

# Welcome to the Virtual Freezer Meal Party

**Co-hosted by:**



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# Shopping List

## **Meat**

3 Whole chickens  
3 lbs Bacon

## **Non-Perishables**

2 cans Cream of chicken condensed soup (2x 284 ml)  
2 jars Spaghetti Sauce, plain  
2 lbs Elbow macaroni (900 g)

## **Produce**

2 Yellow onions (or 2 cups, diced)  
3 Lemons  
12 Russet potatoes

## **Seasonings**

Black pepper  
Salt  
2 tbsp Dried thyme (or small batch fresh)

## **Dairy**

4 cups Sour cream (2x 500g)  
2 cup Butter melted  
20 cups Cheddar cheese, grated (2250 g)  
1 cup Milk  
24 oz Cream cheese (3x 8oz packages)  
1 cup Half and half  
1 cup Parmesan cheese

## **Misc.**

2 cups olive oil  
4 cups Cornflake cereal  
2 pkg Frozen hash browns (2x 1kg)  
1 Egg  
3 pkg Tortellini, or other stuffed pasta

# Suggested Tools

- Large freezer safe ziplock bags
- Variety of casserole dishes or disposable aluminium foil pans (with lids if possible)
- Foil
- Small and large frying pan
- Large pot to cook pasta
- Large mixing bowl
- Cookie sheet (s)
- Box grater for cheese
- Lemon peel zester (or small grater)
- Selection of sharp knives
- Selection of cutting boards
- Measuring cups & measuring spoons

**Also suggested: apron & comfortable foot ware!!**

# Baked Hash Brown Casserole

**Doubling recipe to make 2 large meals or 4 small**

**Course** Side Dish

**Prep Time** 20 minutes

**Cook Time** 30 minutes

**Total Time** 50 minutes

**Servings** 6 Servings

## Ingredients

- 1 tablespoon olive oil
- 1 cup Yellow onion diced
- 2 cups Sour cream
- ½ cup Butter melted
- 1 can Cream of chicken condensed soup
- 2 cups Cheddar cheese grated
- 1 cup Crushed Cornflake cereal
- 1 pkg Frozen hash browns 1kg
- Pinch of black pepper

Topping:

- 1 cup Crushed Cornflake cereal
- ¼ cup Butter melted

## Instructions

1. Preheat oven to 350 F.
2. Heat oil in a small frying pan and add diced onion. Cook onion until translucent. Remove from heat.
3. In a large bowl, combine the sour cream, melted butter and can of soup. Stir until the ingredients are mixed well. Add in the remaining ingredients for the casserole including the cooked onions. Transfer the mixture into a greased 3 quart casserole dish.
4. Combine the additional crushed cornflake cereal and ¼ cup of butter together in a small bowl. Sprinkle the mixture over top of the casserole.

## Reheating Instructions

1. The night before eating, move the casserole to the fridge to thaw overnight.
2. Bake in the oven uncovered for about 30 minutes, until golden brown on top and heated through. If the top gets too brown, place a piece of foil on top of the dish.

## Recipe Notes

Note: I tend to use two 9x9 dishes when baking this dish. We eat one immediately and freeze the second one since the recipe make so much. If you're serving a large crowd, go with the 3 quart casserole dish.



# Lemon and Thyme Roasted Chicken

Tripling recipe to make 3 meals

## Ingredients

- 1 whole chicken
- 1/2 cup olive oil
- 1-2 tsp dried thyme (or small batch fresh, coarsely chopped)
- 2 tsp salt
- 1 tsp black pepper
- 1 lemon, zested and juiced
- 4 large carrots, quartered \*\* needed day of cooking



## Instructions

1. Place chicken in a large plastic, freezer safe bag. Add in the olive oil, thyme, salt, pepper and the zest and juice of one lemon into the bag. Seal the bag and move the contents around in the bag to evenly distribute over the chicken.
2. Try remove as much air as possible from the bag before placing it in the freezer.

## Cooking Instructions

3. The night before eating, move the chicken to the fridge to thaw overnight.
4. When you're ready to cook the chicken, preheat the oven to 350 degrees. Peel the carrots and chop into quarters. Layer on the bottom of a baking dish that will fit the chicken. Add a small amount of water to the dish so the bottom is just covered. Place the chicken breast side up on top of the layered carrots.
3. Cover with foil and cook for an hour. Remove the foil and continue to cook for an additional 30 minutes until the internal temperature of the chicken is at least 180 degrees F (82 degrees C). You can also test for doneness by doing the fork flake test near the drumstick.
4. Remove from the oven and let sit for 15 -20 covered in foil to allow the meat to rest.

