**Cooks-N-Books**

**Freezer Meals**

**February 2024**

**BBQ Beef**

Ingredients:

6.5lbs chuck roast

2 stalk celery-chopped

4 large onions- diced

2 green peppers- diced

1 20oz bottle of ketchup

3 Tbs vinegar

1 Tbs hot sauce

1-3 Tbs chili pepper

1 Tbs salt

1 Tsp pepper

3 cups water

Directions:

Preheat oven to 325 degrees

Put all the ingredients in pan but roast and mix well, put roast in and coat it in mthe mixture. Bake in oven for 6 hours turning often. Add extra water as needed. When meat is fully cooked, remove meat from pan, shred meat and discard fat.

Place shredded mean in a bowl and add the BBQ sauce from the pan. Add some water to remove sauce that is stuck to the pan and add that to the meat. Mix well. Add additional water to achieve desired moistness.

\*\*turn meat every hour for the 1st 3-4 hours, then every ½ hour until done.

**Beef Stroganoff**

Ingredients:

Boneless ribeye steaks

butter

Vegetable oil

Large onion-diced

10oz mushrooms fresh/sliced

2 Tbs flour

2 cups beef broth

2/3 cups sour cream

Egg noodles

Directions:

Flatten/pound out ribeye steak, Slice into strips, Sprinkle salt and pepper. Heat oil in skillet over high heat- sear the steak meat, Turn down the heat to medium high add onions – saute until soften, add mushrooms until golden brown, add flour cook/stirring often, add broth. Slowly heat up broth – stir in sour cream stirring often so cream doesn’t curdle. Bring to a simmer once it thickens add salt and pepper. Add steak back in- simmer to heat up steak. Serve over cooked noodles.

**Chicken Tortilla Bake**

Ingredients:

* 3 cups shredded cooked chicken
* 2 cans (4 ounces each) chopped green chiles
* 1 cup chicken broth
* 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
* 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
* 1 small onion, finely chopped
* 12 corn tortillas, warmed
* 2 cups shredded cheddar cheese
* Optional: sliced green onions, sour cream, salsa

Directions:

In a large bowl, combine the chicken, chiles, broth, soups and onion. Layer half of the tortillas in a greased 13x9-in. baking dish, cutting to fit pan if desired. Top with half of the chicken mixture and half of the cheese. Repeat layers. Bake, uncovered, at 350° for 30 minutes or until heated through. If desired, top with green onions and serve with sour cream and salsa.

**Can you freeze Chicken Tortilla Bake?**

Cover and freeze unbaked casserole. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake casserole as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°. If desired, serve with sour cream and green onions.

**Chicken Enchiladas**

Ingredients:

* 1 can cream of chicken soup or homemade recipe
* 1 tablespoon vinegar
* 1 cup sour cream
* 3 cups shredded cheddar cheese divided
* 4 ounce can diced green chilies
* ¼ cup chicken broth
* ¼ to ½ cup milk
* 4 cups cooked shredded chicken
* ¼ cup chopped cilantro optional
* ¾ cup vegetable oil
* 10 to 12 corn tortillas large or small

Directions:

* Preheat oven to 350°F/175°C. (Unless you will be freezing them for later.)
* Mix together the cream soup, vinegar, sour cream, 1 1/2 cups cheese, chilies and chicken broth.
* Set aside 1 cup of sauce to put on top of the enchiladas. Add 1/4 to 1/2 cup milk to the sauce to thin it out to your desired consistency. You could also use additional chicken broth instead of milk. Add chicken and cilantro to remaining sauce.
* Lightly fry corn tortillas in oil over medium heat on the stove. Just enough to soften the tortilla.
* Fill tortillas with chicken filling and arrange in a 9 x 13 pan. If using 12 tortillas, use about 1/3 cup filling for each. Cover with the sauce that was set aside and sprinkle remaining shredded cheese on top.
* Cover with foil, bake for 20-25 minutes, removing the foil for the last 5-10 minutes. Serve with your favorite enchilada toppings: avocado, sour cream, salsa, cilantro, guacamole, olives, etc.

