

# Marinara Sauce for Freezer Cooking

## Description

A fresh, freezable marinara sauce for freezer cooking. Use this sauce for lasagne, manicotti, pizza topping or any Italian dish.

Posted by Cynthia Ewer on September 12, 2007

## Ingredients

1 teaspoon  
pepper  
2 teaspoons  
salt  
1 tablespoon  
oregano, dried  
2 tablespoons  
basil, dried  
4  
carrots, finely chopped  
3  
onions, medium, chopped  
6  
garlic cloves, crushed  
1/3 cup  
olive oil  
1 can  
tomatoes, peeled in juice (16-ounce) coarsely crushed

## Instructions

Heat oil in a 5-quart or larger pot over medium heat. Cook garlic, onions and carrots, stirring occasionally, until soft. Stir in tomatoes and juice, basil, oregano, salt and pepper. Bring to a boil. Reduce heat and simmer rapidly, uncovered, stirring occasionally, for about 1 1/2 hours or until sauce is very thick and reduced by about half.

# Pizza Crust for Freezer Cooking

## Description

Yes, you can freeze home-made pizza--if you remember to add the cheese first, then top with sauce.

This basic freezer pizza crust is yeasty and good.

A bonus! Use the bread machine or food processor to knead dough for easy assembly on cooking day.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

2 tablespoons

olive oil

3/4 cups

water, warm

1/2 teaspoon

salt

1 teaspoon

sugar

2 teaspoons

active dry yeast

2 cups

flour, all purpose

## Instructions

For AUTOMATIC BREAD MACHINE, place ingredients in container in following order: water, olive oil, flour, sugar, salt and yeast. Select Dough setting and press Start.

For FOOD PROCESSOR, dissolve yeast and sugar in warm water in a measuring cup; let stand until bubbly--about 10 minutes. Stir in olive oil and salt. Insert metal blade or plastic dough blade. Place flour in work bowl. With motor running, pour yeast mixture through the feed tube in a steady stream, as fast as the flour absorbs it. When the dough forms a ball, stop the machine. Process continuously for 45 seconds to knead. Shape the dough in a ball, and place in greased bowl; turn to grease top. Let rise in a warm place until doubled--about 1 to 1 1/2 hours.

To prepare and freeze, see </recipe-pizza-freezer-cooking>>Freezer Pizza recipe.

# White Sauce for Freezer Cooking

## Description

A basic white sauce recipe.

Use in recipes for Macaroni and Cheese with Ham Cubes, Chicken Vol-au-vents, Cheese Sauce for Manicotti.

Posted by [Cynthia Ewer](#) on September 12, 2007

## Ingredients

2 tablespoons

butter or margarine

2 cups

milk

1/4 teaspoon

pepper

1 teaspoon

salt

2 tablespoons

## Instructions

In medium saucepan, combine cornstarch, salt and pepper; using wire whisk, stir in milk until smooth. Add margarine. Stirring constantly with rubber spatula, bring to boil over medium-high heat and boil 1 minute. Remove from heat.

# Beef Bourguignon (Burgundy Beef Stew)

## Description

This rich, hearty French-inspired beef stew is a favorite in the Ewer household--and among our guests!

This sturdy dish takes well to freezing, and flavors are enhanced by the time melding in the freezer.

Serve over white rice for a warming dish on a cold day.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1/4 teaspoon

pepper

1/4 teaspoon

thyme, dried

1

bay leaf

1 1/2 cup

red wine, dry

2 cups

beef broth

1/4 cup

flour

4 ounces

bacon

2 cups

mushrooms, fresh, small, whole

1 cup

boiling onions, small, peeled

2 pounds

boneless chuck roast

## Instructions

Cut chuck roast into 1-inch cubes. Heat oven to 325-degrees.

Cut bacon slices into 1/2-inch strips. In a large skillet, slowly cook bacon bits until crisp. Place drained bacon in the bottom of a 3-quart oven-proof casserole baking dish; retain bacon fat in skillet.

Brown roast cubes on all sides in bacon fat; spoon into baking dish on top of bacon. Add flour to fat remaining in the skillet; stir over medium high heat until flour is browned.

Carefully add broth and red wine to skillet, whisking contents to avoid lumps. Add bay leaf, thyme and pepper, and simmer skillet until slightly thickened, about 5 minutes. Stir often.

When thickened, pour contents of skillet over meat and bacon. Cover baking dish and bake at 325-degrees until meat is tender, about 1 1/2 hours.

