

# 15 FREEZER MEALS IN 90 MINUTES

## SHOPPING LIST

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### Meat

7 1/2 lbs boneless, skinless chicken breasts  
(recipe calls for 2 1/2 lbs per meal,  
but I only used 2 lbs per freezer bag and it was fine)  
20 lbs chicken wings or drumsticks  
6 lbs ground beef  
6 lbs ground turkey  
24 lbs frozen chicken leg quarters

### Dairy

butter (2 sticks)

### Frozen

9 16 oz. bags frozen diced peppers, onion, and celery  
(this is referred to as “Seasoning Blend” in the book,  
but I haven’t been able to find it anywhere.  
I subbed bags of frozen onions and peppers only,  
and everything still tasted amazing)

### Pantry

3 14 1/2 oz cans diced tomatoes  
Parmesan cheese  
4 cans tomato paste  
24 ounces tomato sauce  
2 1/2 lbs rice  
6 cans diced tomatoes OR  
9 cans Rotel if you like spicier meals  
3 cans pineapple chunks  
chicken broth (1 1/2 cups)  
3 cans pinto beans  
3 cans of corn kernels

### Staples

water  
yellow mustard (9 tablespoons)  
apple cider vinegar  
paprika  
cayenne pepper  
mineral salt  
black pepper  
liquid smoke  
blackstrap molasses  
Super Sweet Blend or  
Pure Stevia Extract  
onion powder  
garlic powder  
dried rosemary  
dried parsley  
chili powder  
ground cumin  
creole seasoning  
nutritional yeast  
hot sauce

### Other

freezer ziplock gallon bags  
snack or sandwich size ziplock bags

### Produce

6 lemons





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## DIRECTIONS, PAGE 1

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Before your cooking session:

1. Check <http://workingathomeschool.com/2015/10/23/15-trim-healthy-mama-freezer-meals-in-90-minutes> for any updates or new notes on this cooking session.
2. Make sure you have all ingredients necessary.
3. Thaw the frozen chicken leg quarters just enough to break them apart and put into freezer bags. This is important for when you actually cook the chicken.
4. Thaw all of your ground turkey and ground beef so that they are ready to cook.

Cooking Day Directions:

1. Start cooking your brown rice. You'll need 6 cups of cooked rice for Cowboy Grub on page 59.
2. Start two pans cooking on your stovetop - one for ground beef, and one for ground turkey. You'll want to stir both of these pans from time to time. If you don't have giant skillet or pans, you'll need to cook the meat in batches.
3. Follow directions on page 43 **TRIPLING EACH INGREDIENT**, but separating them into three separate bags for Wipe Your Mouth BBQ. You'll make six freezer bags - three with chicken, and three with sauce (directions in step 2). On each bag, use a sharpie to write down the directions under "Freezer-to-Crock Prep" so that you'll know what you need to do on cooking day.
4. Stir the beef and turkey, and if you are cooking in batches, move the first batches to drain on paper towels if it's cooked all the way through (keep turkey and beef separate).
5. On page 51, follow directions for Lemon Herb Drummies under "Freezer-to-Crock Prep" **TRIPLING EACH INGREDIENT**, but separating them into three separate bags. On each bag, use a sharpie to write down the directions so that you'll know what you need to do on cooking day. I omitted the Not Naughty Rice because I didn't have any.
6. Stir the beef and turkey, or continue cooking raw meat until you get it cooked through if you are cooking in batches.

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## DIRECTIONS, PAGE 2

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7. Turn to page 163 to make Crispy Lickin' Chicken. For this recipe, you'll need three gallon size freezer bags and six smaller snack or sandwich size freezer bags. Since you've already broken apart the chicken pieces\*, you can separate the 24 pounds of leg quarters into three gallon freezer bags. Then take another three snack or sandwich size bags, and measure seasonings into each of the three small bags (don't forget that you are tripling the recipe, and you'll need to measure the ingredients listed out three times). Now you will need to measure the liquid smoke and hot sauce into another set of the three separate bags. To assemble these meals, put one seasoning bag and one liquid bag into each gallon bag with chicken. You can write the directions with a sharpie on each bag so you know what to do on cooking day. \*I learned from experience that since you are cooking the chicken from frozen, you have to make sure they aren't frozen into one large solid clump. If each piece is flash frozen (or if you separate them beforehand they should be fine).

8. If your ground beef and ground turkey are done by now (hopefully they are), turn to page 63 to make Slim Sloppy Joes, **TRIPLING EACH INGREDIENT**, but separating them into three separate bags. I followed the directions straight through for this one, and you don't need to freeze the meat separately from the other ingredients. Write the cooking directions down with a sharpie on each bag, flatten, and freeze. I just thawed this the day before we used it and reheated it in the skillet as directed. The day we served it, I made some quick Swiss Bread muffins and Light and Lovely Coleslaw (these recipes are in the THM cookbook, but the ingredients aren't included in your shopping list).

9. Turn to page 59 to make Cowboy Grub. Please remember that you need to **TRIPLE EACH INGREDIENT**, but separate them into three separate bags. Just add the ingredients to each bag, but don't bother to sauté anything. I just combined the frozen veggies with the ground turkey and all other ingredients in the ziplock bag. This is a great recipe because it freezes beautifully and tastes amazing when you thaw it. If you didn't have time to cook the rice before, you could always freeze it without the rice and just make the rice on your cooking day if you'd like to. I thawed the bag the day before I wanted to cook it. On cooking day, I put it all in a pan and heated it through. This is one of our favorite recipes, and we serve it with a spoonful of 0% Greek Yogurt on top.

10. You should be done! This freezer cooking session should leave you with 15 meals - 3 Wipe Your Mouth BBQ (E), 3 Lemon Herb Drummies (S), 3 Slim Sloppy Joes (S), 3 Cowboy Grubs (E), and 3 Crispy Lickin' Chickens (S). Now put your feet up, and enjoy a freezer full of healthy THM meals for the whole family!