

Recipe 1 - Pasta Fagioli

Prepare this soup in one large plastic freezer bag or split the ingredients between two bags for two smaller servings. Steady the bag in a bowl or canister to avoid spills.

1 - Add the following ingredients to a freezer bag that has been stabilized. (If you are splitting the meal, then divide the ingredients below between 2 freezer bags):

- 1 cup ground beef, cooked
- 4 cups of ditali or macaroni pasta, cooked
- ½ cup onion, diced
- ½ cup celery, diced
- ½ cup carrot, diced or shredded
- 3 garlic cloves, minced
- 2 cups tomatoes, diced
- 1 cup red kidney beans, drained
- 1 cup Great Northern beans, drained
- 1 cup tomato sauce
- ½ cup tomato juice
- 2 teaspoons vinegar
- ½ teaspoon salt
- ½ teaspoon oregano, dried
- ½ teaspoon basil, dried
- ¼ teaspoon pepper
- ¼ teaspoon thyme, dried

2 - Gently stir contents of freezer bag(s) with a spoon.

3 - Seal freezer bag(s), removing excess air.

4 - Place the freezer bag with the soup inside another freezer bag for extra protection.

5 - Place a cooking label on the plastic bag and place it in the refrigerator or freezer. You're done!

Recipe 2 - Quiche Lorraine

Prepare quiche in a large plastic freezer bag.

1 - Add the following ingredients to a freezer bag that has been stabilized.

- 5 eggs lightly beaten
- 1 ½ cup half and half or milk
- ½ cup bacon, cooked and crumbled
- ½ cup onion, diced
- 1 ½ cup Swiss cheese, shredded
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon nutmeg

2 - Gently stir contents of freezer bag with a spoon.

3 - Seal freezer bag, removing excess air.

4 - Place the freezer bag with quiche inside another freezer bag for extra protection.

5 - Place a cooking label on the plastic bag and place it in the refrigerator or freezer.

6 - You're done!

Recipe 3 - Maryland Style Crab Cakes

Use a large bowl to mix the ingredients for the crab cakes. You will make about 12 crab cakes. Once they have been formed into patties, store them in a single layer in a covered baking tin. Or, freeze the crab cakes in a single layer and transfer to a plastic bag.

1 - Combine the following ingredients in a large bowl: (NOTE: Do not handle too much!!)

- 1 cup crushed saltines
- 2/3 cup mayonnaise
- 1 teaspoon brown mustard
- 1 teaspoon Old Bay Seasoning
- ¼ cup onion, diced

Tip: Make sure you combine the items above before you add the meat.

2 - Add crab meat (break up large pieces with fingers) and combine with ingredients in the bowl.

3 - Use ¼ cup scoop to make approximately 10 - 12 medium-sized patties. Compress into patties with hands.

4 - Place patties in a single layer in a large baking tin (or two smaller tins if you are splitting the meal).

5 - Cover and wrap the baking tin(s). Place a label on top and put the tins in the refrigerator or freezer.

6 - You're done!

Recipe 4 - Gourmet Meatloaf

Make this meatloaf in a traditional loaf pan, mini loaf pans or in cupcake tins.

1 - Add the following ingredients to a large bowl and thoroughly combine (before you add the meat):

- 1 egg, beaten
- ½ cup onion, diced
- 1 cup mozzarella cheese, shredded
- ½ cup Parmesan cheese, grated
- 8-10 basil leaves, cut into strips
- ¼ cup sundried tomatoes, thinly sliced
- ½ cup ketchup
- ½ cup bread crumbs or oatmeal

2 - Add ground beef to bowl and combine with the other ingredients. Preferably, use gloves to mix.

3 - Press down the mixture into a 1 pound loaf pan that has been lightly sprayed with cooking spray. Alternatively, you can portion the mixture into aluminum cupcake tins.

4 - Add additional ketchup on top, if desired.

5 - Cover the baking pan or baking cups with aluminum foil and then encircle with plastic wrap.

6 - Place the label on top and put it in the refrigerator or freezer.

7 - You're done!

Recipe 5 - Herb Crusted Chicken

For this recipe you will prepare the chicken and then place the breaded pieces in baking tins for storage. Store as many chicken breasts together in a tin as needed. For example, you can store 3 in one tin and 3 another, store them all in one big lasagna-sized tin or store a single serving in a smaller tin.

1 - Place 4 - 6 chicken breasts in one large baking tin (or 2 smaller tins if you will be splitting the entree.)

2 - In a medium size bowl combine:

¼ cup lemon juice

¼ cup Dijon mustard

½ teaspoon pepper

3 - Scoop and pour approximately 1 Tablespoon of the mustard mixture over each piece of chicken. Leave the remaining mustard mixture in the bowl.

4 - Add the following ingredients to the bowl with the leftover mustard mixture and combine with a fork until crumbly:

½ cup breadcrumbs

½ cup Parmesan cheese

2 Tablespoons Olive Oil

¼ cup parsley, chopped

7-8 basil leaves cut into strips

5 - Press breadcrumb mixture over the top of chicken. (There will be no breading on the bottom.)

6 - Place the breaded chicken in a baking dish or aluminum tin, cover and encase with plastic wrap. Place a label on top and store in the refrigerator or freezer.

7 - You're done!