Remove dish from oven and stir in onions and button mushrooms. If sauce is too thick, add small amounts of water or red wine. Return to oven until meat is very tender and vegetables are cooked, about 1 hour.

Makes 12 servings. Serve over rice.

To freeze: after stirring in onions and mushrooms, cool. Divide contents of casserole into two to four freezer containers, depending on family size. Freeze.

To cook after freezing: thaw freezer container in refrigerator overnight. Place contents in oven-safe casserole baking dish. Cover and bake at 325-degrees until meat is really tender, about 1 1/2 hours.

# Cannelloni with Cheese Sauce

## Description

Hearty Italian casserole, this dish uses Marinara Sauce and White Sauce recipes, found in the Basic Recipes section.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

2 cups  
marinara sauce  
1/4 pound  
ground beef, browned  
1/4 pound  
italian sausage, browned  
1 cup  
onion, chopped and sauteed  
6  
cannelloni, large  
1 cup  
white sauce  
6 ounces  
cheddar cheese, grated  
2 tablespoons  
parmesan cheese, freshly grated

## Instructions

To make filling, combine browned beef, browned sausage, sauteed onion and Marinara Sauce. Cook cannelloni as directed, but cook for only 3/4 recommended time; rinse and drain. Fill cannelloni with filling mixture and pack firmly into greased baking dish.

To make cheese sauce, warm White Sauce until nearly boiling; add grated cheddar cheese and stir until melted. Pour over cannelloni, coating pasta generously. Cool.

To freeze: cover baking dish with aluminum foil; place in freezer bag. Label and freeze.

To prepare: uncover and bake frozen casserole in 400-degree oven for 1 hour, or until hot and bubbling. Sprinkle with parmesan cheese, return to oven for 5 minutes to brown top.

# French Dip Sandwiches

## Description

Planned-over meals? One of the best pairs a Roast Beef and Mashed Potatoes dinner with French Dip Sandwiches and Potato Salad. To tell the truth, the family probably prefers the leftovers! A great meal for a busy night.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1  
au jus mix packet  
4  
french rolls, large  
1 pound  
roast beef, cooked

## Instructions

Using rotary slicer, slice cooked roast beef into thin slices. Package 1 pound leftover beef in aluminum foil, then place in quart freezer bag.

Freeze.

Bundle with: 4 large French rolls in gallon freezer bag.

To prepare: thaw meat slices completely. Warm aluminum foil packet containing meat in 250-degree oven until warm.

Meanwhile, prepare au jus gravy according to packet directions. Toast French rolls and heap with sliced roast. Serve with small bowl of au jus gravy for dipping.

# Grilled Marinated Steak

## Description

Basic recipe for marinating steak for freezer cooking. No, the steak won't "overmarinate" if frozen promptly.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

3  
garlic cloves  
1 tablespoon  
salad oil  
1 tablespoon  
worcestershire sauce  
3 tablespoons  
red wine vinegar  
1 1/2 pound  
sirloin steak

## Instructions

Cut steak into three pieces and place in freezer bag. Combine marinade ingredients and add to bag with meat; freeze.

To prepare: thaw steak in bag with marinade. Barbecue or grill under oven broiler until medium rare. Warning! Do NOT reuse or serve marinade!

# Meatloaf with Rice Stuffing (microwave)

## Description

Cooked in a microwave ring pan, this upscale meatloaf features a rice-mushroom filling and pretty presentation. Get dinner on the table fast!

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1 pound  
ground beef  
3/4 cups  
bread crumbs  
1  
8 oz. can tomato sauce  
1 cup  
onion, finely chopped  
1/4 cup  
celery, finely chopped  
1  
egg  
1/4 teaspoon  
marjoram, dried  
1/4 teaspoon  
thyme, dried  
1/2 cup  
rice, cooked  
1 pound  
mushrooms, sliced  
1/4 pound  
italian sausage  
2 ounces  
swiss cheese, grated

## Instructions

Combine ground beef, bread crumbs, tomato sauce, onion, celery, eggs and seasonings in a large bowl; mix well. Pat into microwave bundt pan, pressing meat against sides and center tube of pan to make well for filling. Layer mushrooms, cheese, rice and sausage in the center of the meatloaf; press edges of meat mixture over filling, sealing to cover completely.

To freeze: Cover pan with aluminum foil; seal in jumbo freezer bag.

To prepare: thaw meatloaf completely before cooking. Cook on High in microwave for 10 minutes; turn out of bundt pan onto microwave meat rack. Cook on High 7-10 minutes or until interior temperature measures 135 degrees. Cover with aluminum foil and allow to stand 10 minutes before serving.

