

1. Black Bean and Rice Freezer Burritos, salad, chips and salsa
2. Italian Sausage and Spinach Stuffed Shells, salad
3. Chicken Gyros, cucumbers and yogurt, carrot sticks
4. Tamale Sandwiches on Cornbread, Refried Beans, salad
5. Whole Chicken, steamed veggie, noodles
6. Scrambled Eggs, Ham and Muenster Skillet, fresh fruit and toast
7. Chocolatey Texas Sheet Cake

Produce

onions
 garlic
 spinach - 1 bag
 cucumbers
 carrots or baby carrots
 {salad fixings - 3 meals}
 {fresh fruit}

Canned/Dry

white rice
 black beans -3
 kidney or pinto beans - 2
 taco seasoning - 2 pkgs.
 chopped green chilis
 chipotle peppers in adobo sauce
 crushed tomatoes 28oz - 2
 tomato sauce 8oz
 Hunt's spaghetti sauce - 2
 jumbo pasta shells
 {tortilla chips}
 {salsa}
 {noodles}
 powdered sugar
 pecans, chopped 1/2 cup

Frozen

{favorite veggie}

Bread

pita pockets

Meat

bulk Italian sausage 1lb.
 boneless chicken breasts 3lb. bag
 pork shoulder roast or other cut
 cubed ham 1/2 lb.
 whole chicken

Dairy

eggs
 burrito sized tortillas 20-25
 plain or Greek style yogurt 6 oz
 pepperjack 8 oz
 Monterey jack 8oz
 Italian blend cheese - 1 cup shredded
 Muenster slices

Items to have in pantry/fridge

olive oil
 vegetable oil
 lemon juice
 vinegar
 vanilla
 cornmeal
 flour
 sugar
 baking soda
 cocoa
 dried mint
 oregano
 cumin
 milk
 butter

Black Bean and Rice Freezer Burritos

- 3 cups uncooked rice
- 3 cans black beans, rinsed and drained
- 2 packages taco seasoning
- 8 oz Pepper Jack cheese, shredded
- 8 oz Monterey Jack cheese, shredded
- 20-25 burrito-sized tortillas (didn't make it in the photo)

Cook the rice according to the package directions.

In a large bowl, stir the black beans and taco seasoning together. Add the cooked rice and cheeses, stirring to combine.

Fill the tortillas with the rice and beans. Wrap each burrito in plastic wrap and store in zip top freezer bags. I had enough filling to fill a few more burritos, but ran out of tortillas. I did put 20 burritos in the freezer.

To heat, microwave unwrapped on a plate. For our microwave, 1 minute and 45 seconds is a good amount of time. Serve with salsa if you like.

Serving Suggestion: salad, chips and salsa

Italian Sausage and Spinach Stuffed Shells

- 1 lb. Italian sausage
- 1 onion, chopped
- 1 clove garlic, minced or crushed
- 1 bag fresh spinach
- 2 lbs. ricotta cheese
- 1 cup Italian style blend cheese, shredded
- 1 box jumbo pasta shells, cooked according to package directions
- 2 cans Hunt's spaghetti sauce

Brown the sausage with the onion and garlic. Drain and rinse under hot water. Cook the spinach in 1 cup of water until soft and wilted. Drain and squeeze out the water, then coarsely chop the spinach.

Mix the sausage, spinach, ricotta and Italian cheese together. Fill each cooked shell with the mixture. Spread a bit of sauce on the bottom of two 9×13 pans. Put the stuffed shells in the pans as you fill them. Cover with the rest of the sauce.

To bake, cover the pan with foil and bake at 350 degrees for 45 minute to 1 hour.

To freeze, cover tightly with foil and label with directions, "Thaw in fridge. Bake at 350 degrees for 1 hour"

Serving Suggestion: salad

Chicken Gyros

- 1/4 cup olive oil
- 3 Tbs. lemon juice
- 2 cloves garlic, minced or crushed
- 1 1/2 tsp. dried mint
- 1 1/2 tsp. oregano
- 1 1/2 tsp. ground black pepper
- 1/2 tsp. salt
- 3 lbs. boneless chicken breast, cut in bite size pieces

Whisk all the ingredients except the chicken to make the marinade. You could put them in a tight fitting container with a lid and give them a good shake instead of whisking.

