
COMFORT FOOD MEAL PLAN UNDER \$185

Meals provided in this Meal Plan

- The Best Chili You Ever Had! x2
- Vegetarian Burritos x2
- Shepherds Pie x2
- Tortellini Bake x2
- Tex Mex Chicken x2

Five of the best comfort food recipes each doubled will make 10 meals. Each meal is freezer friendly and comes out fast, easy and ready to cook!

The great thing about these recipes is they can be cooked quickly if you don't have time for an 8 hour slow cooker meal.

Serving size and nutrition information on blog post for each recipe, just follow the link on the post!

Prepping this meal plan will take more time than my normal meal plans because there is cooking prep before freezing the meals.

I recommend taking two days to prep if you follow this meal plan. Give yourself 2-3 hours for each day and plan out which recipes you prefer to cook on each day.

Planning and setting aside time are the keys to meal planning success!

*I try to omit spicy ingredients when I am cooking for my kids because of the kick.

THE BEST CHILI YOU EVER HAD!

Double this recipe and make two meals if following meal plan.

Label Gallon Freezer Bag:

The Best Chili You Ever Had!

Cooking Directions from thawed:

Thaw meal in fridge overnight
Add Bag contents to slow cooker
Cook on low 30 min - 1 hour
Stir when finished and enjoy!

Cooking Directions from frozen:

Add Bag contents to slow cooker
Cook on low 3-4 hours
Stir when finished and enjoy!

*Free Printable Labels Available on Post

Prep Directions:

Step 1: Heat 3 tbsp olive oil in Dutch oven over med-high heat. Add 1 medium onion (diced) and sauté 3-5 min.

Step 2: Add 6 cloves (minced) garlic and sauté for one min

Step 3: Add 4 lbs ground been and brown meat. Once browned drain beef then add back into Dutch oven.

Step 4: Stir in 2 lbs cooked bacon (chopped), 4 (14.5 oz) cans diced

Step 4 (continued): 12 oz tomato paste, 16 oz corn, 4 cups black beans, ¼ tsp cinnamon, 1 ½ tsp black pepper, 5 tsp salt, 1 ½ tsp chili powder, 1 tbsp ground cumin, 1 tsp dried oregano, 1 tsp ground coriander. Bring to a simmer.

Step 5: Simmer for 30-45 min and serve!

Step 6: Let chili cool then add into labeled freezer bags and freeze for up to three months.

Notes:

Optional: Garnish with cheese and chips!

VEGETARIAN BURRITOS

Double this recipe and make two meals if following meal plan.

Label Gallon Freezer Bag:

Vegetarian Burritos

Thaw meal in fridge overnight

Preheat oven to 450 degrees

Set desired number of wrapped burritos on baking sheet

Cook in preheated oven for 35-45 mins (or until heated through)

When finished enjoy! (Optional: Serve with Salsa and/or Guac!)

*Free Printable Labels Available on Post

Prep Directions:

Step 1: Melt 2 tbsp butter over med heat.

Once melted add 1 tbsp olive oil.

Step 2: Add 1 ½ bell peppers (diced), 1 large yellow onion (diced), ½ cup fresh cilantro (diced), 3 (14.5 oz) cans black beans, 2 ½ tsp salt, 2 ½ tsp black pepper, 2 ½ tsp cumin and juice of 2 limes. Sauté on high for 2-4 minutes.

Step 3: Remove skillet from heat and set aside.

Step 4: Add ¼ cup bean mixture plus desired amount of shredded cheese and cooked rice into tortilla and fold over edges. Make as many burritos as desired.

Step 5: After constructing burritos add 1 tsp oil to heated skillet and grill burritos on skillet for 1-2 minutes each side until golden brown.

Step 6: Let burritos cool then wrap in aluminum foil and freeze up to 3 months.

Notes:

Optional: Serve with Salsa and/or Guac!

SHEPHERDS PIE

Double this recipe and make two meals if following meal plan.

