

8 Freezer Meals for Under \$40

Instructions

I recommend starting by setting aside 2 pounds of ground beef for the meatloaf. Then add the other 6 pounds of ground beef to a crock pot and cook the ground beef in the crock pot on low until done. It will take about 3-4 hours for the ground beef to cook. While the ground beef is in the crock pot you can make the meatloaf.

When the ground beef is done you can separate out 2 pounds of ground beef for the tacos. You can store each pound in either a ziploc bag when cooled or in a freezer container.

Use 2 more of the pounds of meat for the lasagna and 2 for the beef and cheese enchiladas. When you have everything assembled make sure you mark it with cooking instructions and date it.



Tacos

1 pound ground beef

taco seasoning

taco shells

1 cup shredded cheddar cheese

Additional toppings your family likes

Defrost a pound of the pre-cooked ground beef either overnight in the fridge or in the microwave. Heat taco shells as directed on the box. Add ground beef to a large skillet along with packet of taco seasoning and 2/3 cup of water. Heat to boiling and then reduce heat and simmer until thickened. Spoon beef filling into taco shells. Top with cheddar cheese and whatever other toppings your family likes.



Meatloaf

2 pounds of ground beef
1 onion, chopped
1 teaspoon salt
1 1/2 cup bread crumbs
3 eggs
1/2 cup ketchup
1/3 cup brown sugar

Place 2 pounds ground beef in a large bowl. Add the onion, salt, bread crumbs, and eggs to the ground beef and mix well. Once everything is mixed, place the mixture in the disposable loaf pans. Make sure you leave room on top for the sauce on top.

Once you have the meatloaf made you can start on the sauce. Mix ketchup and brown sugar together in a small bowl. Cover the meatloaf with the sauce. Cook at 350 for about 30 minutes or freeze and cook frozen for 60-80 minutes.



Beef & Cheese Enchiladas

- 2 cups ground beef, cooked
- 2 cups shredded cheddar cheese
- 12 flour tortillas
- 1 large can enchilada sauce (28 oz)

In a large bowl mix ground beef, 1 cup cheddar cheese, and $\frac{1}{3}$ of enchilada sauce. Fill tortillas with the filling and roll up putting 6 enchiladas in each container. Pour the remaining enchilada sauce equally over each container. Cover with $\frac{1}{2}$ cup cheddar cheese on each container. Cook at 350 for about 25 minutes if they are not frozen or 45 for frozen enchiladas.



Lasagna

2 pounds ground beef, cooked
lasagna noodles
2 jars spaghetti sauce
36 ounces cottage cheese
3 cups mozzarella cheese

In a large bowl mix ground beef with both jars of spaghetti sauce. Cook lasagna noodles according the directions on the packaging. Add a spoonful or two of sauce to the bottom of each dish. Layer bottom of dish with lasagna noodles, then add 1/4 of the meat & sauce mixture to each of the two dishes. Add 1/4 of the cottage cheese mixture on top of the meat and sauce. Add 3/4 cup of mozzarella cheese on top of the cottage cheese on each dish. Repeat the noodle, meat sauce, cottage cheese, and mozzarella cheese layers one more time. Bake at 350 for about 55 covered and then uncover for about the last 10 minutes of until cheese is starting to brown.

Shopping List:

8 pounds ground beef
lasagna noodles
2 jars spaghetti sauce
1 cottage cheese (32 ounces)
1 package shredded mozzarella cheese
1 package shredded cheddar cheese
1 large can enchilada sauce
12 tortillas
2 boxes taco shells
2 packets taco seasoning

Things you may already have and don't need to buy:

Ketchup
Brown Sugar
Salt
Breadcrumbs
Onion
Eggs