Italian food meal plan

**Recipes in this Meal Plan:**

* Lazy Lasagna
* Sweet Italian Meatballs
* Tuscan Tortellini Soup
* Chicken Marsala
* Homemade Tomato Sauce
* Tortellini Bake

Here are six amazing Italian recipes that freeze great and taste even better!  
Make each recipe or double each recipe to get as many freezer meals as you want! Each recipe will feed 4-6 adults.

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

**Note the grocery list and meal plan assumes you double each recipe so that you can make 12 freezer meals.** The grocery list also assumes you make homemade pasta sauce. If you want to use your own pasta sauce that’s totally fine too!

Lazy lasagna

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

Label Gallon Freezer Bag:

LAZY LASAGNA

Thaw meal in fridge overnight

Add Bag contents to slow cooker

Cook on low 3 hours, top off with 2 cups mozzarella cheese during last 30 min cook time.

Serve and enjoy! (Optional: Garnish with fresh parsley)

\*Free Printable Labels Available on Post

Freeze Together in Labeled Gallon Freezer Bag:

* 1 lb ground beef
* 2 sweet Italian sausage links, casings removed

Brown beef and sausage links together in large skillet then cool before placing in gallon freezer bag.

* 4 cloves garlic, minced
* ½ tsp pepper
* 1 tsp Italian seasoning
* 45 oz pasta sauce (see homemade tomato sauce for recipe)
* 16 oz cheese ravioli
* 1 tsp salt

Notes: Use any type of ravioli you like!

Sweet italian meatballs

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

Label Gallon Freezer Bag:

SWEET ITALIAN MEATBALLS

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 2-3 hours.

Stir and serve! (Optional: Garnish with fresh parsley and mozzarella cheese!)

\*Free Printable Labels Available on Post

Freeze Together in Labeled Gallon Freezer Bag:

Combine together in a large bowl all ingredients except tomato sauce.

* 1 lb ground beef
* 1 lb Italian sausage
* 1 cup yellow onion
* 1 cup apple, diced
* 1 large egg
* 2 tbsp Italian seasoning
* 2 cloves garlic, minced
* ½ tsp salt
* ½ tsp pepper

Cook in preheated oven at 425 for 12 minutes. Let cool then place in galloon freezer bag with sauce.

* 4 cups sauce (see homemade tomato sauce for recipe)

Notes: serve on their own, over pasta or rice!

tuscan tortellini soup

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

Label Gallon Freezer Bag:

TUSCAN TORTELLINI SOUP

Thaw both freezer bags in fridge overnight.

Add bag 1 into slow cooker with water and broth.

Set bag 2 aside (bag 2 contains tortellini and spinach).

Cook on low 2-3 hours, adding spinach and tortellini during last 30 min cook time.

Stir and serve! (Optional: garnish with fresh parsley and parmesan cheese.)

\*Free Printable Labels Available on Post

Freeze Together in 2 Labeled Gallon Freezer Bags:

Bag 1:

* 1 lb sweet italian sausage, casings removed (Sausage must be cooked in skillet and cooled before placed in bag 1)
* 2 tsp onion powder
* 6 cloves garlic, minced
* 1 can diced tomato, undrained
* 1 tsp dried basil
* ½ tsp pepper
* ½ tsp salt
* 1 tsp Italian seasoning
* 1 bay leaf

Bag 2:

* 16 oz cheese tortellini
* 10 oz spinach

Do not freeze broth or water. Add into slow cooker day of cooking.

Notes: Garnish with fresh parsley and parmesan cheese!

chicken marsala

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

Label Gallon Freezer Bag:

CHICKEN MARSALA

Thaw meal in fridge overnight.

Add Bag contents to slow cooker.

Cook on low 4-6 hours or high 2-3 hours.

Combined ½ cup water and 2 tbsp tapioca flour in bowl and whisk together.

After cooking remove chicken and set aside. Whisk slurry into sauce in slow cooker and set to high for 30 minutes to thicken. Stir chicken back into sauce and serve!

\*Free Printable Labels Available on Post

Freeze Together in Labeled Gallon Freezer Bag:

* 2 lbs Bone-In Chicken Thighs, no skin
* 4 cloves garlic, minced
* 8 oz mushrooms, sliced
* 1 cup sweet marsala wine
* 2 tsp salt
* ½ cup coconut cream
* 1 tsp lemon zest
* 1 ½ tsp black pepper
* 1 tsp dried sage
* 1 small yellow onion, diced

Notes: Use broth of preference instead of marsala wine if desired.

homemade Tomato sauce

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

Label Gallon Freezer Bag:

HOMEMADE TOMATO SAUCE

Thaw in fridge overnight.

Use in any recipe, over pasta, or in any way desired!

Stays good in fridge for up to 7 days.

\*Free Printable Labels Available on Post

Freeze in Mason Jar or Glass Container:

This is the sauce can be used for lazy lasagna and sweet Italian meatballs recipe.

Step 1: Heat 2 tbsp olive oil in sauce pan on stovetop.

Step 2: Add 1 yellow onion diced into sauce pan and saute 3-5 minutes.

Step 3: Add in 1 tsp garlic powder, 1 ½ tbsp dried basil, 1 tsp Italian seasoning, 6 oz can tomato pasta, 3 cups diced tomatoes, ½ tsp black pepper, 2 tsp salt and 2 bay leaves, stir and bring to a simmer for 30 minutes.

Step 4: Remove bay leave, let cool and then freeze!

Notes: Freeze a large batch of this sauce for an easy pasta dinner anytime! It’s a healthy preservative free sauce that will freeze well for up to 6 months.

tortellini bake

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

Label Gallon Freezer Bag:

TORTELLINI BAKE

Preheat oven to 425

Bake covered tortellini bake in oven for 75 minutes (or until bubbling and hot in center)

Bake uncovered an additional 15 minutes.

Remove from oven and let sit for 10 minutes.

Serve and enjoy! (Optional: garnish with fresh parsley and parmesan cheese!)

\*Free Printable Labels Available on Post

Freeze Together in Labeled 9x13 aluminum or glass baking dish:

Ingredients:

* 1 large onion, chopped
* 2 bell peppers any color, chopped
* 16 oz jar alfredo sauce
* 14.5 oz can diced tomatoes
* 24 oz cheese tortellini
* 1 lb Italian sausage

Stet 1: Bake 1 lb Italian sausage in preheated oven at 375 for 20-25 minutes. Chop and let cook before placing into freezer bag.

Step 2: While sausage bakes sauté onions and peppers in skillet for 15 minutes.

Step 3: Add alfredo sauce, diced tomatoes and ½ cup water to veggies and simmer for 5 minutes.

Step 4: Now combine cooled sausage, veggies and sauce into a 9x13 baking dish.

* Notes: (Freeze or bake per instructions, see blog post for specific details)