

Prep Ahead Freezer Meals!

Cooking double portions of meals and freezing half is an awesome way to prep ahead. But what about meals that simply don't freeze well once cooked? That's what Freezer Meal Prep is all about! Simply add your chopped ingredients to a large baggie or container and freeze so it's ready for you days, weeks or even months in the future when you need that last minute ready-to-cook meal!

Lentil Soup

(serves 6)

Freeze Together:

- 2 cups cubed butternut squash
- 2 cups mirepoix (look for this already made blend of carrots, celery and onion at most stores)
- 1-2 cups chopped green beans
- 1 cup uncooked lentils
- 3 cloves garlic, minced
- 2 tsp. Italian seasoning blend
- ½ - 1 tsp. sea salt
- 4-5 cups vegetable broth or bone broth

Prepare from frozen:

- Crockpot on high for 6 hours.

Prepare after defrosted overnight:

- Simmer over low heat for 20-30 minutes.

Add after cooking:

- 1-2 cups chopped spinach or kale
- Splash red wine vinegar or lemon juice
- 1 avocado, diced on top to serve

Sweet Potato Stew

(serves 6)

Freeze Together:

- 3 cups chopped sweet potato
- 2 jalapenos, minced (optional)
- ½ onion, chopped
- 4 cloves garlic, minced
- 1 tsp. each: curry powder, turmeric, salt
- 1 can (14oz) fire roasted tomatoes
- 1 can (14oz) light coconut milk

Prepare from frozen:

- Crockpot on high for 5-6 hours.

Prepare after defrosted overnight:

- Simmer over low heat for 30-45 minutes.

Add after cooking:

- ¼ cup natural almond butter, warmed to thin consistency
- ½ cup chopped cashews
- 2 cups chopped kale
- 1-2 cups water to desired consistency

Beef Ragu

(serves 6-8)

Freeze Together:

- 1 cup mirepoix (use a ready-made mix)
- 2 lbs. flank steak, cut into pieces
- 6 cloves garlic, minced
- 1 tsp. salt
- 1 can (28oz) crushed tomatoes
- 1 tsp. thyme
- 2 bay leaves

Prepare after defrosted overnight:

- Crockpot on high for 6-8 hours.

Prep after cooking:

- Shred beef
- Serve on top of sautéed cauliflower rice or zucchini noodles.

Curry Chicken & Chickpeas

(serves 8)

Freeze Together:

- 2 lbs. boneless skinless chicken breasts
- 1 can rinsed chickpeas
- 1 jar favorite Yai's curry sauce
- 1 bag frozen bell pepper strips

Prepare from frozen or defrosted:

- Crockpot on high for 4-6 hours.

Prep after cooking:

- Shred chicken
- Serve over cauliflower rice
- Optional adds: roasted vegetables, cilantro, chopped cashews

Spicy Chicken

(serves 8)

Freeze Together:

- 1 Tbls. olive oi
- ½ onion, diced
- 2 cloves garlic, minced
- 1-2 chipotles in adobo sauce
- 1 tsp. each oregano and cumin
- 1 can (14oz) fire-roasted tomatoes
- ½ tsp. salt
- 2 lbs. boneless skinless chicken breasts

Prepare after defrosting overnight:

- Crockpot on high for 4 hours.

Ideas after cooking & shredding chicken:

- Over slaw salad
- In jicama taco shells
- With roasted bell peppers and onions for fajitas
- Over cauliflower rice with avocado

Vegan Taco Meat

(serves 6)

Bake Ahead & Freeze:

- 3 cups chopped cauliflower (florets)
- 2 cups walnuts
- 2 chipotles in adobo sauce
- 1 Tbls. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- Add to preference: lime juice, garlic powder, cayenne

Prepare:

- Pulse everything in food processor.
- Bake at 375 for 30 minutes.
- Freeze.

Ideas to serve after simply defrosting:

- On taco salad
- In jicama taco shells
- In lettuce leaves
- In a burrito bowl of cauliflower rice & roasted veggies

Pumpkin Chicken Chili

(serves 8-10)

Freeze Together:

- 3 lbs. diced chicken breasts
- 3 cups pumpkin puree
- 2 cups diced bell pepper
- 2 cups diced red onion
- 2 diced jalapenos (optional)
- 1 cup chicken broth
- 1 cup white wine (or more chicken broth)
- 1 can (28oz) diced tomatoes
- 6oz tomato paste
- 2 cloves garlic, minced
- 2 Tbls. each chili powder, pumpkin pie spice, cilantro
- 1 Tbls each cocoa powder and cinnamon
- 1 tsp. coriander
- 1 tsp. salt

Prepare from frozen:

- Crockpot on high for 6-8 hours.

Prepare after defrosted overnight:

- Simmer over low heat for 1 hour.

Broccoli Quinoa Casserole

(serves 6)

Freeze Together:

- 2 ½ cups uncooked quinoa
- 12oz broccoli florets
- 2 cups spinach
- ½ cup mozzarella cheese
- ½ cup parmesan cheese
- 2 Tbls pesto sauce
- ½ tsp. salt
- 4 cups vegetable broth or water

Prepare from frozen:

- Pour into a baking dish and bake at 400 for 30-35 minutes.
- OR: Crockpot on high for 3-4 hours