# Mock Gyros (Steak in Pitas)

## Description

I make this at-home version of a Greek standard whenever I'm hungry for a real gyro. These days, tzatziki sauce is more widely available--meaning the Ewer family eats a lot more of these!

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1 tablespoon  
worcestershire sauce  
3 tablespoons  
red wine vinegar  
1 pound  
sirloin steak  
1 cup  
lettuce, shredded  
6  
pita bread  
4  
garlic cloves  
1 tablespoon

## Instructions

Place steak in freezer bag; combine red wine vinegar, Worcestershire sauce, salad oil and crushed garlic cloves; add to meat. Freeze.

Bundle with: 6 pita breads.

To prepare: thaw steak in marinade. Prepare cucumber sauce. Thaw pita breads and heat. Barbecue or grill under oven broiler until medium rare.

Slice steak against the grain in thin strips. Tear thin strip from edge of pita breads; open and stuff with steak and shredded lettuce; garnish with prepared tzatzki sauce.

# Pizza

## Description

Our family's answer to pricey "all-meat" take-out pizza, this freezer meal was a household staple when the children were growing up. It feeds hungry teens nicely!

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

12 ounces  
mozzarella cheese, grated  
1/4 pound  
italian sausage, browned  
1/4 pound  
ground beef, browned  
1/4 cup  
onion, chopped and sauteed  
2 ounces  
pepperoni slices  
2 tablespoons  
parmesan cheese  
1  
pizza crust  
1 1/2 cup  
marinara sauce

## Instructions

To assemble: prepare [Pizza Crust](#) and [Marinara Sauce](#) as directed.

Spray pizza pan with non-stick cooking spray or brush with olive oil. Gently stretch Pizza Crust to fit pan, forming raised edge at lip. Sprinkle crust with grated mozzarella cheese.

Dot with browned sausage, ground beef, pepperoni and chopped and sauteed onion. Gently spread Marinara Sauce to cover cheese and toppings. Sprinkle with parmesan cheese and salt to taste.

To freeze: flash freeze pizza in pan. When frozen, wrap in aluminum foil.

To prepare: do not thaw pizza. Heat oven to 400 degrees. Bake frozen pizza for 20 to 25 minutes, until crust is browned, sauce bubbles and cheese is fully melted.

## Notes

NOTES : This tried-and-true method preserves a fresh, crisp crust even through the freezing process! The secret's in the cheese; when applied to the crust before any toppings or sauce, the cheese seals the crust against the moisture in the sauce. Do not thaw before baking.

# Roast Beef and Gravy (microwave version)

## Description

A traditional Sunday dinner at our house, this microwave recipe speeds cooking time.

Freeze leftovers for French Dip Sandwiches for a simple, second meal.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1 cup

beef broth

1/4 cup

water, cold

2 tablespoons

cornstarch

## Instructions

Choose roast that is round, tender, and regularly shaped. Place roast on microwave roasting rack with fat side down; brush with Kitchen Bouquet if desired.

If 3 pounds or less, microwave on High 8 minutes; if over 3 pounds, microwave on High 10 minutes.

Remove from oven; turn roast fat side up and insert microwave meat thermometer. Cook on 40 % power (low to medium-low) until thermometer reaches desired temperature: Rare: 120; Medium

Rare: 125; Medium: 135; Well-done: 150.

Remove roast from oven; place on platter and wrap tightly in aluminum foil. Allow to stand 15 minutes (IMPORTANT! Meat will continue to cook during standing time; do NOT omit this step!).

To make gravy, pour meat juices from roasting rack into saucepan.

Using broth or potato water, rinse roasting rack into saucepan, scraping to remove browned bits. Add broth or potato water until the liquid in the saucepan equals 2 cups. Bring to boil; thicken with mixture of cornstarch and water. Season to taste.

Package leftovers according to directions for French Dip Sandwiches.

# Spaghetti Sauce with Meat

## Description

Every family has a favorite spaghetti sauce recipe; this one is ours. Tuck meat sauce into the freezer for a quick-fix spaghetti dinner.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1/4 pound

ground beef, browned

1/4 pound

italian sausage, browned

1

onion, chopped and sauteed

3 cups

marinara sauce

## Instructions

Combine browned ground beef, browned Italian sausage and chopped sauteed onion in 1-quart freezer container. Add Marinara Sauce. Cover and freeze.

