburger buns

CHICKEN PARMESAN CASSEROLE

MAKES: 4-6 SERVINGS

- 4 cups (1 ½ pounds) fully-cooked chicken, shredded or cubed (*Tip: Buy a Rotisserie chicken and shred it or look for precooked chicken in frozen section.*)
- 1 jar (25-28 ounces) marinara sauce
- ½ cup shredded or grated Parmesan cheese
- 1 ½ cups shredded mozzarella cheese
- 1 cup Panko or whole wheat dried bread crumbs
- 1 bunch parsley (only need ¼ cup chopped)

PORK TENDERLOIN WITH SEASONED RUB

MAKES: 4 SERVINGS

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground thyme
- 1 (1 ¼ pounds) pork tenderloin

PEANUT BUTTER AND BANANA BAKED OATMEAL

MAKES: 6-8 SERVINGS

- 3 cups quick cooking or regular rolled oats
- ¼ cup ground flaxseed
- 2 teaspoons baking powder
- ½ cup honey
- 1 cup milk
- 2 tablespoons butter
- ½ cup peanut butter (sub: almond butter)
- 2 eggs
- 2 teaspoons vanilla
- 3 ripe bananas, smashed
- ½ cup dark chocolate chips

BAKED ITALIAN MEATBALLS

MAKES: 4-6 SERVINGS

- 1 ½ pounds ground beef (sub: ground turkey)
- 1 cup whole wheat or Panko breadcrumbs
- 1 large egg
- 2 tablespoons milk
- 2 tablespoons tomato paste
- 1 bunch of parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried Italian seasoning

CONTINUES ON NEXT PAGE...

SOUTHWEST CHICKEN TENDERS

MAKES: 4 SERVINGS

- 1/3 cup apple cider or white vinegar
- 1 tablespoon chopped fresh cilantro or parsley
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 1/2 pounds chicken tenders

HAM AND CHEESE SLIDERS

MAKES: 8-10 SERVINGS

- 15-20 mini wheat rolls
- 1 pound all-natural deli ham
- 7 ounces Swiss cheese slices (sub: your
- ½ cup butter
- 1 tablespoon Worcestershire sauce
- 1 tablespoon poppy seeds
- 1/3 cup brown sugar (can cut back)

EASY BREAKFAST CASSEROLE MUFFINS

MAKES: 6 SERVINGS (2 MUFFINS PER PERSON)

- 3-4 pieces whole wheat bread
- 3-4 slices all-natural deli ham
- 1 cup shredded cheddar cheese
- 8 eggs
- 1 cup milk
- 2 teaspoons ground mustard
- Dried or fresh Parsley, as garnish (optional)

VEGETARIAN TORTILLA SOUP

MAKES: 8-10 SERVINGS

- 1 (32 ounce) box chicken or vegetable stock
- 1 (15 ounce) can refried beans
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can petite diced tomatoes (juice and all)
- 1 (4 ounce) can diced green chiles
- 1 (15 ounce) can of corn, drained
- Brown rice (Shortcut: 1 cup cooked rice)
- 1 cup salsa
- 2 tablespoons taco seasoning mix
- Optional Toppings: shredded cheddar cheese, jalapenos, sour cream or plain Greek yogurt, crushed tortilla chips

PANTRY STAPLES: *Be sure to always have these items on hand for our recipes.*

- Salt
- Pepper
- Sugar
- Olive oil
- Avocado oil (or another cooking oil)

Find more freezer meal recipes on ThrivingHome.org