



Healthy Freezer

Meal Prep

#2

ifoodreal

Thai Chicken Soup



Ingredients to Freeze

- 1.5 lbs chicken breasts, boneless & skinless
- 5 large sweet potatoes, skin on & cubed
- 1 large onion, chopped
- 14 oz can coconut milk, full fat
- 6 oz can tomato paste, low sodium
- 2 tbsp fish sauce
- 1 tbsp maple syrup
- 1 tbsp red curry paste
- 1/4 tsp salt
- 3 kaffir lime leaves (optional)

To Finish and Serve

- 1 cup peanuts, chopped
- 2 limes, juice of
- 1 bunch cilantro, finely chopped
- 1-2 bell peppers, chopped (optional)

Before Cooking

Add 6 cups water or low sodium broth.

Instant Pot

Cook from frozen for 20 minutes, wait 10 minutes and do Quick Release.

Slow Cooker

Thaw in the fridge for 24 hours before cooking. Cook on Low for 6 hours or on High for 3 hours.

After Cooking

Remove chicken and shred with 2 forks. Using an immersion blender, puree soup right inside the pot. Return chicken back to the pot along with peanuts, lime juice, cilantro and bell peppers (optional). Stir and serve hot.

Container Label

Instant Pot – 20 mins, 10 mins NPR, after QR

Slow Cooker – Low 6 hrs, High 3 hrs. Before – 6 cups water.

After – shred chicken and puree soup, 1 bunch cilantro, 2 limes, 1 cup peanuts.

Crispy Coconut Chicken



Ingredients to Freeze

- 1.5 lbs boneless & skinless chicken breasts
- 1 egg, large
- 2/3 cup long or short coconut flakes, unsweetened
- 1/4 cup any flour (I used whole wheat)
- 1/2 tsp garlic powder
- 1/2 tsp salt
- Ground black pepper, to taste

How to Freeze

Freeze coated but uncooked fingers on a baking sheet for a few hours, then transfer to a Ziplock bag and freeze for up to 3 months.

Before Cooking

Spray chicken fingers with cooking spray.

Oven

Bake from frozen at 425 degrees F for 30-35 minutes, possibly turning in the middle (depends on the oven – just keep an eye on them).

Container Label

Bake frozen at 425 F for 30+ mins (maybe turn).

Chicken Chickpea Stew



Ingredients to Freeze

- 1 large onion, finely chopped
- 3 large garlic cloves, minced
- 2 lbs bell peppers, seeded and coarsely chopped
- 1 lb boneless & skinless chicken breasts, cubed
- 1 lb tomatoes cubed or 28 oz can diced tomatoes
- 1 cup quinoa, uncooked
- 2 x 14 oz cans chickpeas, rinsed & drained
- 1 1/2 tsp salt
- Ground black pepper, to taste
- 3 bay leaves

To Finish and Serve

- 1/2 cup tahini paste
- 1/2 cup fresh parsley or basil, finely chopped

Before Freezing (Slow Cooker)

Preheat large skillet on low heat, swirl a bit of oil to coat and add onion and garlic. Cook for 5 minutes, stirring occasionally. Increase heat to medium, add pepper and cook for 5 more minutes, stirring occasionally. Transfer to the bag with other ingredients to freeze.

Before Cooking

Add 2 cups water or any low sodium broth.

Instant Pot

Cook from frozen for 20 minutes. Quick release.

Slow Cooker

Thaw in the fridge for 24 hours before cooking. Cook on Low for 8 hours or on High for 4 hours.

After Cooking

Add tahini and herbs, stir and let stand for a couple minutes.

Container Label

Instant Pot – 20 mins, QR

Slow Cooker – Low 8 hrs, High 4 hrs.

Before: 2 cups water.

After: 1/2 cup tahini, 1/2 cup parsley.