To prepare: thaw Spaghetti Meat Sauce overnight in refrigerator. In small saucepan, heat slowly; simmer 10 minutes. Serve over hot pasta.

# Steak Fajitas

## Description

Who says you can't do freezer cooking in the summertime? This pre-marinated entree can be pan-seared or grilled outdoors. Pair it with refried beans for a hearty, easy meal.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

1 teaspoon  
oregano, dried  
1 tablespoon  
salad oil  
2 tablespoons  
white wine vinegar  
2 tablespoons  
lime juice  
1 pound  
sirloin steak  
1/2 cup  
salsa  
1  
frozen vegetables, fajita mix  
6  
flour tortillas  
2  
garlic cloves, crushed

## Instructions

Place steak in quart-sized freezer bag; combine lime juice, white wine vinegar, salad oil, oregano, and crushed garlic cloves; add to meat.

Freeze. To bundle: Steak/marinade mixture; flour tortillas; frozen vegetables.

To prepare: Thaw steak in marinade. Remove steak and pan-sear in hot pan. Cook until medium rare; remove from pan. In the same pan, add frozen vegetables and marinade; cover and cook until vegetables are crisp-tender.

While vegetables are cooking, slice meat into thin slices against the grain. Add to cooked vegetables.

Add salsa to meat and vegetables; heat through.

To serve, spoon into warmed flour tortilla; garnish with avocado cubes, chopped tomato or fresh cilantro.

# Chicken in Wine Sauce (Coq-au-Vin)

## Description

A French-inspired freezer dish, Coq-au-Vin has rustic, peasant roots and an upscale cachet. Serve this one-pot meal for family meals or casual entertaining.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

4 ounces  
bacon, diced  
1 tablespoon  
olive oil  
3 tablespoons  
butter  
4 pounds  
chicken, cut in serving pieces  
pepper, to taste  
salt, to taste  
1 bay leaf  
1 cup  
beef broth  
2 cups red wine, dry  
2 1/2 tablespoons flour  
1 garlic clove, peeled and crushed  
2 celery stalks, finely chopped  
3 ounces whole mushrooms, small  
12 boiling onions, small, peeled

## Instructions

Melt 2 tablespoons butter in a pan with the salad oil and fry bacon until crisp. Remove bacon from pan and drain on paper toweling.

Brown the chicken pieces in the fat, turning once. Put chicken pieces and bacon in a 2-quart baking dish.

Fry onions and celery in the fat remaining in the pan until soft, then add to the baking dish. Melt remaining tablespoon butter in the pan, add mushrooms and saute for 2 minutes; remove and drain on paper towels.

Blend garlic and flour in fat remaining in pan, and cook gently until browned. Add wine, broth, and herbs, and season to taste. Simmer gently until mixture thickens slightly. Pour over chicken in the casserole.

Cover baking dish and bake for 2 hours in a 350-degree oven. Stir mushrooms into casserole; cool.

To freeze: cover cooled casserole with aluminum foil (you may divide into 2 entrees for small families!); wrap dish in freezer bag.

To prepare: thaw overnight in refrigerator, or 4 to 5 hours at room temperature. Place covered casserole in 350-degree oven for 1 to 1 1/4 hours, until bubbling and hot.

Au votre sante!

# Chicken Pot-au-Feu

## Description

This rich and savory chicken stew has a beautiful golden color. Flavored with wine and fresh thyme, it complements the deeper flavors of chicken thighs and drumsticks.

This recipe, from a freezer cooking article in Sunset Magazine, is Dr. Steve Ewer's absolute favorite freezer meal. Cynthia likes it because it's tasty, thrifty, and improves in flavor when frozen!

Pair with [Freezer Garlic Mashed Potatoes](#) and add a salad for a complete--and quick!--meal.

Posted by [Cynthia Ewer](#) on April 26, 2007

## Ingredients

1/2 cup port wine  
2 cups chicken broth  
1 1/2 cup  
dry white wine  
3 cloves  
garlic, pressed or minced  
1 large onion, quartered and sliced in 1/4th inch strips  
2 tablespoons olive oil, divided  
16 chicken thighs, bone in, skin on  
1/3 cup flour  
1 1/2 tablespoon fresh thyme (or 1 1/2 teaspoons dried thyme)  
1 cup celery, sliced in 1/4th inch slices  
3 cups carrots, sliced in 1/4th inch rounds

## Instructions

Set aside two 2-quart casserole dishes, or two large disposable freezer containers. (For small families, this recipe will make three or four meals; adjust number and size of pans accordingly).

