

Freezer Meal Workshop with Ruth Ann

from EverythingUnscripted.com

Tune in live on February 29th at 9pm on my Facebook page at
www.facebook.com/everythingunscripted

Last month we started a Monthly Freezer Meals Workshop, offered here for Free. Recipes, Shopping List and Live Video (on our [Facebook page](#)) One of the ways I like to stay on track with family meals, instead of eating out or making completely unhealthy choices, is by preparing Freezer Meals. By creating a monthly freezer meal workshop, we are not prepping EVERY meal for the month, but we are starting a prepped meal stock in our freezer. We invite you to join in and prep along with us or do it at a later date.

So join our email list if you want the recipes and shopping list in advance of the NEXT workshop! [Subscribe here.](#)

Tune in live on February 29th at 9 pm Atlantic, on my [Facebook page](#) for our February Monthly Freezer Meal Workshop!

We will be making the following recipes:

- Easy Mac n Cheese
- Enchilada Bake
- BBQ Bacon Meatloaf
- Twice Baked Potatoes
- Chicken & Veggies Bake

Below you will find the recipes. They are all to feed 4 (if you have young children you will get 6 servings).

If you have the ingredients prepped, you can join me live and assemble them for your freezer while I assemble mine and share some tips.

* To prep, remember to label your freezer bags with the Recipe Name and Cooking Instructions.

* Have all items chopped, sliced or diced ahead.

* Use an empty mixing bowl to place your bag in before filling. Helps hold bag in place and catches spills.

This month's meals will require tin baking pans (you can get them at the dollar store). Buy the size you wish to freeze, single, double or multiple serving. Each recipe will make approximately 4 servings.

NEXT MONTH: In March we will prep all Breakfast Options to freeze ahead.

FEBRUARY FREEZER RECIPES:

Easy Mac n Cheese

1 box Macaroni (cooked as per box instructions)
2 cups Cheddar Cheese, cubed or grated
1 can Cr. Mushroom Soup
¼ Onion, diced

Instructions

1. Combine all ingredients and freeze in a tin tray or casserole dish. Thaw overnight then Bake at 350° for 35 minutes.

Twice Baked Potatoes

8 Russet Potatoes (washed and baked as per below)
½ cup Butter, melted
½ cup Sour Cream
1 ½ cups Cheese, grated (Cheddar or your favourite)
1 tsp Salt

Instructions

1. Bake potatoes at 375° for 1 hour. Let cool and scoop the potato out of the skins.
2. Have all potatoes scooped out and ready in a bowl to mix up. Skins can be lined up on a baking sheet for assembly.
3. In a bowl, combine potato and remaining ingredients. Mash to combine.
4. Fill skins and wrap in tinfoil to freeze.
5. To bake, thaw in the fridge then bake at 375° for 20 minutes, or until heated through.

Enchilada Bake

2 15 ounce cans black beans, drained and rinsed
1 ½ cups enchilada sauce
1 cup reduced-fat shredded Mexican-blend cheese
8 6-inch corn tortillas
Optional garnish: sour cream sliced green onion, sliced olives, diced avocado or guacamole

Instructions

1. Place a spoonful of enchilada sauce in the bottom of a tin tray, smooth around.
2. In a bowl, combine half of the enchilada sauce with beans and half of the cheese.
3. Place 4 of the tortillas in the bottom of the prepared dish, cutting them to fit and cover the bottom.
4. Top with half of the bean mixture and then add ¼ cup of enchilada sauce. Repeat layers one more time, ending with remaining ½ cup of cheese on top.
5. Cover tightly with foil & Freeze.
6. Thaw in the refrigerator overnight before baking.
7. When ready to serve, bake casserole (covered with tinfoil) at 350 degrees F for 30 minutes. Uncover and bake for an additional 5-10 minutes.

BBQ Bacon Meatloaf

1 lb Lean Ground Meat
1 Egg
1 cup Onion, finely chopped
1 Tbsp Worcestershire sauce
½ tsp Salt
¼ tsp Pepper
½ Cup BBQ Sauce
4 strips Bacon

Instructions

1. In a large bowl, combine meat, egg, onion, worcestershire sauce, salt and pepper.
2. Form log and wrap with 4 pieces of bacon.
3. Place meat in a loaf pan and top with BBQ sauce.
4. Cover tightly with foil & freeze.
5. Thaw in the refrigerator overnight before baking.
6. When ready to serve, bake meatloaf loosely covered at 350 degrees F for 40-45 minutes. Uncover and bake for an additional 5-10 minutes to crisp up bacon.

Chicken & Veggie Bake

- 2 lbs. bone-in chicken pieces thighs, breasts, and/or drumsticks (approx. 8 drumsticks)
- 1 lb Baby Red Potatoes (cut in half)
- ½ pound Carrots peeled and sliced
- 1 Onion chopped, chunks
- 2-3 cups fresh veggies (Green Beans/Broccoli/ Peppers/Brussel Sprouts)
- 1 Tbsp Olive Oil
- ½ tsp Onion Powder
- ½ tsp Basil
- ½ tsp Garlic Powder
- ½ tsp Salt

Instructions

1. Place chicken and vegetables in a 9 x 13-inch tin foil dish. Drizzle with oil, sprinkle with herbs and salt, and toss to coat.
2. Cover tightly with foil & freeze.
3. When ready to bake, thaw in the refrigerator overnight.
4. Remove the cover and bake in at 375 degrees for 1 hour.
5. Check to see if the chicken is cooked. Return to the oven, if necessary, until chicken is done and vegetables are tender.