**Note:** this recipe also works for boneless skinless chicken breasts

**Tip:** Cook 2 chickens at once and use the leftover chicken in chicken quesadillas the next day

# Cheese and Bacon Twice Baked Potatoes

Doubling recipe to make approximately 24 potatoes

## Ingredients

- 6 Russet potatoes
- 2 cups Cheddar cheese , shredded
- 1 lb Bacon , cooked, crumbled
- 1/2 cup Milk (or more)
- ¼ cup Butter (or more)
- Salt and Pepper (to taste)



## Instructions

1. Scrub your potatoes clean. Use a fork to poke holes in the skin of the potato. Wrap each potato in foil, place on a cookie sheet and cook in a 400F oven until cooked through – about 1 hour depending on the size of your potato.
2. Remove your potatoes from the oven and cool until able to handle. Cut the potatoes in half length wise and scoop out the insides creating like a bowl. Transfer the potato to a large mixing bowl. Add milk and butter to help create your mashed potatoes.
3. Add your desired amount of shredded cheddar cheese and bacon to the potatoes and combine well. Season with salt and pepper. Fill the potato skins with the mashed potatoes.
4. Sprinkle the stuffed potatoes with additional cheese if you wish.
5. Wrap your potatoes with foil or place in a FoodSaver bag before placing them in the freezer. The potatoes are best if used within 3 months as per recommended food freezer storage standards.

## Reheating Instructions

1. Cooking from frozen: cook in a 425F oven for about 45 minutes while still wrapped in the foil. If they were packaged in a Foodsaver package, remove from the plastic packaging and place the potatoes in a casserole dish and cover with foil. Once the potatoes are hot, remove the foil and bake for another 15 minutes until completely heated through and the cheese is melted on top. Add additional cheese if you wish.
2. Cooking thawed: transfer your frozen potatoes from the freezer to the fridge the night or morning before you plan to eat them. Follow the directions as above but cook for less time.

# Homemade Bacon Macaroni and Cheese

## Doubling recipe to make 2 meals

**Prep Time** 20 minutes

**Cook Time** 20 minutes

**Total Time** 40 minutes

**Servings** 4 generous portions

## Ingredients

- 1 pound elbow macaroni
- 1/2 lb bacon diced and cooked
- 1 pound sharp cheddar cheese shredded
- 1 egg slightly beaten
- 2 ounces cream cheese cubed
- 1/2 cup half and half warmed
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1/2 cup parmesan cheese



## Instructions

1. Bring a large pot of water to a rolling boil and cook your pasta until there's still a bite to it. Drain and set aside. You'll reuse your pot so set aside.
2. Meanwhile, fry up the diced bacon until crispy. Drain the bacon and set aside but reserve the bacon grease.
3. Preheat the oven to 375 degrees F. Brush a 9x9 baking dish with some of the bacon grease.
4. Add 2 tablespoons of the bacon grease into your pasta pot. Add in the shredded cheddar cheese and melt over low heat. Stir in the slightly beaten egg until well combined.
5. Add in the cooked pasta and stir until the pasta is well coated. Stir in the half and half, cubed cream cheese and parmesan cheese. Stir until incorporated.
6. Stir in the bacon, reserving a bit for the top of the dish. Transfer the pasta into the prepared casserole dish. And sprinkle the remaining bacon on top.
7. Allow the dish to completely cool before covering with foil and storing in the freezer for up to 3 months.

## Reheating Instructions

1. The night before eating, move the Macaroni and Cheese to the fridge to thaw overnight.
2. To cook, heat in the oven for 40 minutes at 350 F or until heated all the way through and the cheese is melted. Feel free to use the broiler to make the cheese extra bubbly and crispy.

## Recipe Notes

Tip: Measure out all your ingredients so you don't leave your cheese sauce unattended.

# Cheese Cappelletti

**Doubling recipe to make 2 large meals or 4 small**

## Ingredients

- 1 jar Spaghetti Sauce (like Ragu)
- 1 pkg (8 oz) cream cheese
- Package of Tortellini or other stuffed pasta
- 2 cups grated cheddar cheese, divided
- Any additional cheeses if you have on hand like: parmesan, roman or mozzarella



## Instructions

1. While the tortellini is cooking, heat the spaghetti sauce over medium heat. Cube the cream cheese and add to the heated sauce. Whisk the sauce until the cream cheese is completely dissolved. Add a cup of grated cheddar cheese, stirring until well combined. If you choose to add additional cheese, this is the time to add the cheese.
2. When the tortellini is cooked, drain well and return it to the pot you cooked it in.
3. Pour the cheesy sauce all over the tortellini and stir so the pasta is well coated.
4. Transfer the tortellini to a casserole dish and top with remaining grated cheese.
5. Cover the dish with foil and store in the freezer.

## Reheating Instructions

1. The night before eating, move the Cheese Cappelletti to the fridge to thaw overnight.
2. To cook, heat in the oven for 40 minutes at 350 F or until heated all the way through and the cheese is melted. Feel free to use the broiler to make the cheese extra bubbly and crispy.