

12 Delicious Freezer Meals in 2.5 Hours

Free recipes and grocery list provided below

Recipe List (I doubled each recipe for a total of 12 meals)

1. [Easy Baked Mac 'n Cheese](#)
2. [Lasagna Roll-Ups](#)
3. Skillet Creamy Parmesan Penne
4. Crockpot Creamy Potato Soup
5. Crockpot Black Bean Chili (modified from [this recipe](#))
6. [Baked Brown Sugar Meatloaf](#) (small pans)

Time-Saving Tip: Prepare meals that need to be cooked before freezing (Recipes 1, 2, and 4) before the meals that can be frozen without any cooking ahead of time. This will give the cooked meals time to cool before placing in the freezer.

1. Easy Baked Mac 'n Cheese

Recipe from [New Leaf Wellness](#)

Yields: 8 servings (I doubled this recipe and made four cake pans)

Ingredients

- 1lb box of elbow macaroni
- 1 pound white New York extra sharp cheddar cheese, shredded (about 6 cups – please shred your own for the best result) – divided
- 1 stick unsalted butter
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 4 cups 2% milk (or whatever you have on-hand)

Materials

- 9”x13” aluminum or disposable casserole dish (Or two 9-inch round cake pans)
- plastic wrap
- aluminum foil

To Freeze and Cook Later

1. Cook macaroni according to directions on package.
2. Start cooking the cheese sauce by melting butter in a non-stick saucepan. (You’ll want to use a non-stick pan so the sauce doesn’t burn and stick to the bottom of the pan.) Add flour, salt, and onion powder and stir until it forms a paste. Add milk and bring to a boil. Let boil for one minute or until sauce thickens.
3. Remove from heat and add 4 cups shredded cheese. Stir until cheese melts. Combine with cooked macaroni.
4. Pour into 9×13 pan and cool.
5. Top with remaining 2 cups of shredded cheese.
6. Cover with layers of plastic wrap and foil. Fill out freezer label and stick to top. Freeze for up to 3 months.

To Cook

1. Pre-heat oven to 350 degrees F.
2. Uncover and bake for 60-90 minutes or until mac ‘n cheese is hot and bubbly. (To shorten cooking time, thaw overnight in refrigerator.)

Serve with steamed broccoli.

2. Lasagna Roll-Ups

Recipe from [New Leaf Wellness](#)

Yields: 4-6 servings (I doubled this recipe and made two pans)

Ingredients

- 2 large eggs
- 15oz container of part-skim ricotta cheese
- 1/2 cup freshly shredded parmesan cheese
- 8oz mozzarella cheese, freshly shredded and divided (about 2 cups)
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 24oz jar of your favorite pasta sauce
- 12 lasagna noodles (You only need 9, but I recommend cooking extra in case any of the noodles break or stick together. A 1 lb box of lasagna noodles typically contains 19-20 pieces, so if you decide to double this recipe you'll need to buy two.)

Materials

- 9"x9" square aluminum or disposable pan
- waxed paper
- aluminum foil

To Freeze and Cook Later

1. Prepare 9"x9" casserole dish by spreading 1/2 cup of sauce on the bottom of it.
2. In a large pan on your stovetop, cook lasagna noodles according to directions on box (until the noodles are uniform in color). Add 1-2 tablespoons olive oil to help prevent sticking.
3. While noodles are cooking, create cheese spread in a medium-sized bowl by combining eggs, ricotta cheese, parmesan cheese, half of the mozzarella cheese, parsley flakes, salt, and pepper.
4. After noodles are finished cooking, strain them and arrange them on waxed paper in assembly line. (You'll need to do this quickly before the noodles stick together. Rinse noodles under cold water to make them easier to pick up.)
5. Top each noodle with 1/4 cup cheese spread and 1 rounded tablespoon of sauce.
6. Roll up each noodle and place in prepared pan. (It's OK if some of the cheese spread and sauce oozes out the sides. Since you're assembling on waxed paper, the clean-up will be super easy.)
7. Top roll-ups with remaining sauce and mozzarella cheese.
8. Cover with layers of waxed paper and foil. Fill out freezer label and stick to top. Freeze for up to 3 months.

