

Saturday Morning Shopping List

	Rio Rancho Taco Meat	Colorado Style Beef Enchiladas	Black Bean Tortilla Bake	Very Best Meatloaf	Cauliflower Mash	Calypso Salmon	Orange Teriyaki Chicken	Lemon Glazed Chicken	Total
Multiplier	6	6	6	6	3	4	2	3	
Total Servings	36	48	36	12 loaves	15	24	16	9	211
Protiens									
Ground Beef	9lbs	7.5lbs	6lbs	3lbs					25.5
Ground Pork				3lbs					3
Ground Veal				3lbs					3
Salmon						8lbs			8
Boneless Skinless Chicken Breasts							16	5	21
Produce									
Medium Onions	6	6	3c	6			1		21
Monterey Jack cheese, grated		6lbs							6
Garlic Cloves	8			12		16	8		44
Low-fat Cream Cheese			18oz		4oz				22
Cauliflower heads					6				6
Fresh Ginger - chopped						1/4c			1/4c
Cilantro - finely chopped						3c			3c
Lemon Juice								1c	1c
Misc									
Ketchup				1.5c					1.5c
Breadcrumbs				3c					3c
Sauces									
Soy Sauce						2c	.5c	.5c	3c
Freezer									
6oz can of Orange Juice Concentrate							2 cans		2
Spices, Oils, Baking									
Taco Seasoning	6pkgs	5pkgs							11pkgs
Vegetable Oil		x							
Brown Sugar	3T								3T
RED PEPPER!! - ground	1.5t								1.5t
Chili Powder			2T						2T
Cumin			2T						2T
Thyme				2T					2T
Ginger - ground							2t		2t
Red pepper sauce?							2t		2t
Honey								1.5c	1.5c
Canned Goods									
6-8oz can green chile salsa		6							6
Corn Tortillas		72							72
Flour Tortillas - fajita size			36						36
15oz - can mild red chile enchilada sauce		6							6
15oz - can medium green enchilada sauce		6	2						8
Medium Salsa	6c								6c
4oz can diced green chiles	6	6	6						18
15oz - can Black Beans			6						6
16oz - can Stewed Tomatoes (mexstyle)			6						6
Milk, Eggs, Butter									
sour cream		2c			1.5c				3.5c
Milk		2c		2c					4c
Eggs				6					6
butter								.75c	.75c
Alcohol									
Amber Beer						24oz			24oz

*garlic press

*stock on all oils: canola, evoo, vegetable

Rio Rancho Taco Meat

Great for tacos, burritos, taco salad, or nachos

	x3	x6	x9
1 medium onion, diced	3	6	9
1½ lbs. ground beef	4½ lbs	9 lbs	13½ lbs
1 cup mild or medium salsa	3c	6c	9c
4–5 T. taco seasoning* or 1 pkg. taco seasoning	¾c (3 pkgs)	1½c (6 pkgs)	2¼c (9 pkgs)
1½ t. brown sugar	4½t	3T	½c
1–4 oz. can diced green chiles	3	6	9
1 t. garlic powder or 2 cloves fresh, minced garlic	1T (4)	2T (8)	3T (12)
½ t. salt	1½t	1T	4½t
¼ t. pepper	¾t	1½t	2¼t
¼ t. red pepper, ground or flakes	¾t	1½t	2¼t
¾ cup water	2¼c	4½c	6¾c

* Larger quantities of taco seasoning are available at warehouse clubs such as Sam's and Costco.

Original recipe yields

4–6 servings

Cooking day instructions

Brown onion and ground beef until no longer pink. Drain any excess grease. Add salsa, taco seasoning, brown sugar, green chiles, garlic, salt, pepper, and red pepper. Stir until well mixed. If you like your meat hotter, add more ground red pepper or flakes to taste. Add the water and simmer on low for 30–45 minutes until mixture has thickened and spices have had time to blend. If meat mixture is too thick, add more water and adjust seasonings. Cool. Freeze in meal-size portions, using freezer bag method.

Serving day instructions

Thaw meat mixture or defrost in microwave. Heat through and serve in taco shells or soft, warm tortillas. Top with cheese, lettuce, sour cream, or any of your favorite toppings.