Skin chicken pieces and remove fat. Sprinkle with salt and pepper.

Add 1 tablespoon olive oil to large frying pan or dutch oven. When hot, add one-half the chicken pieces and brown on all sides. Remove chicken to prepared baking pans and allow to cool.

Add remaining tablespoon of olive oil to the frying pan, and stir in onions and garlic. Saute over medium-high heat until golden, stirring frequently. Stir in carrots, celery and thyme, and saute until the vegetables are soft, about 5 minutes. Stir often. Using a slotted spoon, divide vegetables among the casserole dishes or freezer containers; retain juices in pan.

Return frying pan to heat, and add flour. Stir vigorously to blend flour, over medium-high heat, until flour mixture begins to brown. Slowly whisk in chicken broth, white wine and port wine. Stir until boiling and slightly thickened.

Pour sauce over chicken and vegetables. Cover and freeze. Mark containers with recipe name, date of preparation, and these reheating instructions:

Thaw in refrigerator before use. Bake, covered, in 375-degree oven until chicken is no longer pink near the bone, about 1 1/2 hours.

## Notes

CEO tip for extended storage: Freeze Chicken Pot-au-Feu overnight in freezer containers slightly smaller than covered casserole pans. When frozen hard, remove from disposable freezer containers and seal using a Foodsaver-brand vacuum food storage bag. Removing all air from the storage bag extends food quality 3 to 5 times.

# Chicken Vol-au-Vents

## Description

At heart, this recipe is just creamed chicken--but pair it with puff pastry shells, and it's an elegant light meal.

Don't tell your guests that it's a good way to use up leftover cooked chicken!

Posted by [Cynthia Ewer](#) on September 12, 2007

## Ingredients

2 cups

chicken, cooked and cubed

2 tablespoons

sherry, dry

1/2 cup

chicken broth

2 cups

white sauce, prepared as directed

6

puff pastry shells, frozen

## Instructions

Prepare [White Sauce for Freezer Cooking](#).

Stir chicken broth and sherry into warm white sauce. Add chicken meat, cooked and cubed.

To freeze: pour sauce into freezer container. Freeze.

Bundle with: frozen puff-pastry shells.

To prepare: Bake pastry shells as directed. Place frozen sauce into saucepan, and reheat gently on top of stove, stirring occasionally. Add 1 tablespoon water or stock if necessary. To serve, spoon hot sauce into puff-pastry cases; serve.

# Chicken-Biscuit Casserole

## Description

My childrens' grandmother, Dorothy Swain, shared this recipe with me when I was a new bride. It's a great way to use up cooked chicken leftovers--and is still a favorite in our house.

Freeze before topping with biscuits for a hearty freezer meal.

Posted by [Cynthia Ewer](#) on September 11, 2007

## Ingredients

1 cup  
peas, canned or frozen  
2  
garlic cloves, sliced  
8 ounces  
mushrooms, fresh  
4  
celery stalks, sliced 1/2-inch thick  
1  
onion, chopped  
4  
carrots, peeled and sliced 1-inch thick  
3 cups  
chicken broth  
3 cups  
chicken, cooked and chopped  
10  
biscuits, uncooked (home-made or canned)  
1/3 cup  
cold water  
3 tablespoons  
cornstarch

## Instructions

Bring chicken broth to a boil; add carrots, onions, celery, mushrooms and garlic; simmer 10 minutes. Add cubed chicken meat and peas; simmer 5 minutes more. Mix cornstarch with cold water in measuring cup; add slowly until chicken mixture has consistency of gravy. Remove from heat; cool. To freeze: pour into round casserole dish (2-qt capacity). Cover with aluminum foil; flash freeze, then wrap in jumbo freezer bag.

To prepare: thaw casserole before cooking. Place in 400-degree oven for 25 minutes. Remove from oven and place uncooked biscuits (either from "tube" or scratch--my family enjoys their "chicken biscuits" cut with a chicken-shaped cookie cutter) in slightly-overlapping circles on top of casserole. Return to oven and bake 20 to 25 minutes more, until mixture is bubbling and biscuits are golden brown.

## Notes

To prepare: thaw casserole before cooking. Place in 400-degree oven for 25 minutes. Remove from oven and place uncooked biscuits (either from "tube" or scratch--my family enjoys their "chicken biscuits" cut with a chicken-shaped cookie cutter) in slightly-overlapping circles on top of casserole. Return to oven and bake 20 to 25 minutes more, until mixture is bubbling and biscuits are golden brown.