Vegetarian Quesadilla



Ingredients to Freeze

- 8 whole wheat large 8" tortillas
- 14 oz can black beans, rinsed & drained
- 1 cup corn
- 1 large bell pepper, diced
- 1/3 cup cilantro, finely chopped
- 1/3 cup red onion, minced
- 2 tsp cumin
- Pinch of salt
- 2 2/3 cups cheese that melts well, shredded (cheddar, mozzarella)

How to Freeze

For each quesadilla, assemble and then wrap in plastic wrap as tightly as possible without compromising its shape. Lay flat in a gallon size Ziploc bag, squeeze as much air out as possible, seal and freeze for up to 3 months.

Oven

Bake from frozen in preheated to 350 degrees F oven for 25-30 minutes.

Panini Press

Grill from frozen until ready.

Container Label

Bake – 25-30 mins at 350 F or Panini Press.

Bean Mushroom Soup



Ingredients to Freeze

- 1 large onion, finely chopped
- 2 medium carrots, finely grated
- 3 large celery stalks, diced
- 1.5 lbs white or brown mushrooms, sliced
- 1 can 11 oz organic cream of mushroom soup (I used Pacific Foods)
- 3 x 14 oz cans white navy beans, drained & rinsed
- 3 large garlic cloves, crushed
- 1 1/4 tsp salt
- Ground black pepper, to taste
- 3 bay leaves

To Finish and Serve

- 1/3 cup dill or parsley, chopped (for garnish)
- 2 tbsp butter or extra virgin olive oil

Before Freezing (Slow Cooker)

Preheat medium skillet on low – medium heat and add 1 tbsp olive oil. Add onion and sauté for 2 minutes, stirring occasionally. Add carrots, celery and garlic; sauté for a few more minutes, stirring occasionally. Add mushrooms and cook until golden brown, stirring occasionally. Transfer to the bag with other ingredients to freeze.

Before Cooking

Add 8 cups water or low sodium broth.

Instant Pot

Cook from frozen for 15 minutes. Quick release.

Slow Cooker

Cook from frozen with 8 cups of water (stock) for 4 hours on High or 6-8 hours on Low.

After Cooking

Add 2 tbsp olive oil or butter, and dill (parsley). Stir and serve hot.

Container Label

Instant Pot – 15 mins, QR

Slow Cooker – Low 6-8 hrs, High 4 hrs.

Before: 8 cups water.

After: Add 2 tbsp olive oil/butter, dill/parsley.

Shopping List

Meat

- 4 lbs boneless skinless chicken breast

Produce

- 2 lb bell peppers (any color)
- 1 large bell pepper (any color)
- Additional chopped bell pepper, for serving
- 5 large sweet potatoes
- 6 garlic cloves
- 1 ½ lbs button mushrooms
- 2 medium carrots
- 3 stalks celery
- 1 cup corn
- 3 white or sweet onions
- 1 red onion
- Parsley, for serving
- Basil, for serving
- Dill, for serving
- 1 bunch cilantro, additional for serving
- 2 limes, for serving
- Kaffir lime leaves, optional

Grains and Pulses

- 8 - 8 inch whole wheat tortillas
- Quinoa
- Peanuts, for serving

Cans and Condiments

- 1 - 14 oz can coconut milk, full fat
- 3 x 14 oz cans white navy beans
- 1 - 14 oz can black beans
- 2 x 14 oz cans chickpeas
- 1 - 11oz organic cream of mushroom soup
- 16 oz low sodium vegetable broth
- 1- 6 oz tomato paste (low sodium or no salt)
- 28 oz can diced tomatoes*
- Fish sauce
- Red curry paste
- Tahini Paste, for serving

Spices and Flavorings

- Bay leaves
- Garlic powder
- Ground cumin
- Maple syrup
- Flour
- Salt
- Pepper
- Unsweetened coconut flakes

Dairy

- 2 ⅔ cup cheddar or mozzarella cheese
- 1 egg

Other

- Avocado Oil or Olive Oil
- Flour (any)

*could substitute: 1 lb tomatoes cubed