**Pepperoni Pizza Puffs**

¾ cup flour

1 teaspoon baking powder

¾ cup milk

1 egg, lightly beaten

1 cup shredded mozzarella cheese

¾ cup mini pepperoni or cooked sausage, cut into small cubes

½ red or green pepper, finely diced

½ teaspoon basil

½ teaspoon garlic powder

¾ teaspoon oregano

½ cup store-bought pizza sauce

1. Preheat the oven to 375 degrees. Grease a muffin pan very well.
2. Combine flour, baking powder and spices in a bowl. Add in milk and egg and stir until combined.
3. Stir in cheese, red pepper and pepperoni. Allow mixture to stand for 10 minutes.
4. Divide among the muffin wells.
5. Bake until lightly browned and puffed, about 20 minutes.
6. Serve with warm pizza sauce for dipping.

**Freezer Meal Recipes: Simple Cream Biscuits**

**Yield:**25-35 biscuits

6 cups unbleached all-purpose [flour](http://fabulesslyfrugal.com/database?adv_search=1&search=flour&search_all_words=1), plus extra for counter

2 Tbsp [sugar](http://fabulesslyfrugal.com/database?adv_search=1&search=sugar&search_all_words=1)

2 Tbsp baking powder

1 1/2 tsp [salt](http://fabulesslyfrugal.com/database?adv_search=1&search=salt&search_all_words=1)

4 1/2 cups heavy cream

1. Line a baking sheet with [parchment paper](http://fabulesslyfrugal.com/database?adv_search=1&search=parchment&search_all_words=1) or a [silicone baking mat](http://www.amazon.com/s/?_encoding=UTF8&camp=1789&creative=390957&keywords=silicone%20baking%20mat&linkCode=ur2&qid=1368976570&rh=n%3A1055398%2Cn%3A284507%2Ck%3Asilicone%20baking%20mat&sort=pmrank&tag=melfab-20).
2. In a large bowl, [whisk](http://www.amazon.com/dp/B00004OCNS?tag=melfab-20) the flour, sugar, baking powder, and salt together. Stir in the cream until a dough forms, about 30 seconds. Turn the dough out onto a lightly floured surface and gather into a ball. Knead the dough briefly until smooth, about 1 minute.
3. Pat the dough into a 3/4-inch thick circle. Cut out biscuits using a 2 1/2-inch round [biscuit cutter](http://www.amazon.com/s/?_encoding=UTF8&camp=1789&creative=390957&keywords=biscuit%20cutter&linkCode=ur2&qid=1368976698&rh=n%3A1055398%2Ck%3Abiscuit%20cutter%2Cp_72%3A1248915011&rnid=1248913011&tag=melfab-20). Cut out as many as possible. Place them on the prepared baking sheet. Gather scraps of dough a knead together briefly,
4. then pat out again and cut more biscuits. Repeat again.

**Preparing For the Freezer:**

1. Wrap the baking sheet tightly with greased [plastic](http://fabulesslyfrugal.com/database?adv_search=1&search=plastic+wrap&search_all_words=1) and freeze the biscuits for about 6 hours. Transfer frozen biscuits to a large [resealable bag](http://fabulesslyfrugal.com/database?adv_search=1&search=ziploc&search_all_words=1" \t "_blank) and freeze for up to 1 month.

**Prepare after Freezing:**

1. Do not thaw biscuits. Adjust oven rack to upper-middle position and heat oven to 450. Place frozen biscuits on a lined baking sheet, about 2 inches apart. Bake one baking sheet at a time, until puffed and golden brown, about 20-25 minutes.

**To Serve Without Freezing:**

1. Adjust oven rack to upper-middle position and heat oven to 450. Bake one sheet at a time, for about 15-20 minutes.

**Quick Cassoulet**

2 T. olive oil

1 lb. pork tenderloin, cut into 1-inch cubes

½ lb. kielbasa, cut into ¼ inch coins

3 boneless, skinless chicken thighs (about ¾ lb), cut into 1-inch pieces

1 can (28 ounces) whole peeled tomatoes, drained and coarsely chopped (about 3 cups)

