



Healthy Freezer

Meal Prep

#4

ifoodreal

Chicken Burritos



Ingredients to Cook in Instant Pot

- 1 1/2 cups brown rice, rinsed & drained
- 1 cup dried black beans, rinsed & drained
- 2-3 large chicken breasts, boneless & skinless
- 2 tbsp taco seasoning, low sodium
- 1 tbsp cumin
- 1 tbsp garlic powder
- 1 tsp salt
- 3 cups water or low sodium broth

Ingredients to Wrap

- 1 cup salsa
- 2 cups corn, frozen or cooked
- 1 bunch cilantro, chopped
- 1 bunch green onion, chopped
- 12 oz any soft cheese, shredded
- 2 cups green or red cabbage, thinly shredded
- 17 large whole wheat tortillas

Instant Pot

Add all Ingredients to Cook and Cook on High pressure for 20 minutes with Quick Release after.

Stovetop Directions

1. *The only difference is that you will have to use 2 x 15 oz cans of low sodium black beans, rinsed & drained.*
2. In a large pot, add brown rice, chicken breasts, taco seasoning, cumin, garlic powder, salt and broth or water (everything but black beans). Cover, bring to a boil, reduce heat to low and cook for 45 minutes or until water is absorbed.

After Cooking

Shred chicken using 2 forks right in the pressure cooker or pot and add remaining Ingredients to Finish (except tortillas).

To Wrap and Freeze

Tear 17 sheets of aluminum foil. Place tortilla on top of foil, add 3/4 cup of filling below the center and near to the edge closer to you. Top with some shredded cabbage and cheese. Fold up the bottom to almost cover the filling, then fold up the edges, roll up tightly and then roll again in foil. Freeze for up to 3 months.

To Reheat

TO REHEAT: Thaw overnight in the fridge. Bake at 450 F degrees for 20-25 minutes or broil for 10-15 minutes. You can also warm burritos up in a microwave without tin foil – 2-5 minutes.

Container Label

Bake at 450 F – 20-25 mins, broil for 10-15 mins, microwave no foil – 2-5 mins.

Ground Turkey Pasta Bake



Ingredients to Assemble and Freeze

- 1 lb ground turkey, extra lean
- 3 cups (10 oz) whole wheat penne/fusilli pasta,
- 4 – 5 cups kale stems, removed & chopped
- 1 large onion, finely chopped
- 4 large garlic cloves, minced
- 1 tbsp olive oil, extra virgin
- 1 tbsp oregano, dried
- 1 tsp rosemary, dried
- 1 tsp basil, dried
- Pinch of red pepper flakes
- 1/2 tsp salt
- Ground black pepper, to taste
- 28 oz tomato sauce, low sodium
- 1 tbsp honey or maple syrup
- 1 tbsp balsamic vinegar
- 1 cup pasta water
- 2 cups 6 oz mozzarella cheese, shredded & divided
- 1/3 cup Italian parsley, chopped
- Cooking spray

To Assemble

Cook pasta in a pot. In a skillet, saute onion and garlic 3 minutes, stirring occasionally. Saute oregano, rosemary, basil, pinch of red pepper flakes, salt and pepper for 30 seconds, stirring a few times. Add ground turkey and cook for another 5-7 minutes, breaking meat into pieces and stirring occasionally. Add tomato sauce, honey, balsamic vinegar and pasta water. Stir, bring to a boil and simmer for 2 minutes. Add kale and stir to combine. Now add cooked pasta and stir to combine more.

To Wrap and Freeze

Transfer half of the mixture in previously prepared baking dish and sprinkle with 1 cup cheese. Add remaining pasta meat mixture and sprinkle with remaining 1 cup cheese. Wrap tightly with plastic and aluminum foil on top.

To Cook

When ready to eat, remove from the freezer and warm up on a counter for 30 minutes to prevent dish from shattering in the oven. Bake from frozen in preheated 350 degrees F oven for 40 minutes.

Container Label

Counter – 30 mins, bake frozen at 350 F – 40 mins.

Black Bean Burgers



Ingredients to Freeze

- 1 cup white or brown rice, cooked (measured after)
- 2 x 14 oz cans low sodium black beans, drained & rinsed
- 2 large eggs
- 3/4 cup grated zucchini, liquid squeezed out (measured after)
- 1 medium onion, minced or pureed
- 2 large garlic cloves, minced or grated
- 1 cup oat flour for GF version or whole grain breadcrumbs
- 1 1/4 tsp salt
- 1 tsp cumin
- 1 tsp chili pepper in adobo sauce, minced

To Assemble

Cook rice as per package instructions. In the meanwhile, in a large bowl, add beans and mash with a masher until coarse puree with some bean chunks forms. Add eggs, zucchini, onion, garlic, oat flour, salt, cumin, pepper in adobo, and mix with spatula very well.

To Freeze

Scoop 1/2 cup for smaller or 3/4 cup mixture for larger burgers and form into a patty. Lay patties on a baking sheet lined with parchment paper, freeze completely and transfer to a large Ziploc bag.

To Cook

Cook from frozen on preheated large non-stick ceramic or well-seasoned cast iron skillet on low – medium heat with 1-2 tbsp of oil, for 7-9 minutes per side.

Container Label

Pan fry frozen with oil – 7-9 mins/side.