# Ginger Chicken (Microwave)

## Description

Turn to the microwave when you want a fast, easy--and delicious--chicken main dish with an Asian spin.

This tasty bird makes a great meal paired with steamed rice and stir-fry vegetables, and the leftovers build a zesty chicken broth if simmered in a stockpot overnight.

Any leftover meat becomes the next day's Chicken Fried Rice!

Posted by [Cynthia Ewer](#) on September 11, 2007

## Ingredients

1  
extra-large freezer food storage bag  
2 tablespoons  
sherry  
1 1/2 tablespoon  
ginger root, peeled and minced  
1/2 teaspoon  
sugar  
1/3 cup  
soy sauce  
1 teaspoon  
salt  
1  
frying chicken, 3- to 4-pound

## Instructions

Loosen the skin around the chicken by sliding a chopstick between the meat and the skin, poking into thighs, legs, from the back and over the breast.

Wash and dry chicken, and salt the cavity and outside. Mix soy sauce, sugar, ginger and sherry. Pour inside the chicken skin, turning the chicken so the mix penetrates all around the chicken.

To freeze: wrap chicken tightly in plastic wrap. Place whole chicken inside gallon freezer bag. Freeze. To prepare: thaw wrapped chicken before cooking. Place chicken breast down in microwave cooking dish and cover with Stretch-Tite or plastic wrap. Cook 12 minutes on High with breast down; turn chicken breast up, cover with Stretch-Tite and cook 13 minutes more on High. Cut up on platter for serving, and top with the juices.

## Notes

Bones and scraps make an excellent Asian-style broth for hot and sour soup!

# Mim's Mexican Chicken

## Description

My grandmother, Mim Miller, was a wonderful cook. Her dishes, no matter how simple, were always seasoned with love.

This recipe, also known as King Ranch Chicken, is a favorite at pot luck suppers for it's zesty flavor. Frugal home cooks like it, too, because it stretches a little chicken a long way--and it's a great dish to disguise the last bits of turkey after Thanksgiving!

Posted by [Cynthia Ewer](#) on September 12, 2007

## Ingredients

1 can  
cheddar cheese soup, condensed  
1 can  
cream of chicken soup, condensed  
12 ounces  
cheddar cheese, grated  
2 cups  
chicken, cooked and cubed (or substitute turkey)  
1 package  
corn tortillas  
1  
freezer food storage bag, jumbo  
1  
onion, chopped  
1 1/4 cup  
milk  
1 cup  
tomatoes with gree chilies (such as ro-tel brand)

## Instructions

Chop cooled, cooked chicken meat into largish chunks. Tear tortillas into 1-inch wide strips.

In a large baking dish, alternate layers of tortillas, chicken meat and cheese (reserve 1/2 cup of cheese for topping) until all the chicken is used. Combine the remaining ingredients and pour over the layered mixture. Top with reserved cheese.

Cover with plastic wrap, then seal with aluminum foil.

To freeze: flash freeze casserole, then place frozen, covered dish into jumbo freezer bag.

To prepare: thaw casserole before baking. Remove plastic wrap, then replace foil. Bake covered casserole at 350-degrees until hot and bubbly. You may remove aluminum foil 10 minutes before taking the casserole out of the oven to melt cheese.

Allow to stand 5 to 10 minutes, then cut with spatula and serve.

# Sticky Chicken

## Description

Juicy and flavorful, with a deep-brown chewy glaze, Sticky Chicken is a favorite Internet recipe of many families. Perfect for once-a-month cooking!

Posted by [Cynthia Ewer](#) on August 13, 2007

## Ingredients

1 cup  
onion, chopped  
1  
roasting chicken, large  
1 teaspoon  
black pepper  
1/2 teaspoon  
garlic powder  
1 teaspoon  
white pepper  
1 teaspoon  
thyme  
1 teaspoon  
onion powder  
1 teaspoon  
cayenne pepper  
2 teaspoons  
paprika  
4 teaspoons

## Instructions

In a small bowl, thoroughly combine all the spices. Remove giblets from chicken, clean the cavity well and pat dry with paper towels.

Rub the spice mixture into the chicken, both inside and out, making sure it is evenly distributed and down deep into the skin. Place in zipper food storage bag, seal and refrigerate overnight or freeze.

When ready to roast chicken, stuff cavity with onions, and place in a shallow baking pan. Roast uncovered at 250 degrees for 5 hours.