Pour the marinade over the chicken and give it a stir to be sure all the chicken is coated with marinade. Refrigerate for several hours.

Cook the chicken in a skillet over medium-high heat. Work in batches, if necessary, so that the chicken isn't crowded in the pan. Remove the cooked chicken to a bowl and let it cool. Place the chicken in a plastic freezer bag. Don't forget to label it with the date, recipe title and reheating instructions.

For the cucumber-yogurt sauce I used about 1/2 a cucumber cut into small pieces. I stirred the cucumber into 6 oz. of Greek-style yogurt.

If you've frozen the chicken, reheat it in the microwave. Fill a pita pocket with chicken and top with the cucumber-yogurt sauce.

Serving suggestion: carrot sticks

Tamale Sandwiches on Cornbread

- large pork shoulder roast or other cut of beef or pork roast
- 2 28oz cans crushed tomatoes
- 1 onion, diced
- 2 tsp. cumin
- 4 chilis from a can of chilis in adobo sauce, seeds scraped out and chopped fine
- 1 tsp. salt
- 1 recipe of [cornbread](#)

Place the roast in a slow cooker. Sprinkle it with salt and pepper and cook 5-6 hours on high or 7-8 hours on low. When it is fully cooked, shred the meat with a fork and return it to the slow cooker. You could also refrigerate or freeze the meat at this point to finish at a later time.

Add the other ingredients to the meat in the slow cooker. Stir to combine. Cook on low for another 2-4 hours. Serve over the cornbread.

This is spicy, but not enough to really set your tongue aflame. My younger kids found it a bit too spicy for comfort. Next time, I'll probably reduce the peppers and use only 3.

This made enough for my family of six to have 3 meals. I froze the extra, which worked great.

Serving Suggestion: cornbread, Refried Beans, salad

Refried Beans

- 3 Tbs. butter
- 1 small onion, diced
- 1-2 garlic cloves, minced or crushed
- 2 cans kidney or pinto beans, drained
- 1 can chopped green chilis
- about 1 cup tomato sauce
- salt to taste (I usually skip the salt)

Melt the butter in a skillet. Cook the onion and garlic in the butter until soft. Add the beans to the skillet and mash them with a fork. Stir in the chopped green chilis and tomato sauce. The original recipe calls for an 8 oz can of tomato sauce, but I didn't have that size. I used a 15 oz can and just poured some in. I used about 3/4 of the can. Heat until hot and bubbly. Serve with any Mexican style dish.

Chocolatey Texas Sheet Cake

- 2 cups flour
- 1/2 tsp. salt
- 1 tsp. baking soda
- 2 cups sugar
- 1 stick butter
- 1/2 cup vegetable oil
- 4 Tbs. cocoa
- 1 cup water
- 2 eggs
- 1/2 cup buttermilk (or milk soured with 1 Tbs. vinegar)
- 1 tsp. vanilla

In a large bowl, stir together the flour, salt, soda and sugar.

In a saucepan, combine the butter, oil, cocoa and water. Bring to a boil. Remove from heat and stir into the dry ingredients. Then add the eggs, milk and vanilla, stirring by hand to combine. The batter will be thin. Pour into a greased jelly roll pan 10"x15". Bake at 350 degrees for 20-25 minutes.

This cake gets iced while both the cake and the icing are still hot. Here's what you'll need:

For the icing

- 1 stick butter
- 4 Tbs. cocoa
- 3 3/4 cups powdered sugar
- 1 tsp. vanilla
- 4 Tbs. milk
- 1/2 cup pecans

In a small saucepan, bring the butter and cocoa to a boil. Remove from the heat and add the powdered sugar, vanilla and milk. Stir it by hand until smooth, then stir in the pecans. Spread on the cake while the cake is still hot and the icing is hot.