Colorado Style Beef Enchiladas

A classy layered enchilada dish

	x3	x6	x9
1¼ lb. lean ground beef	3¾ lbs	7½ lbs	11¼ lbs
1 medium onion (about ¾ c.), diced	3	6	9
3–4 T. taco seasoning	9–12T	18–24T	27–36T
½ t. salt, or to taste	1½t	1T	4½t
¼ t. pepper, or to taste	¾t	1½t	2¼t
1 small can mild green chiles, chopped	3	6	9
1–6–8 oz. can green chile salsa (any picante or salsa may be substituted)	3	6	9
¼–½ cup water	¾–1c	1½–2c	2¼–3c
Vegetable oil, for quick frying			
12 corn tortillas	36	72	108
1 lb. cheddar or Monterey Jack cheese, grated	3 lbs	6 lbs	9 lbs
Sauce			
1–15 oz. can mild red chile enchilada sauce	3	6	9
1–15 oz. can medium green enchilada sauce (mild green sauce may be substituted)	3	6	9
½ cup sour cream	1c	2c	3c
3 T. cream or milk	9 T	1c + 2T	1½c + 3T

Original recipe yields

6–8 servings

Cooking day instructions

Brown meat and diced onion in skillet on medium heat. While meat is browning, prepare sauce (see below). Drain meat and return to pan; add dry taco seasoning, salt, pepper, green chiles, green chile salsa, and ¼–½ c. water. Mix well, cover, and simmer on very low heat for 15 minutes. Check meat mixture to see if most of the water has been absorbed. The meat should remain moist. Adjust seasonings at this point (if desired). Cover and keep warm.

For sauce: In medium bowl, combine red and green enchilada sauces, sour cream, and cream or milk. Whisk together until well blended and smooth. (More sour cream or milk may be added if you prefer a less intense sauce.)

In a smaller pan, add 3–4 T. oil and heat over medium heat until hot. Using metal tongs, work quickly and dip each side of a corn tortilla in hot oil (not more than 1–2 seconds per side). Promptly place tortilla on plate lined with paper towels to drain excess oil. Repeat with remaining corn tortillas, adding extra oil to pan as needed.

To assemble: In lined 9x13 baking dish, pour $\frac{3}{4}$ c. of sauce on bottom of dish to cover. Place a single layer of corn tortillas on sauce. Top with a layer of half the meat mixture, then sprinkle with cheese. Repeat tortilla, meat, and cheese layers. Pour remaining sauce over layers and top with cheese. Cool enchiladas completely. Freeze, using foil and plastic wrap method.

Serving day instructions

Thaw completely. Bake at 350 degrees for 18–20 minutes or until cheese is bubbly and heated through. Serve with shredded lettuce and diced tomatoes, and top with sour cream and/or guacamole.

Telluride Black Bean Tortilla Bake



A great dish for a casual get-together with friends

	x3	x6	x9
1 lb. ground beef*	3 lbs	6 lbs	9 lbs
½ cup chopped onion	1½c	3c	4½c
1–15 oz. can black beans, drained and rinsed	3	6	9
1–16 oz. can stewed tomatoes (Mexican style)	3	6	9
½ cup enchilada sauce (mild or medium)	1½c	3c	4½c
1 t. chili powder	1T	2T	3T
1 t. cumin	1T	2T	3T
¼ t. pepper	¾t	1½t	2¼t
6 flour tortillas, fajita-size	18	36	54
3 oz. low-fat cream cheese, softened	9oz	18oz	27oz
1–4 oz. can diced green chiles, drained	3	6	9

Serving Day

½–1 cup shredded Monterey jack or cheddar cheese

*Ground turkey or buffalo meat can be substituted for ground beef.

Original Recipe Yield

4–6 servings

Cooking Day

Brown ground beef and onion in a large skillet; drain fat. Put stewed tomatoes into a blender (or food processor) and blend just long enough to break up large tomato pieces. Add to skillet with meat. Stir in black beans, enchilada sauce, chili powder, cumin, and pepper. Bring to a boil, cover, and simmer about 10 minutes. Remove from heat and let cool.