To Cook

1. Preheat oven to 350°F.
2. Remove waxed paper.

3. Cover with foil and bake for 90 minutes. Uncover and bake for 30 additional minutes or until hot and bubbly. (You can cut down on the cooking time by thawing overnight in your refrigerator.)

Serve with salad and garlic bread.

3. Skillet Creamy Parmesan Penne

Recipe from [New Leaf Wellness](#)

Yields: 6 servings (I doubled this recipe and made two bags)

Ingredients

- 16oz heavy cream (2 cups or 1 pint)
- 4 cloves of garlic, minced
- 1 cup fresh parmesan cheese, shredded
- 1 teaspoon parsley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1-pound box uncooked penne pasta (about 5 cups)
- 2 tablespoons olive oil
- 32oz low sodium vegetable broth (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and use-by date (which would be 3 months from the prep date).
2. Add all ingredients to freezer bag (except broth), seal, and freeze up to three months.

To Cook

1. Thaw.
2. Pour ingredients into a large non-stick pot, sauté pan, or skillet. Add vegetable broth.
3. Bring to boil. Reduce heat and simmer for 10 minutes or until pasta is cooked, stirring occasionally.

Top with toasted pine nuts and serve with a salad.

4. Crockpot Creamy Potato Soup

Recipe from [New Leaf Wellness](#)

Yields: 8 servings (I doubled this recipe and made two bags)

Ingredients

- 3 pounds russet potatoes, peeled and cut into 1-inch chunks (about 9 small potatoes)
- 4 medium-sized stalks of celery, diced (about 1 cup)
- 2 small yellow onions, diced (about 2 cups)
- 4 garlic cloves, minced
- 8oz frozen broccoli florets
- 1/2 teaspoon pepper
- 12oz can of evaporated milk with vitamin A (not needed until day of cooking)
- 4 cups low-sodium vegetable broth (not needed until day of cooking)
- 4 cups water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except evaporated milk, vegetable broth, and water). To keep potatoes from browning, chop them last and add them to the top of your freezer bag. (NOTE: Some people have told me that raw potatoes turn black in their freezer so I parboiled the potatoes for my friend's freezer bag by peeling them, chopping them, and boiling for 3-5 minutes. Cool before freezing. I froze mine raw because it never seems to be a problem for me.)
3. Remove as much air from freezer bag as possible, seal, and lay flat in your freezer.

To Cook

1. Pour contents of freezer bag into your crockpot and add vegetable broth and water. (Since this recipe contains raw potatoes, I do not recommend thawing it. It is a meat-free dish, so adding it to your slow cooker raw is perfectly safe.)
2. Cook in slow cooker on "low" setting for 8 hours or until potatoes are soft.
3. Stir in evaporated milk and continue to cook 5 minutes or until heated through.
4. Mash some of the potatoes by hand (optional).

Serve with your favorite baked potato toppings, like shredded cheddar cheese, green onions, and chopped bacon.

5. Crockpot Black Bean Chili

Recipe modified from [New Leaf Wellness](#)

Yields: 6 servings (I doubled this recipe and made two bags)

Ingredients

- 1 pound lean ground beef
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 1 tablespoon light brown sugar (optional)
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and use-by date (which would be 3 months from the prep date).
2. Add all ingredients to freezer bag, seal, and freeze up to three months.

To Cook

4. Thaw.
5. Cook on “low” setting in slow cooker for 6-8 hours.
6. Break apart ground beef and stir.

Serve with shredded cheese and tortilla chips.

6. Baked Brown Sugar Meatloaf

Recipe from [New Leaf Wellness](#)

Yields: 6 servings (I doubled this recipe and made three small pans, 8 x 3 7/8 x 2 15/32" each)

Ingredients

- 2 pieces of bread
- 1 1/2 pounds lean ground beef
- 1/2 cup 2% milk (or whatever you have on-hand)
- 2 large eggs
- 1 package onion soup mix
- 3/4 cup Italian-seasoned breadcrumbs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground ginger
- 1/4 cup light brown sugar
- 1/2 cup Simply Heinz ketchup
- 1/2 teaspoon Worcestershire sauce
- Cooking spray

Materials

- 9"x5" loaf pan
- Plastic Wrap
- Aluminum foil

To Freeze and Cook Later

1. Prepare 9"x5" loaf pan by coating with cooking spray and placing two slices of bread at the bottom of the pan. (The bread will absorb the grease from the cooked meatloaf.)
2. In a large mixing bowl, combine beef, milk, eggs, onion soup mix, breadcrumbs, salt, pepper, and ground ginger. Spoon into prepared pan.
3. In a small bowl, combine brown sugar, ketchup, and Worcestershire sauce. Spread on top of meat mixture in pan.
4. Cover with layers of plastic wrap and foil. Add freezer label and freeze for up to 3 months.

