

The background of the image is a collage of various healthy meals. It includes a bowl of soup with lemon slices, a bowl of red sauce, a stack of fried items, a bowl of green salad, a bowl of chicken and avocado, a bowl of rice and beans, and a bowl of rice and vegetables. The text is overlaid on a semi-transparent white background.

Healthy Freezer

Meal Prep

#3

ifoodreal

Turkey Taco Soup



Ingredients to Freeze

- 1 lb ground turkey
- 2 x 15 oz cans tomato sauce, low sodium
- 2 x 15 oz cans low sodium red kidney or pinto beans & rinsed
- 2 cups corn frozen or canned (drained)
- 1 1/2 tbsp taco seasoning
- 2 tbsp onion powder or flakes
- 1 tbsp garlic powder
- 1 tsp maple syrup or honey
- 1 tsp salt
- Ground black pepper, to taste

Finish and Serve

- 1/2 small bunch cilantro, finely chopped
- Yogurt, cheese, lime and tortilla chips

Before Freezing

Preheat medium skillet on low – medium heat and add 1 tbsp olive oil. Saute meat until small pieces. Transfer to the bag with other ingredients to freeze.

Before Cooking

Add 3 cups water or low sodium broth.

Instant Pot

Cook from frozen for 20-30 mins on High pressure. Quick release.

Slow Cooker

Add cilantro. Stir and serve hot with yogurt, cheese, lime and tortilla chips.

Container Label

Instant Pot – 20-30 mins, QR

Slow Cooker – Low 8 hrs, High 4 hrs.

Before: 3 cups water.

After: Add cilantro.

White Chicken Chili



Ingredients to Freeze

- 1 lb (2 large) chicken breasts, boneless and skinless
- 1 small onion, diced
- 2 x 15 oz cans cannellini white or great Northern beans, drained and rinsed
- 2 cups corn, fresh or frozen
- 4 oz can diced green chiles
- 1 tsp cumin
- 2 tsp chili powder
- 1 tsp garlic powder
- 3/4 tsp salt
- Ground black pepper, to taste

Finish and Serve

- 1/2 cup plain Greek yogurt fat 2%+ (or sour cream)
- 2 oz cream cheese
- 1 lime, juice of
- Small bunch of cilantro, finely chopped
- Tortilla chips, avocado, more yogurt, limes, for serving

Before Cooking

Add 1 cup water or low sodium broth.

Instant Pot

Cook from frozen on High pressure for 20 minutes. Natural Release for 10 mins, Quick release after.

Slow Cooker

Thaw in the fridge for 24 hours (food safety thing), then add to a large slow cooker and cook for 4 hours on High or 8 hours on Low.

After Cooking

Remove chicken and shred with 2 forks. Return to the pot along with cilantro, 1/2 cup yogurt, cream cheese and lime juice. Stir well.

Container Label

25 mins, NPR 10 mins, after QR

Slow Cooker – Low 8 hrs, High 4 hrs.

Before: 1 cup water.

After: Shred chicken, add cilantro, 1/2 cup yogurt, 2 oz cream cheese, lime juice.

Almond Chicken



Ingredients to Freeze

- 1.5 lbs chicken breasts (3 large) or tenderloins, boneless & skinless
- 1 1/4 cups ground almonds (almond flour or almond meal)
- 1 tbsp garlic or onion powder/granules
- 1 tsp oregano or basil, dried
- 3/4 tsp salt
- 1/8 tsp ground black pepper
- 2 large eggs

How to Freeze

Cut chicken into 1/2 inch thick strips lengthwise and pound to make tender. Dip each strip into an egg mixture, then coat completely in almond, garlic powder, oregano, salt and pepper mixture. 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.

Oven

Bake from frozen at 450 degrees F for 30-35 minutes, turning once.

Container Label

Bake frozen for 30-35 mins at 450 F.