Spread one side of tortillas with cream cheese, topping with green chiles. Fold tortillas in half over cream cheese. Pour half of the cooled meat sauce into the



bottom of a lined 7 x 11 baking dish. Arrange the folded tortillas over the sauce, overlapping if necessary. Pour the remaining sauce over the tortillas. Freeze, using foil and plastic wrap method.

Serving Day

Return the unwrapped meal to original baking dish and thaw to a slushy state. Cover dish with foil and bake in 350 degree oven for 20–30 minutes, until heated through. Uncover and sprinkle cheese on top; bake for 5 more minutes or until bubbly.

Very Best Meatloaf

*This is **not** your mom's meatloaf!*

	x3	x6	x9
1 T. oil	3T	6T	9T
1 small onion, chopped	3	6	9
2 cloves of garlic, minced	6	12	18
1 t. thyme	1T	2T	3T
½ cup milk	1c	2c	3c
1 egg	3	6	9
¼ cup ketchup	¾c	1½c	2 ¼c
½ cup bread crumbs	1½c	3c	4½c
1¼ t. salt	3¾t	7½t	3T + 2t
½ t. pepper	1½t	1T	4½t
½ lb. ground beef	1½ lbs	3 lbs	4½ lbs
½ lb. ground pork	1½ lbs	3 lbs	4½ lbs
½ lb. ground veal	1½ lbs	3 lbs	4½ lbs

Original recipe yields

2 loaves

Cooking day instructions

Heat oil and cook onion until soft, about 5 minutes. Add garlic and thyme and cook 1 minute more; set aside. Combine milk, egg, and ketchup. Stir in bread crumbs, salt, and pepper. Crumble in meats and add onion mixture. Stir until well combined. Freeze meat into loaves, using the foil and plastic wrap method.

Serving day instructions

On serving day, thaw loaf and place in baking dish. Bake at 350 degrees for 1½ hours. If desired, mix ½c. ketchup and 2T. brown sugar to create sauce and pour over meatloaf for last ½ hour of baking time.



Hint

Ground veal can usually be found prepackaged in 1-pound rolls in the meat department. Sometimes it is prefrozen, which will not affect quality or taste. Defrost the veal slightly and continue to mix with ingredients as directed.

Substitution

Ground turkey can be substituted for either the pork or veal.



By: [Ginger Redeker](#)

[Main Page](#)

Cauliflower Mash

Recipe:

6 C. Cauliflower (Approx. 2 Heads)
½ C. Fat Free Sour Cream
1/8 C. Fat Free Cream Cheese
1/8 C. Low Sodium Chicken Broth
Salt And Pepper To Taste



Optional:

¾ C. Fat Free Cheddar Cheese Or Parmesan Cheese
1 Tsp. Paprika

*Top with Low Sodium Molly Mc Butter or "I Can't Believe It's Not Butter Spray"

Directions:

Pre Heat oven to 400 degrees. Trim hard stems and leaves from cauliflower. Cut flowerets from stem (discard stem) and place in rolling boil of salted water for 15 minutes until tender. DRAIN WELL.

Place hot cauliflower in food processor with large blade. Pulse the cauliflower while adding fat free cream cheese, chicken broth and fat free yogurt. Add salt and pepper to taste. Spoon the cauliflower mash into oven-proof casserole dish sprayed with non stick cooking spray and if you want, sprinkle the top with cheese.

Dash the top of casserole with paprika. Place in oven for 5 - 8 minutes until cheese has melted. Serve hot and top with Molly Mc Butter or "I Can't Believe It's Not Butter Spray."

Servings: 10 1/2 cup servings



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Calypso Salmon



Serve with rice and an assortment of grilled vegetables

	x2	x4	x6
2 lbs. fresh salmon	4 lbs	8 lbs	12 lbs
6 oz. amber beer (not light beer)	12oz	24oz	36oz
1 T. fresh ginger, chopped	2T	¼c	¼c + 2T
4 large cloves of garlic, minced	8	16	24
½ cup soy sauce	1c	2c	3c
¾ cup finely chopped cilantro	1½c	3c	4½c

Original Recipe Yield

4–6 servings

Cooking Day

Place fish in a large freezer bag. Mix remaining ingredients and pour over salmon. Freeze, using freezer bag method.