Label Gallon Freezer Bag:

Shepherd's Pie

Cooking Directions from thawed:

Thaw meal in fridge overnight

Preheat oven to 375

Cook (covered) in preheated oven for 30 min

Broil on high for 5 min (uncovered)

Remove from oven, let sit 15 min and enjoy!

Cooking Directions from frozen:

Preheat oven to 425

Cook (covered) in preheated oven for 45–60

min

Broil on high for 5 min (uncovered)

Remove from over, let sit 15 min and enjoy!

*Free Printable Labels Available on Post

Prep Directions:

Step 1: Boil large pot of salted water and add in 4 large russet potatoes (peeled and chopped). Boil for 25 min or until potato falls apart when forked.

Step 2: While potatoes boil blend together 1 cup diced tomatoes, 1 cup stock, 1 tsp dried basil, 1 clove garlic, 1 tsp thyme, 2 tsp salt and 2 tsp tapioca starch. Set aside.

Step 3: Heat 2 tbsp olive oil in large skillet and sauté 1 small onion (diced) and 2 cup carrots (diced) for 3-5 min.

Step 4: Add 4 lbs ground beef to veggies in skillet and brown meat.

Step 5: Once potatoes are done drain and mash ($\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 1 tsp garlic powder, $\frac{1}{2}$ tsp dried thyme, 3 tsp salt and $\frac{1}{2}$ tsp pepper) together with potatoes. Set aside to cool.

Step 6: Drain browned beef, add 1 cup celery (diced) and sauce and bring to a simmer for 15 min.

Step 7: Pour beef mixture into foil baking dish and let cool. Once cool top with cooled mashed potatoes and spread evenly.

Step 8: Cover shepherds pie, label and freeze for up to three months.

TORTELLINI BAKE

Double this recipe and make two meals if following meal plan.

Label Gallon Freezer Bag:

Tortellini Bake

Cooking Directions from thawed:

Thaw meal in fridge overnight

Preheat oven to 375

Cook (covered) in preheated oven for 45 min

Cook (uncovered) for additional 15 min

Remove from oven, let sit 15 min and enjoy!

Cooking Directions from frozen:

Preheat oven to 425

Cook (covered) in preheated oven for 60-75

min

Cook (uncovered) for additional 15 min

Remove from over, let sit 15 min and enjoy!

*Free Printable Labels Available on Post

Prep Directions:

Step 1: Preheat oven to 375. Place 1 lb sausages on parchment paper covered baking sheet and cook in preheated oven for 25 minutes.

Step 2: While sausage cooks heat 1 tbsp olive oil in large skillet and sauté [1 large onion (chopped) and 2 bell peppers (chopped)] for about 20 minutes.

Step 3: Add 16 oz jar alfredo sauce, 14.5 oz can diced tomatoes and ½ cup water to onion/pepper mixture. Simmer for 5-10 minutes.

Step 4: Add uncooked tortellini into foil baking dish and pour onion/pepper mixture over tortellini and mix in sausage (chopped).

Step 5: Cover tortellini bake, label and freeze for up to three months.

Notes:

Garnish with parmesan cheese and parsley if desired.

TEX MEX CHICKEN

Double this recipe and make two meals if following meal plan.

Label Gallon Freezer Bag:

Tex Mex Chicken

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 6-8 hours or high 3-4 hours

Shred chicken, remove bones and stir back into sauce in slow cooker

Serve over rice and enjoy! (Optional: Add some Avocado and/or Guac)

*Free Printable Labels Available on Post

Freeze Together in Labeled Gallon Freezer Bag:

- 2 lbs Bone-In Chicken Thighs, no skin
- 2 tbsp taco seasoning
- 2 tbsp tapioca starch
- 1 green pepper, cut in 1-inch strips
- 1 cup corn
- 1 ½ cups salsa
- 1 cup black beans
- 1 large onion, cut in 1-inch strips

Notes:

Optional: Top with avocado, cheese, sour cream and/or guac!