Ground Turkey Tacos



Ingredients to Freeze

- 1 lb ground turkey, 93% lean
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp taco seasoning, low sodium
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp cumin ground
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- Ground black pepper, to taste
- 3 oz tomato paste, low sodium
- 1 tsp any sugar (I used maple syrup)

Finish and Serve

- 2 tbsp cornstarch
- 10 corn or whole wheat flour tortillas
- Avocado, tomatoes, lettuce, cotija cheese, red onion and lime

Before Freezing (Slow Cooker)

Preheat medium skillet on low – medium heat and add 1 tbsp olive oil. Add onion, garlic, taco seasoning, onion powder, garlic powder, cumin, smoked paprika, cayenne pepper, salt and pepper, and saute for 3 minutes, stirring occasionally. Add ground turkey and saute for 5 minutes, stirring and breaking into small pieces with spatula often. Transfer to the bag with other ingredients to freeze, and swoosh things around to mix tomato paste with turkey to prevent burning.

Before Cooking

Add Slow Cooker – 1 1/4 cups, Instant Pot – 1/2 cup low sodium chicken or veggie broth.

Instant Pot

Cook from frozen on High pressure for 12 minutes. Quick release.

Slow Cooker

Cook from frozen for 3 hours on High or 6 hours on Low.

After Cooking

Whisk 2 tbsp cold water with 2 tbsp cornstarch and add to Slow Cooker/Instant Pot. Press High heat or Saute, stir and cook (covered in slow cooker) until taco meat has thickened.

Container Label

25 Instant Pot – 12 mins, QR

Slow Cooker – Low 6 hrs, High 3 hrs.

Before: Slow Cooker – 1 1/4 cups, Instant Pot – 1/2 cup broth.

After: 2 tbsp cornstarch + 2 tbsp cold water, cook to thicken.

Instant Pot Rice & Beans



Ingredients to Freeze

- 2 cups brown rice, rinsed
- 1 cup dried black beans, rinsed
- 1 large onion, chopped
- 1 1/2 tbsp cumin
- 1 tbsp garlic powder
- 2 tsp chili powder
- 1 1/4 tsp salt
- 28 oz can diced tomatoes, low sodium

To Finish and Serve

- 1 bunch cilantro, chopped
- Hot sauce, optional

For cooking in Instant Pot, it is important to finish with tomatoes on top to avoid “Burn”.

Before Cooking

Add Slow Cooker – 2 cups, Instant Pot – 4 cups water or low sodium broth.

Instant Pot

Cook from frozen on High pressure for 22 minutes. Quick release.

Slow Cooker

Use 2 X 14 oz cans of beans (rinsed & drained) instead of dried. Cook from frozen for 4-5 hours on Low. Check after 4 hours, stir and if needed add 1/4 cup of water more.

After Cooking

Add cilantro. Stir and serve hot.

Container Label

Instant Pot – 22 mins, QR

Slow Cooker – Low 4-5 hrs.

Before: Slow Cooker – 2 cups, Instant Pot – 4 cups.

After: Add cilantro.

Shopping List

Meat

- 2 ½ lbs boneless skinless chicken breast
- 2 lb ground turkey

Produce

- 2 garlic cloves
- 3 white/sweet Onions
- Avocado, for serving
- 2 bunches cilantro, for serving
- 2-3 limes, for serving
- Lettuce, for serving
- Red onion, for serving
- Tomato, for serving

Grains, Pulses and Nuts

- 1 ¼ cup ground almonds (or almond flour/meal)
- 1 lb brown rice
- Dried black beans - IP (or 2 x 15 oz cans - slow cooker)
- Corn tortillas, for serving
- Tortilla chips for serving

Cans and Condiments

- 2 x 15 oz cans cannellini, white or great northern beans
- 4 oz can diced green chilis
- 2 x 15 oz cans red kidney or pinto beans, low sodium
- 2 x 15 oz cans tomato sauce, low sodium
- Low sodium chicken broth, for cooking day (amount varies by recipe)
- 3 oz tomato paste, no salt added
- 28 oz can diced tomatoes, low sodium

Spices and Flavorings

- Cayenne Pepper
- Chili Powder
- Oregano
- Garlic powder
- Ground cumin
- Taco seasoning, low sodium
- Maple syrup
- Onion powder
- Smoked paprika
- Salt and pepper
- Cornstarch

Dairy

- Cotija cheese, for serving
- Cheddar/Mexican cheese, for serving
- 2 oz Cream cheese, for serving
- 2 eggs
- ½ cup greek yogurt, for serving
- Yogurt, for serving

Frozen

- 4 cups corn*

Other

- Avocado or Olive Oil
- Cooking Spray

*could substitute canned corn