

Shopping List

Meat

- 3 1/2 lbs Lean ground beef
- 2 lbs Chicken breasts boneless, skinless (about 4)
- 1 whole Cooked chicken

Non-Perishables

- 1½ cup Italian bread crumbs
- 1 can Green chilies, diced (4 oz)
- 1 can Cream of chicken soup (10.75 oz)

Produce

- 1 bunch Green onions

Seasonings & Baking

- Salt
- Pepper
- 1 package Onion soup mix
- 3 tbsp Worcestershire sauce
- 1/3 cup Brown sugar
- ½ tsp Garlic powder
- 2 cups Sugar
- 1 cup Flour, all purpose
- 2/3 cup Cocoa powder, unsweetened
- ½ tsp Baking powder
- 1 ½ tsp Vanilla extract

Dairy

- 1 1/4 cup Milk
- 1 1/4 cup Butter
- ½ cup Sour cream
- 1 cup Cheddar cheese, shredded

Misc.

- 5 Eggs
- ½ cup Ranch salad dressing
- 1/3 cup Ketchup
- 4 Flour tortillas, large (12")

*Quantities have been rounded up for small units

TIP: Shop your pantry first and cross off any items you already have!

Meatballs

Ingredients

- 2 lbs lean ground beef
- 1 egg
- 1/2 cup plain or Italian bread crumbs
- 1 tablespoon onion soup mix (about 1/2 package)
- 2 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Combine all the ingredients together in a large bowl.
2. To make the meatballs for the freezer, line a large baking sheet with parchment paper.
3. Form your meatballs into the desired size and arrange on the baking sheet, trying to leave a little bit of room between each of the meatballs so they don't freeze together.
4. Cover with plastic food wrap and place in the freezer for about 24 hours before transferring them to a freezer bag. Try remove as much air as possible from the bag before sealing and returning to the freezer.

Tip: Use an ice cream scoop to scoop the meat mixture into perfectly uniform portions. It also makes the job faster and easier.

These meatballs are perfect for the following recipes:

- [Slow Cooker Sweet'n Sour Meat balls](#)
- [Meatball Subs](#)
- [Spaghetti with Bolognese Sauce](#)
- [Bacon Cheeseburger Kabobs](#)

Chicken Fingers

Ingredients

- 1/2 cup Ranch salad dressing
- 1 cup Italian bread crumbs
- 2 lbs Chicken breasts boneless, skinless

Instructions

1. Preheat your oven to 400 degrees F. Line a baking sheet with foil or parchment paper and set aside.
2. Slice the chicken breasts into strips. Transfer the chicken strips to a bowl.
3. Pour the salad dressing over the chicken strips and toss to evenly coat.
4. Place the Italian bread crumbs in a flat bottomed dish, like a pie plate. Coat the chicken breasts with the bread crumbs and arrange them on the baking sheet. Make sure you leave plenty of room so the chicken fingers do not toss.
5. Bake in the oven for about 20 minutes until the chicken is cooked through.
6. Serve with a side salad or French fries and extra ranch dressing for dipping if you wish.

Tip: Make these chicken fingers in advance for an even more quick and easy meal. Prepare the chicken fingers as per the above directions. Arrange them on a parchment lined

Brown Sugar Meatloaf

Ingredients

- 1/3 cup brown sugar
- 1/3 cup ketchup
- 1 ½ lbs lean ground beef
- ½ cup milk
- 2 eggs
- 1 tablespoon Worcestershire sauce
- 1 ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon onion soup mix
- ¼ teaspoon ground ginger
- ¾ cups Italian bread crumbs or plain

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly grease a 5x9 inch loaf pan. Sprinkle the brown sugar along the bottom of the loaf pan, pressing in place once distributed. Spread the ketchup over top of the brown sugar. Set pan aside.
3. In a large mixing bowl, combine the remaining ingredients. Shape the meat mixture into a log shape and place it on top of the ketchup and brown sugar. Gently press the meat mixture to form to the shape of the loaf pan.
4. Cover the loaf pan with foil and place in the oven to cook for about 1 hour or until juices run clear and the internal temperature is at least 160 degrees F.

Tip: Make the meatloaf for the freezer. Cover the meatloaf with plastic food wrap, arranging the plastic wrap so that it is directly touching the meat. Next cover the pan with foil. Label your meatloaf and enjoy within 3 months. Defrost your meatloaf by defrosting overnight in the fridge before cooking as per above directions.

Note: Substitute the onion soup mix with:

- 1 teaspoon onion powder and
 - 2 teaspoons dried minced onion
- or
- 2 teaspoons onion powder

Chicken Enchiladas

Ingredients

- 1 tablespoon butter
- 1/2 cup chopped green onions
- 1/2 teaspoon garlic powder
- 1 can diced green chilies (4 ounce)
- 1 can condensed cream of chicken soup (10.75 ounce)
- 1/2 cup sour cream
- 1 1/2 cups cubed cooked chicken breast meat
- 1 cup shredded Cheddar cheese, divided
- 4 large flour tortillas (12 inch)
- 1/4 cup milk

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
2. In a medium saucepan over medium heat, melt the butter and sauté the green onion until tender (about 3 to 4 minutes). Add the garlic powder, and then stir in the green chilies, cream of chicken soup and sour cream. Mix well. Reserve 3/4 of this sauce and set aside. To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1/2 cup of shredded Cheddar cheese. Stir together.
3. Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.
4. In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1/2 cup of shredded Cheddar cheese. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.

Tip: Serve on a bed of rice; kick up the heat by tossing in a tsp of red pepper flakes into the rice while you're cooking it.

Chocolate Brownies

Ingredients

- 2 cups sugar
- 1 cup butter or margarine, melted
- 1 cup all-purpose flour
- 2/3 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 2 eggs
- 1/2 cup milk
- 1 1/2 teaspoons vanilla extract

Instructions

1. Preheat oven to 350°F. Grease a 13×9-inch baking pan and set aside.
2. In large bowl, combine all the ingredients together and mix well with a whisk
3. Pour the brownie mixture into the prepared baking pan. Bake for 40 minutes or until brownies begin to pull away from sides of pan.

Tip: Transfer brownies to freezer once they are cooled and take them out when needed. For fast lunch snacks, cut into portion sizes and wrap individually with food wrap. Put individual portions into a large freezer bag before placing in the freezer. Take out portions as needed.