#### TO FREEZE:

* For best results, freeze the sauce, cheese, and tortillas (not fried yet) separately in freezer bags, then thaw and assemble enchiladas when you are ready to serve them. Bake as directed above.
* Alternatively, use any 9x13 pan you have on hand to put in the freezer. But if you are going to need the pan again soon I recommend using a disposable aluminum pan. Assemble the enchiladas, cover with foil, and place in the freezer.

#### TO PREPARE FOR SERVING:

* Preheat oven to 350°F/175°C. Remove enchiladas from freezer, leave foil on pan and cook for about 30 minutes. Remove foil and cook additional 15-20 minutes, until bubbling and cheese completely melted.
* Or thaw enchiladas in the refrigerator, then bake as directed above (for enchiladas that are not frozen).

**Gnocchi Alfredo**

Ingredients:

1.5 lb store bought gnocchi

1 Tbs butter

1 tsp garlic powder

1 tsp onion powder

4 cups loosely packed spinach

1 jar alfredo sauce

¼ grated parmesan cheese

½ cups Italian breadcrumbs

Directions:

Cook gnocchi according to package directions. Set aside

Melt butter, add garlic and onion powder, stir until spinach is wilted. Combine gnocchi, spinach mixture and alfredo in baking dish. Top with cheese and breadcrumbs. Let cool completely. Cover tightly with saran wrap/foil and freeze. Remove saran, cover with only foil to bake. To bake from frozen – put in a preheated oven at 350 degrees for 1 hour 30 minutes, take off foil, bake another 15-20 minutes until breadcrumbs are browned and casserole in baked through.

**Ham Balls**

Ingredients:

4 lbs ham loaf mix (like meatloaf mix, but has ham)

2 eggs

1.5 cups milk

2 cups graham cracker crumbs

1 can tomato soup

½ cup vinegar

1.5 cups brown sugar

1 Tbs mustard

Directions:

Mix ham mix, eggs, milk and crumbs. Form into balls and place in baking dish. Mix soup, vinegar, brown sugar and mustard and heat to dissolve sugar. Pour over ham balls and bake at 350 1 -1.5 hours. Ham balls can be made ahead and frozen uncooked. When ready to eat, make sauce, pour over ham balls and cook in oven or crockpot. Time depends whether or not you thaw the ham balls and the method you use to cook them. These are great for buffets, dinners, luncheons or made into smaller balls for appetizers.

**Ice Cream Bisque (Ice Cream Cake)**

Ingredients:

1 120z box of Nilla wafers- crushed by blender, food processor or rolling pin.

4 oz pecans, ground

¾ cup melted butter or margarine

½ gallon vanilla ice cream (hint- take out the ice cream out of the freezer and break it up on a dish or bowl before you start to soften it so you can spread it more easily in the pan)

Directions:

Mix the first 3 ingredients well. Sprinkle half of the mixture in a 9\*13 pan and pat down.

Then fill with the vanilla ice cream, spreading it cautiously with spatula over the base. Sprinkle the rest of the crumb mixture on top of ice cream. Put in freezer.

Hot fudge sauce – make when ready to serve.

Take 6oz (1/2 package) semi sweet morsels, 1 can sweetened condensed milk. Melt in double boiler if possible or in microwave. Spoon over ice cream servings.

**Key Lime Mini Pie**

Ingredients:

Filling:

8 oz mascarpone cheese, soften

1 can (14oz) sweetened condensed milk

¾ cup key lime juice

2 cups cool whip thawed

Crust:

¼ cup crushed graham crackers

¼ cup melted butter

½ tsp cinnamon

Directions:

In a mini muffin tin, place mini liners. Mix all the crust ingredients, press about a tsp of crust into liners.

Beat the mascarpone until creamy, add sweetened milk and lime juice, beat until smooth, fold in cool whip. Plop about a Tbs of mascarpone mixture over the crust. Freeze in container getting out as much air as possible.