1 large clove garlic, chopped

1 cup dry red wine

2 cans (15 ½ ounces each) cannellini beans, drained and rinsed

¼ t. salt

1/8 t. cayenne pepper

* 1. In a large heavy-bottom pot, heat 1 tablespoon of the oil over medium-high heat. Brown pork on all sides for about 4 minutes. Remove pork to a plate and reserve. Add kielbasa and cook for 4 minutes, turning halfway through cooking, until nicely browned. Remove to another plate and reserve.
	2. Add remaining tablespoon of oil to pot and cook chicken for 4 minutes, turning halfway through cooking.
	3. Break up tomatoes and add along with garlic; cook for 3 minutes, stirring to loosen up any browned bits from bottom of pot. Add wine, simmer for an additional 2 minutes.
	4. Add in beans, salt, cayenne and reserved kielbasa. Simmer for 5 minutes.
	5. Just before serving, stir pork back in pot and heat through.

**Chili**

1 ½ cups onions, diced

28 oz. ground tomatoes

28 oz. tomato puree

3 cups water

1 T. salt

1/3 cup red wine

40.5 oz. kidney beans, drained

2 T. sugar

1 T. ground cumin

1 ½ cups green peppers, diced

1 ¼ cups celery, diced

1 T. garlic, minced

1 lb. hot sausage, bulk

2 lbs. ground beef

2 T. chili powder

2 t. oregano

In a large saucepan, brown the ground beef and sausage; continue to cook until the water evaporates and the meat cackles in the pot. Add the onions, peppers, celery, and garlic; cook until soft. Add the chili powder, cumin and oregano; cook for one additional minute. Add the ground tomatoes, puree, and water. Bring the mixture to a boil and reduce heat to simmer.

Note: Any combination of tomato products will work, including ground, diced, puree, paste and sauce. The mixture should be a little thin to start; it will thicken as it cooks.

Let the chili cook for about one hour or until it reaches your desired consistency. Skim any fat that forms on the top. At this point add the beans. Dried kidney beans work well also; but they’ll need to soak overnight, and then cook them separately in water until tender.

Let the beans cook for 20 minutes. Add the wine; salt and sugar to taste. Bring back to a boil and remove from heat.

**Baked Stuffed Shells**

1 box large pasta shells (12 ounces)

3 tablespoons olive oil (reserve 1 tablespoon for cheese mixture)

1 pound Swiss chard (leaves and stems sliced thinly)

1/2 teaspoon red pepper flakes

1 pound whole milk ricotta

2 cups fresh mozzarella (grated, divided)

1 1/2 cups parmesan (grated)

1/2 teaspoon fresh nutmeg (grated)

1/2 cup parsley (finely chopped, plus additional for serving)

1/2 cup basil (finely chopped, plus additional for serving)

Pomodoro Sauce (http://abc.go.com/shows/the-chew/recipes/stuffed-shells-with-pomodoro-sauce-michael-symon)

Kosher salt and freshly ground black pepper (to taste)

Preheat oven to 375ºF.

Bring a large pot of salted water to a boil and cook the pasta 2 minutes less than the package directions.

To a large saute pan add olive oil and heat over medium-high heat. Add Swiss chard and chili flakes, and cook until leaves are wilted, about 5 minutes. Season with salt. Place in a large bowl and allow to cool slightly. To the Swiss chard, add the ricotta, 1 cup of mozzarella, parmesan, nutmeg, parsley, basil, olive oil, and mix to combine. Season with salt and pepper.

To Assemble: Coat the bottom of a 9x13-inch casserole dish with 1/2 of the Pomodoro sauce and set aside. Spoon cheese mixture into each of the cooked shells and place them seam side up in the dish. Cover the shells with the remaining pomodoro sauce, and top with the remaining mozzarella cheese.

Cover the casserole dish with foil and bake until cheese is melted, about 30 minutes. Take the foil off and bake for another 10 minutes or until light golden brown on top. Remove from the oven and let cool for 10 minutes. Sprinkle with basil and parsley and serve.

Tip: Place the ricotta mixture into a piping bag to easily fill cooked shells.