After the first hour, baste chicken every 30 minutes with pan juices. The pan juices will start to caramelize on the bottom of the pan and the chicken will turn golden brown.

Let chicken rest 10 minutes before carving.

## Notes

A note about Sticky Chicken and food safety:

This revered Internet recipe has appeared online since 1991, and has been enjoyed at home by thousands of families.

However, modern food safety guidelines do not recommend cooking poultry at the low temperature given in this recipe. The US Department of Agriculture recommends cooking poultry at oven temperatures of 325 degrees or higher.

# Tarragon Chicken

## Description

Heart-healthy and replete with roasted vegetables, Tarragon Chicken gives a flavorful twist to oven-roasted chicken breasts.

Posted by [Cynthia Ewer](#) on August 13, 2007

## Ingredients

3  
carrots, peeled and sliced into 1/2-inch pieces  
1 cup  
small mushrooms, whole  
3  
zucchini squash, small  
4  
chicken breast halves, skinless  
1/8 teaspoon  
pepper  
1/2 teaspoon  
salt  
1 teaspoon  
tarragon, dried  
1 tablespoon  
lemon juice  
1/4 cup  
butter or margarine, melted  
1/2 teaspoon  
paprika

## Instructions

Remove skin from chicken breasts; place in freezer food storage bag and freeze.

Wash vegetables. Cut zucchini in half lengthwise, then again into quarters, and cut into 2-inch spears.

Peel carrots and cut into 1/4-inch slices. Place mushrooms, zucchini and carrots into freezer food storage bag, bundle with chicken and freeze.

To prepare: thaw chicken breasts completely before cooking. Arrange chicken, meaty sides up, in ungreased rectangular 13X9X2 baking dish; sprinkle with paprika. Place zucchini, carrots and mushrooms around and over chicken. Mix remaining ingredients; drizzle over chicken and vegetables. Cover and cook in 350-degree oven until chicken is done, 50 to 60 minutes.

# Barbeque Pork

## Description

One of our family's favorite "planned" leftover recipes. You may know this as pulled pork or Brunswick stew.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

12

hamburger buns

2

onion, chopped and sauteed

1/2 cup

white vinegar

3/4 cups

brown sugar, packed

3

garlic cloves

1 can

tomato paste, 10 ounce

2 cans

tomato sauce, 8 ounce

2 cans

whole tomatoes, 16 ounce

3 pounds

pork roast with gravy, cooked, leftover

## Instructions

After cooking Pork Roast with Gravy (Crock Pot) as directed, return pork leftovers to crock pot. Add tomatoes, tomato sauce, tomato paste, garlic, brown sugar, vinegar, and onions. Cook on Low 12 to 18 hours (overnight).

Crush meat into strings; remove pork bones from barbecue. Salt and pepper to taste. Cool and remove fat.

To freeze: place barbecue in freezer containers. Cover and freeze.

Bundle with: 4 large hamburger buns per container.

To prepare: thaw barbecue before heating. Place barbecue in saucepan and heat until hot. Toast buns; place barbecue over buns and serve with fork--it's juicy!

## Notes

Great use of leftover [Roast Pork With Gravy](#).

# Bone Beans (crockery slow-cooker)

## Description

Named by my oldest child, this down-home recipe is tasty, filling and frugal. It's a great treatment for the last of the Easter ham!

Posted by [Cynthia Ewer](#) on September 14, 2007

## Ingredients

1  
ham bone, leftover  
1 pound  
pinto beans, dried

## Instructions

Rinse and sort pinto beans. Place in large bowl and add water until beans are covered 3 inches deep. Soak overnight.

Next morning, place ham bone and soaked, drained beans in crockery slow-cooker; add water to cover.

Cook on High for 6 to 8 hours, until beans are tender and meat has separated from bone.

Carefully remove ham bones and fat, returning slivers of meat to beans; season to taste with pepper and salt.

To freeze: place bone beans in freezer containers. Freeze.

To prepare: thaw beans completely before heating. Heat in saucepan over medium heat until hot. Serve with cornbread and green salad.

# Grilled Pork Loin with Mustard Sauce

## Description

Another easy-to-freeze entree to thaw and grill for a quick meal.

Posted by [Cynthia Ewer](#) on September 13, 2007

## Ingredients

2 tablespoons

dijon mustard

1/2 cup

sour cream

2

garlic cloves, crushed

1 tablespoon

salad oil

1 tablespoon

white worchestershire sauce

3 tablespoons

white wine vinegar

1 pound

pork loin chops, boneless

## Instructions

Place pork loin chops in freezer bag. Combine vinegar, white Worcestershire sauce, salad oil and crushed garlic cloves; pour over meat. Freeze.