To Cook

1. Preheat oven to 350° F.
2. Uncover and bake for 90 minutes to 2 hours, or until middle is cooked through. (To shorten the cooking time, defrost the meatloaf overnight in your refrigerator the night before you're going to cook it.)

Cut bread from bottom of meatloaf and enjoy!

Serve with green beans and stuffing.

Grocery List for All 12 Meals

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 6 pounds russet potatoes (about 18 small potatoes) (4)
- 8 medium-sized stalks of celery (about 2 cups) (4)
- 4 small yellow onions (about 4 cups) (4)
- 20 garlic cloves (2 bulbs) (3, 4, 5)

Spices and Seasonings

- 7 teaspoons salt (1, 2, 3, 6)
- 1 teaspoon onion powder (1)
- 2 tablespoons + 2 tsp dried parsley flakes (2, 3)
- 3 1/2 teaspoons pepper (2, 3, 4, 6)
- 2 tablespoons paprika (5)
- 2 tablespoons chili powder (5)
- 4 teaspoons ground cumin (5)
- 3 teaspoons ground oregano (5)
- 1/2 teaspoon crushed red pepper flakes (5)
- 1/2 teaspoon ground ginger (6)
- 2 packages onion soup mix (6)

Meat/Cold

- 9 cups 2% milk (72 ounces or 2 quarts) (1, 6)
- 2 pounds white New York extra sharp cheddar cheese (32oz) (1)
- 2 sticks unsalted butter (1)
- 8 large eggs (2, 6)
- 2 containers (15oz each) part-skim ricotta cheese (2)
- 3 cups freshly shredded parmesan cheese (2, 3)
- 16oz mozzarella cheese (2)
- 32oz heavy cream (4 cups or 1 quarts) (3)
- 5 pounds lean ground beef (5, 6)
- 3 1/3 cup frozen corn (1lb bag) (5)
- 16oz bag frozen broccoli florets (4)

Italian

- 2 boxes (1lb each) elbow macaroni (1)
- 2 jars pasta sauce (24oz each) (2)
- 24 lasagna noodles (2 boxes) (2)
- 2 boxes (1lb each) dry uncooked penne pasta (3)
- 2 cans of petite diced tomatoes (14.5oz) (5)
- 2 cans of tomato sauce (28oz each) (5)

Baking

- 1 cup all-purpose flour (1)
- 1/2 cup + 2 tablespoons light brown sugar (5, 6)
- Cooking spray (6)

Materials

- 6 gallon-sized plastic freezer bags
- Two 9"x13" aluminum or disposable casserole dishes (or four 9-inch round cake pans)
- Two 8"x8" lasagna pans
- Two 9"x5" loaf pans
- Aluminum foil
- Plastic wrap
- Waxed paper

Miscellaneous

- 64oz low sodium vegetable broth (3)
- 4 tablespoons olive oil (3)
- 4 cans of black beans (15oz each) (5)
- 4 pieces of bread (6)
- 1 1/2 cups Italian-seasoned breadcrumbs (6)
- 1 cup Simply Heinz ketchup (6)
- 1 teaspoon Worcestershire sauce (6)

Not Needed Until Day of Cooking

- 2 cans evaporated milk with vitamin A (12oz each) (4)
- 8 cups low-sodium vegetable broth (4)
- Suggested Side Dishes
 1. Easy Baked Mac 'n Cheese – steamed broccoli
 2. Lasagna Roll-Ups – salad and garlic bread
 3. Skillet Creamy Parmesan Penne – pine nuts and salad
 4. Crockpot Creamy Potato Soup – shredded cheddar cheese, green onions, and chopped bacon
 5. Crockpot Black Bean Chili – shredded cheese and crushed tortilla chips
 6. Baked Brown Sugar Meatloaf – green beans and stuffing