**Sweet Moroccan Stew**

(adapted from Rainbow Plant Life)

Ingredients

* 2 tablespoons oil, plus some for drizzle
* 2 onions, diced
* 1 medium red or orange bell pepper, chopped
* 8 garlic cloves, minced
* 2 cups (480 mL) vegetable broth
* 3 cups peeled and finely diced butternut squash (400g)
* 2 (15-ounce/425g) cans chickpeas, drained and rinsed
* 2 bay leaves
* 1 teaspoon kosher salt, more to taste
* 1 (14.5-ounce/410g) can crushed tomatoes
* 6 dates, chopped
* 1 tablespoon lemon juice

Spice Mix

* 1 tablespoon ras el hanout (store bought or make your own!)
* 1 teaspoon ground coriander
* 1 teaspoon ground cinnamon
* ½ teaspoon ground cumin
* ¼ teaspoon ground ginger
* ¼ teaspoon ground turmeric
* ¼ teaspoon cayenne pepper
* ½ teaspoon black pepper
* 1/16 teaspoon ground cloves

### Instructions

* Stir together the spices for the **Spice Mix**.
* Preheat the oven to 375ºF. Arrange an oven rack to fit a Dutch oven
* Heat the 2 tablespoons of olive oil in a Dutch oven over medium heat. Once hot, add the **onions** and season with a pinch of salt. Cook until golden brown, 8 minutes, adding a splash of water or broth as needed to deglaze the pan and prevent the onions from burning. Add the **bell pepper and garlic -** cook for 3 minutes, stirring frequently.
* Add the **Spice Mix** and stir vigorously for 1 minute. If it starts to dry out, add a splash of water or broth.
* Pour in some of the **broth** to deglaze the pot and scrape up any browned bits. Add the remaining **broth, squash, chickpeas, bay leaves, salt, tomatoes,**and**dates**. Stir, and bring to a boil. Turn off the heat, and drizzle with a **nice glug of olive oil**, and stir again to combine. Place the lid on the pan and ensure it’s fitted tightly.

a. If you don’t have a lid for your pan, cover tightly with foil.

* Transfer to the oven and **bake, covered, for 45 minutes,** or until squash is tender and the mixture is thick and stew-like.
* Cool for 15 to 20 minutes. Stir in **1 tablespoon lemon juice**. Taste, adding more lemon juice, salt, and pepper to taste

Note: Freezer-friendly!

**Tuscan White Bean Soup**

Ingredients:

* 3 15 ounce cans cannellini beans *drained and rinsed*
* 1 yellow onion *finely chopped*
* 4 cloves garlic *minced*
* 2 Tbs olive oil
* 2 large carrots *peeled and chopped*
* 1 stalk celery *diced*
* ⅓ cup white wine *I used pinot grigio*
* 2 cups chopped kale *stems removed, finely chopped*
* 2 ½ – 4 cups vegetable or chicken broth *see notes*
* 1 tbsp tomato paste
* 1 tsp salt *or to taste*
* ¼ tsp black pepper *or to taste*
* ¼ tsp red pepper flakes *omit if you don't like spice*
* ¼ tsp [Italian seasoning](https://amzn.to/33d6rGC)
* 2 [bay leaves](https://amzn.to/2Zuj534)
* 1 tsp dried thyme
* ½ tsp dried oregano

Directions:

* Saute the finely chopped onion in a large pot or [dutch oven](https://amzn.to/33d6v9k" \t "_blank) with the oil.
* Once it starts to brown slightly, add in the garlic, celery and carrot. Saute an additional 10 or so minutes to let the veggies soften and brown slightly. The browning helps add lots of flavor!
* Add in the white wine and saute until most of the liquid has evaporated, about 5-7 minutes.
* Add in all remaining ingredients except for the kale (see notes about the amount of broth since there is a range, but I recommend starting with 2 1/2 cups), and stir well.
* Bring to a boil, then cover and reduce heat to low. Let simmer for 15 minutes.
* Discard the bay leaves, then transfer about 2 1/2 – 3 cups worth of the soup to a blender. Blend until smooth.
* Transfer back to the pot and stir well to combine. If it's too thick, add in more broth until it reaches your desired consistency.
* Add in the chopped kale and let simmer for a few minutes to allow the kale to wilt. Taste and adjust flavors as desired. I usually add a bit more salt and pepper and a squeeze of lemon juice.
* Serve warm as is or with a hearty bread on the side. Enjoy!