Turkey Chili



Ingredients to Freeze

- 1 lb ground turkey
- 1 large onion, diced
- 3 large garlic cloves, minced
- 1 bell pepper, diced
- 1 1/2 cups corn, canned or frozen
- 14 oz can low sodium red kidney beans, rinsed and drained
- 14 oz can low sodium cannellini or navy beans, rinsed and drained
- 14 oz can low sodium pinto beans or black eyed peas, rinsed and drained
- 2 tbsp chili powder
- 1 tsp cumin
- 1 tsp oregano, dried
- 1/2 tsp paprika
- 3/4 tsp salt
- 28 oz can diced tomatoes, low sodium
- 6 oz can tomato paste, low sodium

Ingredients to Serve

- Green onion, cilantro, cheese, plain yogurt (for toppings)

Before Freezing

Cook ground turkey until small pieces for 5 minutes, stirring constantly. Transfer to a Ziploc bag with other ingredients (for Instant Pot add tomato products right after meat).

Before Cooking

Add 1 cup water or low sodium broth

Instant Pot

Cook from frozen on High pressure for 20 minutes. Quick release.

Slow Cooker

Cook from frozen for 4 hours on High or 8 hours on Low.

Container Label

Instant Pot – 20 mins, QR

Slow Cooker – Low 8 hrs, High 4 hrs.

Before: 1 cup water/broth.

Quinoa Falafel

Ingredients to Assemble and Freeze

- 2 cups quinoa, dry
- 2 14 oz cans low sodium chickpeas, drained & rinsed
- 1 medium onion, coarsely chopped
- 8 garlic cloves, large
- 2 cups parsley, packed
- 4 tsp cumin, ground
- 2 tsp coriander, ground
- 4 tbsp sesame oil
- 2 tbsp cornstarch
- 3 tsp salt
- 1/2 cup water

To Finish and Serve

Tahini Sauce

- 1 cup tahini
- 1 cup water
- 2 lemons, juice of
- 1 garlic clove, large
- 1 tsp salt

14 whole wheat pitas for serving

1 long English cucumber, thinly sliced for serving

3 tomatoes, thinly sliced for serving

To Assemble

Cook quinoa as per package instructions. In the meanwhile, in a large food processor, add chickpeas, onion, garlic, parsley, cumin, coriander, sesame oil, cornstarch, salt, water and blend until semi-smooth. In a large bowl, combine cooked quinoa and blended mixture, mix with spatula very well.

To Freeze

Using small scoop, scoop falafel mixture, packing it tightly, roll into golf size balls (helps to dip hands in water in between) and place on prepared baking sheets about 1 inch apart. Freeze completely and transfer balls to a large Ziploc bag.

To Cook

Spray with cooking spray, bake from frozen in 450 F degrees oven for 35 minutes or until golden brown and crispy, turning once.

Container Label

Spray before baking, bake frozen at 450 F for 35 mins, turn once.



Shopping List

Meat

- 3 boneless skinless chicken breasts
- 2 lb ground turkey

Produce

- 1 bell pepper (any color)
- 1-2 zucchini
- 1 bunch cilantro, more for serving
- 2 bunches Italian parsley
- 18 garlic cloves
- 2 cups green/red cabbage
- 1 bunch green onion, more for serving
- 4-5 cups kale
- 2 lemons
- 4 medium sweet onions
- Lettuce, for serving
- Cucumber, for serving
- Red onion, for serving
- Tomatoes, for serving

Grains, Pulses and Nuts

- 1 ½ cups brown rice, dry
- 1 cup white (or brown rice), cooked
- 2 cups quinoa, dry
- 17 Burrito Sized Whole Wheat Tortillas
- 3 cups penne/fusilli Pasta
- 1 cup dried black beans IG burritos (or 2 cans for stove top burritos)
- 1 cup oat flour (or whole grain breadcrumbs)
- Hamburger buns, for serving
- Pita, for serving

Cans and Condiments

- 2 x 14 oz canned black beans, low sodium
- 2 x 14 oz canned chickpeas, low sodium
- 1 14 oz can red kidney beans, low sodium
- 1 14 oz can cannellini or navy beans, low sodium
- 1 14 oz can pinto beans or black eyed peas, low sodium
- 1 small can chipotle peppers in adobo sauce (will need 1 tsp)

Cans and Condiments, contd

- 3 cups low sodium broth, for burritos
- 1 - 28 oz can tomato sauce, low sodium
- 1 - 6 oz can tomato paste, low sodium
- 1 - 28 oz can diced tomatoes, low sodium
- 8 oz salsa
- Tahini
- Low sodium broth, for cooking day
- Ketchup, for serving
- Mustard, for serving

Spices and Flavorings

- Chili powder
- Cornstarch
- Coriander
- Basil
- Oregano
- Rosemary
- Garlic powder
- Ground cumin
- Taco seasoning
- Paprika
- Red pepper flakes
- Salt and Pepper
- Maple syrup/honey
- Sesame Oil
- Balsamic Vinegar

Dairy

- 2 eggs
- 2 cups mozzarella cheese
- 12 oz soft cheese (cheddar, Mexican etc)
- Shredded cheese, for serving
- Plain yogurt, for serving
- Mozzarella/cheddar cheese slices, for serving

Frozen

- 3 1/2 cups corn*

Other

- Avocado or Olive Oil
- Cooking Spray

*could substitute canned corn