



## PRINTABLE RECIPES FOR BULK COOKING

### BLACK BEAN TACO SOUP

**Ingredients:**

- 1 lb lean ground beef
- 1 medium onion, chopped
- 1 package mild taco seasoning mix
- 1 (16 oz) bag frozen corn
- 1 (16 oz) can black beans drained and rinsed
- 2 (14 oz) cans stewed tomatoes
- 1 (8 oz) can tomato sauce

**Directions:** Brown meat and onion drain. Let meat cool for a minute, then dump into a freezer bag. Dump the remaining ingredients into the bag, mix together, and zip bag closed. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on HIGH for 1-2 hours or LOW for 2-3½ hours in slow cooker.

Serve with tortilla chips, cheese, sour cream, and guacamole.



## HEARTY BEEF STEW

### **Ingredients:**

- 1 lb beef stew cubes
- 4 carrots, sliced
- 4 red potatoes, cut into large cubes
- 1 package dry onion soup mix
- 2 cans 98% fat-free cream of mushroom soup
- 1 (8 oz) can tomato sauce
- 1 (10 oz) package frozen green peas

**Directions:** Place all ingredients in a freezer bag. Mix together and zip bag closed. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW in slow cooker for 7-10 hours (or HIGH for 5-6 hours).

Serve with rolls.

## CHICKEN CATTCIATORE

### **Ingredients:**

- 1 lb chicken breasts
- 1 (26 oz) jar of chunky spaghetti sauce
- 1 zucchini, chopped
- 1 green pepper, chopped
- 1 sweet onion, chopped

**Directions:** Place all ingredients in a freezer bag and mix together. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW in slow cooker for 6-8 hours.

Serve with cooked spaghetti noodles and garnish with olives and cheese.



## orange CHICKEN

### **Ingredients:**

2 cups of carrots  
2 cups of bell peppers  
1 lb boneless skinless chicken cubed  
3 cloves of garlic  
1 tsp salt  
½ tsp pepper  
8oz orange juice concentrate  
2 cans of mandarin oranges (after thawed & prepared)

**Directions:** Place all ingredients in a freezer bag and mix together. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW in slow cooker for 4-6 hours.

Garnish with 2 cans of mandarin oranges and green onions. Serve on rice with stir fried veggies as a side.

## MAPLE DIJON CHICKEN

### **Ingredients:**

1 1/2 pounds chicken breasts  
1 cup Dijon mustard  
1/2 cup maple syrup  
2 Tablespoons red wine vinegar  
Salt and pepper to taste

**Directions:** Place all ingredients in a freezer bag. Mix together and zip bag closed. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW for 8 hours (or HIGH for 4 hours). Sprinkle with fresh or dried rosemary for serving.

Serve with roasted veggies.



## COCONUT CURRY CHICKEN

### **Ingredients:**

3 pounds boneless, skinless chicken thighs cubed  
2 medium onions, thinly sliced  
1 cup butternut squash cubed  
8 garlic cloves, thinly sliced  
16 thin slices peeled fresh ginger  
2 tablespoons curry powder  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
Coarse salt  
2 packages frozen green peas (10 ounces each)  
2 cups unsweetened coconut milk  
1/2 cup toasted cashews (optional, for serving)

**Directions:** Place all ingredients in a freezer bag. Mix together and zip bag closed. When ready to eat, remove from freezer and thaw in fridge for 24 hours. In the slow cooker add a can of coconut milk and cook on LOW 4-6 hours. 25 minutes before serving add another can of coconut milk and a bag of frozen peas.

Serve on rice and garnish with chopped cashews.



## Hawaiian Meatballs

### **Ingredients:**

1lb ground beef  
2/3 cup crushed crackers  
1 egg  
Medium onion minced  
2 cloves of garlic minced

**Directions:** Combine ingredients, form balls on cookie sheet. Brown in oven at 300 degrees for 30 minutes. Turn balls once during cooking. Allow meatballs to cool, then place in a freezer bag or foil tin and freeze. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Reheat in oven or in skillet.

Serve with rice and a jar of prepared sweet & sour sauce or use recipe below.