**20 Minute Tuscan Pasta (Freezer Meal)**

1 (16oz) box of bowtie pasta

4 tablespoons butter

4 cloves garlic, finely minced or pressed through a garlic press

1/2 tablespoon dried basil

8 ounces cream cheese, softened and cut into 8 pieces

8-ounce jar sun-dried tomatoes, rinsed, drained and chopped (see note)

2 cups milk

8 ounces Parmesan cheese, grated (about 2 cups)

1/2 teaspoon ground black pepper

1/2 teaspoon salt, more to taste, if needed

1 cup of chicken, cooked and cubed

1. In a medium pot or skillet, melt the butter over medium heat. Add the garlic and cook for about 2 minutes, stirring the whole time. Stir in the dried basil. Add the cream cheese, stirring with a whisk until the mixture is smooth. It will look curdled at first, but with constant whisking for 2-3 minutes, it will become a smooth creamy paste. Stir in the sun-dried tomatoes.
2. Over medium heat, add the milk and whisk quickly and constantly until it becomes into the sauce. Stir in the Parmesan cheese, pepper and salt. Cook over medium heat, stirring until the cheese is melted and the sauce is the desired consistency, 5-10 minutes. Serve over hot, cooked noodles. I put my chicken on top, or you can mix it in. You actually don't even need chicken you don't want it!
3. When making them into freezer meals - put the noodles and sauce into two 9x9 foil tins. Wait until it cools down a little, place foil on top, and stick in the freezer.
4. To cook when frozen: Bake at 350 degrees for 40 minutes or until heated through (I found that it took much longer. Next time I would remove the pasta from the freezer the night before and thaw it in the refrigerator.).
5. To cook when frozen but then thawed: Bake at 350 degrees for 30 minutes or until heated through.

Note: for a more runny sauce substitute 1 ½ cups drained canned tomatoes or 4-6 fresh plum tomatoes, seeded and chopped for sun-dried tomatoes.

**Frozen Peanut Butter Butterfinger Pie**

Chocolate or Oreo Pre-made Crust

8 oz block [cream cheese](http://www.amazon.com/dp/B000LRFWYG/), softened

1/2 of a 14 oz can of sweetened condensed milk

1/2 cup peanut butter

1/4 cup powdered sugar

8 oz tub Cool Whip, thawed

8 fun size or 3 full size Butterfinger candy bars, chopped

1. In the bowl of a mixer, combine [cream cheese](http://www.amazon.com/dp/B000LRFWYG/), condensed milk, peanut butter, and powdered sugar.  Beat on medium until smooth and completely combined.
2. Using a rubber spatula, fold in the Cool Whip until combined.  Add chopped candy.
3. Pour mixture into pie crust.  Cover and freeze until firm.

**Chili**

Lean ground beef (according to how much you want at the end)

Green peppers – cut small and lots of them

Onions diced – lots

1 or 2 cans Del Monte diced tomatoes, chili flavored

1 can Campbell’s tomato soup

1 or 2 cans red kidney beans

**Chicken Vermicelli**

1 (16 ounce) packages thin spaghetti or 1 (16 ounce) packages vermicelli, broken into 3- to 4-inch pieces

1 green bell pepper, seeded and chopped

1 onion, chopped

Salt and pepper to taste

1 tablespoon minced garlic

2 tablespoons all-purpose flour

1 (10 ounce) cans diced tomatoes with green chilies

2 cups skim milk

1 tablespoon Worcestershire sauce

½ cup chopped, jarred, roasted red peppers

1 cup frozen green peas

32 ounces cooked boneless skinless chicken breasts, cubed ( 4 cups)

12 ounces shredded reduced-fat cheddar cheese (1.5 cups)

1. Cook according to package directions.
2. In a large non-stick pot coated with non-stick cooking spray, saute the green pepper, onion and garlic about 5 to 7 minutes or until tender.
3. Mix in the flour.
4. Add the tomatoes, milk, and Worcestershire sauce. Mix well. Stir until mixture comes to a boil and thickens.
5. Lower the heat mix in the red peppers and green peas, mixing well.
6. Add the pasta, cheese, chicken. Mix well and heat through. Transfer to a 3 quart baking dish (we used a 9x13) coated with non stick cooking spray.
7. TO PREPARE AND EAT NOW: Preheat oven to 350°F Bake for 20 minutes. It's ready when it's bubbly.
8. TO FREEZE: Do not bake before freezing. Cool to room temperature, wrap, label and freeze. Recommended freezing time: up to 3 months.
9. TO PREPARE AFTER FREEZING: Remove from freezer to defrost fully. Bake for 30-40 minutes or until bubbly in a 350°F preheated oven.