Serving Day

Thaw salmon completely before cooking. Discard marinade. Grill salmon over medium heat on foil that has been sprayed with cooking spray. Salmon may also be grilled on an oiled stovetop griddle pan or broiled in the oven 4 inches from heat, 5 minutes per ½ inch thickness or until fish flakes.

Lighter Fare Nutritional Information (per serving): Calories 377; Total Fat 15.4g; Cholesterol 134mg; Sodium 904mg; Total Carbohydrates 4.5g; Fiber .03g; Protein 50.4g



Lemon Glazed Chicken Breasts

Especially good served with wild rice and mixed greens

	x3	x6	x9
3 boneless, skinless chicken breast halves	9	18	27
½ cup flour	1½c	3c	4½c
½ t. pepper	1½t	1T	4½t
¼ cup butter, melted	¾c	1½c	2¼c
¼ cup honey	¾c	1½c	2¼c
¼ cup lemon juice*	½c	1c	1½c
1 T. soy sauce	3T	¼c + 2T	½c + 1T

* The measurements for the lemon juice in the quantity table are correct. The flavor of acidic ingredients is intensified when a recipe is made in large quantity. The recipe has been adjusted to accommodate this.

Original recipe yields

3 servings

Cooking day instructions

Pound chicken breasts to ½-inch thickness. Mix flour and pepper together. Dredge chicken through flour mixture. Lay breasts flat on cookie sheet, cover with plastic wrap, and flash freeze for one hour.

Mix together butter, honey, lemon juice, and soy sauce. Place in quart-size freezer bag (mixture will be watery). Freeze glaze, using freezer bag method. Place frozen chicken breasts in separate freezer bag and freeze.

Serving day instructions

Allow chicken breasts and glaze to thaw. Place chicken in baking dish, pour glaze over chicken breasts, and bake at 350 degrees for one hour. Glaze will thicken as it cooks.

Orange Teriyaki Chicken

Great on the grill!

	x2	x4	x6
¼ cup soy sauce	½c	1c	1½c
3 T. chopped onion	6T	¾c	1c + 2T
2 cloves garlic, minced	4	8	12
1 T. olive or canola oil	2T	¼c	¼c + 2T
½ t. ground pepper	1t	2t	1T
½ t. ground ginger	1t	2t	1T
½ t. red pepper sauce	1t	2t	1T
1-6 oz. can orange juice concentrate	12oz	24oz	36oz
8 boneless, skinless chicken breasts	16	32	48

Original recipe yields

8 servings

Cooking day instructions

Combine all ingredients except chicken. Place chicken breasts in freezer bag and pour marinade over chicken. Freeze, using freezer bag method.

Serving day instructions

Thaw chicken breasts. Grill 4–6 inches from the heat source for 35–40 minutes.

How Long Will It Keep?

Your goal should be to have a constant rotation of meals going into and coming out of your freezer. However, there will be times when a meal is in the freezer for a number of months and you question whether or not it is still good or safe to eat.

By following the packaging directions given in this book, you will maximize the length of time your meals will taste fresh and remain free from freezer burn. In general, after meals have been in your freezer for more than three to six months, they begin to lose premium texture and flavor. Although these meals do not pose a health risk when eaten, they may not have the optimal quality they had when you first prepared them.

The following chart provides general guidelines for optimal freezing times.

Meals

Cooked meat and poultry in sauces (e.g., Chicken Pot Pies, Beef Stroganoff)	5–6 months
Uncooked meat and poultry in sauces or marinades (e.g., Cranberry Chicken, Teriyaki Steak)	see Raw Meats
Spaghetti sauce, chili, soups, stews	5–6 months
Quiche	3 months

Raw Meats

Roasts	beef	7–9 months
	pork	4–6 months
Steaks	beef	7–9 months
	pork	2–3 months
Pork chops, ribs		2–3 months
Ground beef		3 months
Chicken		10 months
Turkey	whole	6 months
	parts	4–6 months

Don't Panic—
DINNER'S
in the **Freezer**

Great-Tasting Meals You Can Make Ahead



**Susie Martinez, Vanda Howell
& Bonnie Garcia**