### **Sauce:**

1/3 cup vinegar  
½ cup brown sugar  
1 tablespoon soy sauce

Combine in saucepan on medium heat stirring often, mix 2 tablespoons cornstarch with enough water to make it wet and add slowly to hot ingredients. Heat until thickened. Add 1 can of pineapple tidbits.



## SPLIT Pea SOUP WITH Ham

### **Ingredients:**

2 cups of dry green peas  
2 cups of lean ham cubes  
2 carrots grated  
1 diced large onion  
2 cloves of garlic crushed  
2 bay leaves  
½ tsp salt  
½ tsp pepper  
6 ½ cups boiling water  
1 cup of hot milk (optional, for serving)

**Directions:** Wash and rinse peas (no need to soak) then throw in a pot on the stovetop. Cube meat, and prepare vegetables, place over peas then add spices. Pour boiling water over it and stir. Cook on stovetop, medium heat until peas are soft and ingredients are blended. Allow soup to cool then package to freeze. Thaw in fridge for 24 hours. Reheat on stove top. Add hot milk to thin.



## QUICHE

### **Ingredients:**

1 1/2 cups shredded cheese  
4 teaspoons all-purpose flour  
1/2 cup cooked ham, diced  
3 eggs  
1 cup milk  
1/4 teaspoon salt  
1/4 teaspoon ground dry mustard  
1 (9 inch) unbaked pie crust

**Directions:** In medium bowl, toss 4 teaspoons flour with the grated cheese. Sprinkle mixture into the pie shell. On top of cheese, sprinkle 1/2 cup of diced ham. In medium bowl, combine eggs, milk or cream, and then add salt and mustard powder. Beat until smooth and pour over cheese and ham. Put a piece of plastic wrap large enough to overlap sides over top of quiche, then a piece of foil, and seal well around the edges (plastic keeps the foil from sticking to the food). Place prepared quiche in freezer. Cook from frozen at 400 in oven for 1.5 hours or until filling is set and crust is golden. Remove foil and plastic but tent foil over crust.



## MAPLE MUSTARD GLAZED PORK CHOPS

### **Ingredients:**

¼ cup lightly packed brown sugar  
1 tablespoon pepper  
½ teaspoon salt  
1 teaspoon onion powder  
1 teaspoon paprika  
4 boneless pork loin chops  
¼ cup pure maple syrup  
2 tablespoons Dijon

**Directions:** Stir together the brown sugar, pepper, salt, onion powder, and paprika and pour into freezer bag. Throw pork chops into bag and shake to coat and freeze. Thaw in fridge for 24 hours. Place oven rack in highest position and set oven to broil. Place on slotted 2 piece broiler pan and broil flipping every 5 minutes for 15-20 mins. Make additional glaze by combining 1/4C maple syrup and 2 Tbsp Dijon mustard.





## CHILI

### **Ingredients:**

1lb ground beef  
1 onion chopped  
1 can or bag of frozen corn  
mushrooms and/or green pepper  
1 ½ tsp salt  
1 tablespoon chili powder  
2 tsp Worcestershire sauce  
29 oz can tomato sauce  
2 x 19 oz can kidney beans drained and rinsed  
28 oz can crushed or stewed tomatoes  
5.5 ounce can tomato paste

**Directions:** Brown meat in skillet. Add onion and mushrooms or green pepper halfway through browning process. Drain and pour into slow cooker. Stir in remaining ingredients. Cover and cook on HIGH 3 hours. Allow chili to cool then package to freeze. Thaw in fridge for 24 hours. Reheat on stove top or microwave.

Serve with cheese, sour cream and cornbread.



## SWEET CORN BREAD

### **Ingredients:**

1 cup flour  
1 cup cornmeal  
¼ cup white sugar  
½ teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 egg, lightly beaten  
1 cup sour cream  
1/3 cup milk  
¼ cup butter, melted

**Directions:** Preheat oven to 400 degrees. Lightly grease muffin or loaf tins. Combine dry ingredients in a bowl. Mix wet ingredients in a separate smaller bowl. Fold wet egg mixture into flour mixture until just moistened; pour into greased tin. Bake 20-25 minutes or until toothpick inserted in middle comes out clean. Cool then freeze in batches in freezer bags. When ready to eat, remove bag from freezer and allow to thaw on counter.