**Make-Ahead Breakfast Bakes Recipe**

1 large russet potato, peeled

8 cherry tomatoes, optional

1/4 cup chopped red onion

1/4 cup chopped bell pepper

6 eggs

2 ounces cheddar cheese, finely shredded

salt and pepper, to taste

1. Preheat the oven to 375°F. Spray 8 cups of a standard muffin tin with nonstick cooking spray.
2. Grate the peeled potato. Rinse with cold water and dry. (You can pat them dry with paper towels or spin using a salad spinner.) Divide the shredded potatoes between the prepared muffin cups.
3. Drop a tomato, if using, into each cup. Sprinkle with salt and pepper and then bake for 5-6 minutes.
4. While the potatoes pre-bake, whisk together the onions, bell peppers, and egg, making sure to lightly beat the eggs.
5. Remove the muffin tin from the oven, divide the egg mixture among each cup, sprinkle with the cheese, and bake for 12-14 minutes. The eggs will puff up in the oven. When they are done the center will not jiggle.
6. Take the breakfast bakes from the oven and after they have cooled for just a minute, loosen around the edges with a knife and lift from the pan.
7. Serve immediately or let them cool completely before wrapping and freezing.
8. Microwave to reheat.

**Pumpkin Crumb Cake Muffins**

1 and 3/4 cups (220g) all-purpose flour

1 teaspoon baking soda

2 teaspoons ground cinnamon

1 teaspoon pumpkin pie spice1

1/2 teaspoon salt

1/2 cup (120ml) canola or vegetable oil

1/2 cup (100g) granulated sugar

1/2 cup (100g) packed light or dark brown sugar

1 and 1/2 cups pumpkin puree

2 large eggs, at room temperature

1/4 cup (60ml) milk, at room temperature2

**Crumb Topping**

3/4 cup (94g) all-purpose flour

1/4 cup (50g) granulated sugar

1/4 cup (50g) packed light or dark brown sugar

1 teaspoon pumpkin pie spice1

6 Tablespoons (86g) unsalted butter, melted

**Maple Icing (optional)**

1 and 1/2 cups (180g) confectioners' sugar

2 Tablespoons (30ml) pure maple syrup

2 Tablespoons (30ml) milk2

1. Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or line with cupcake liners. This recipe makes 15 muffins, so prepare a second muffin pan in the same manner. Set aside.
2. **Make the muffins:** In a large bowl, whisk the flour, baking soda, cinnamon, pumpkin pie spice, and salt together until combined. Set aside. In a medium bowl, whisk the oil, granulated sugar, brown sugar, pumpkin puree, eggs and milk together until combined. Pour the wet ingredients into the dry ingredients, then fold everything together gently just until combined and no flour pockets remain.
3. Spoon the batter into liners, filling them almost full.
4. **Make the crumb topping:** Whisk the flour, granulated sugar, brown sugar, and pumpkin pie spice together until combined. Stir in the melted butter until crumbs form. Spoon crumbs evenly on top of the batter and gently press them down into the batter so they're snug.
5. Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 21-22 minutes, give or take. Allow the muffins to cool for 10 minutes in the muffin pan as you make the icing.
6. **Make the icing:** Whisk all of the icing ingredients together until combined and smooth. Drizzle over muffins and serve warm.

**Make ahead tip:** For longer storage, freeze muffins (with or without icing) for up to 3 months. Allow to thaw overnight in the refrigerator, then bring to room temperature or warm up in the microwave if desired. Top with icing before serving if needed.

**Recipe Notes:**

1. Instead of prepared pumpkin pie spice, you can use 1/4 teaspoon each of ground nutmeg, ground ginger, ground cloves, and ground allspice. Sometimes I use closer to 1 and 1/4 teaspoons pumpkin pie spice. I like a lot of spice flavor!

**One Cup Cookies**

1 c. granulated sugar
1 c. brown sugar, packed
1 c. butter
1 c. vegetable oil

3 1/2 c. all-purpose flour

1 egg
1 c. Rice Krispies

1 c. oatmeal
1 c. chopped nuts

1 c. chocolate chips

1 c. coconut

1 tsp. baking soda
½ tsp. salt
1 tsp. cream of tartar

Cream together the butter and the sugars. Mix in the oil and the flour. Add remaining ingredients. Mix until well blended. Drop by teaspoon or tablespoons onto a greased cookie sheet. Bake in a preheated 350 degree oven for 8-10 minutes. Yield: about 5 dozen cookies.

Note: this is a great cookie exchange cookie because it makes lots and they freeze well!