To prepare: thaw meat in marinade mixture. Grill until well-cooked over barbecue or under oven broiler. Serve with mustard sauce.

Mustard Sauce: combine light sour cream and Dijon mustard; chill until ready to serve.

# Macaroni and Cheese with Ham

## Description

Repurpose ham leftovers with this hearty, filling family favorite.

Posted by [Cynthia Ewer](#) on September 14, 2007

## Ingredients

2 1/2 cups  
white sauce  
1/2 teaspoon  
dry mustard  
6 ounces  
cheddar cheese, shredded  
8 ounces  
elbow macaroni

ed

## Instructions

Stir dry mustard into white sauce; add 1 3/4 cup grated cheese and stir until melted (reserve 1/4 cup cheese for topping).

Cook elbow macaroni for six minutes; drain. Add cheese sauce to macaroni; stir. Turn into a greased, 2-quart casserole dish; stir in ham cubes. Top with reserved grated cheese.

To freeze: cover casserole with aluminum foil; seal dish in jumbo freezer bag. Freeze.

To prepare: place frozen casserole (covered with aluminum foil) in preheated 375-degree oven. Bake for 25 minutes; remove aluminum foil. Bake 25 minutes more, or until hot and bubbly.

# Pork Fried Rice

## Description

Freeze pre-cubed pork in meal-sized servings to make quick work of this Asian favorite. Add extra sliced or chopped veggies to enhance taste--and clean out the refrigerator.

Posted by [Cynthia Ewer](#) on September 14, 2007

## Ingredients

1 cup  
chinese cabbage, shredded  
6  
green onions, sliced thinly  
3 tablespoons  
salad oil  
1 1/2 pound  
pork shoulder roast, cubed  
1  
egg, beaten  
1/4 cup  
soy sauce  
1 tablespoon  
sesame oil  
3 cups  
cooked steamed rice  
1 cup  
mung bean sprouts

## Instructions

Chop pork shoulder into 3/4" cubes; place in freezer bag; freeze.

To prepare: thaw pork cubes before cooking. Heat salad oil in wok until hot; carefully add cubed pork. Stir-fry until completely cooked; remove pork from wok and reserve.

Add onions, cabbage and bean sprouts to oil remaining in wok; stir-fry just until tender-crisp.

Remove vegetables from wok and reserve with pork.

Add cooked rice to oil remaining in wok (add 1 to 2 tablespoons oil if necessary) and fry lightly until each grain is separate, coated and hot. Return vegetables and pork to wok and mix with rice until hot; add sesame oil and soy sauce to taste.

Push rice mixture up wok sides and add beaten egg to bottom of wok; cook and stir until set. Toss egg lightly with fried rice; serve hot.

# Quiche Lorraine for Freezer Cooking

## Description

You can take the girl out of the 1970's, but you can't take the '70's out of the girl--at least where this classic dish is concerned. Loved it then, love it now.

Posted by [Cynthia Ewer](#) on September 14, 2007

## Ingredients

1/4 teaspoon  
nutmeg  
1/2 teaspoon  
salt  
1 1/2 cup  
half-n-half or light cream  
6 ounces  
swiss cheese, shredded  
6  
bacon slices, crisply cooked  
4  
eggs  
1/4  
onion, sliced  
1/2 cup  
cubed cooked ham  
1  
pie crust, 9-inch, uncooked

## Instructions

Prepare pie crust. Sprinkle crumbled bacon and cheese on the bottom of pie crust. Put remaining ingredients in blender container. Blend on high for 10 seconds; blend until onion is mixed but do not over-blend.

Pour into pie crust over bacon and cheese.

To freeze: flash freeze pie and container on cookie sheet. When frozen, cover with aluminum foil and seal in jumbo freezer bag.

To prepare: thaw quiche completely before baking. Bake in preheated oven at 350-degrees for 30 minutes, until top is golden brown and mixture is set. Serve warm

# Roast Pork with Gravy (crockery slow-cooker)

## Description

Roast Pork one night, [Barbeque Pork](#) sandwiches the next--and all from the crockery slow-cooker. Barbeque leftovers freeze beautifully for more no-work meals!

Posted by [Cynthia Ewer](#) on September 14, 2007

## Ingredients

2 tablespoons

cornstarch

5 pounds

pork shoulder roast

1/4 cup water, cold

## Instructions

Place pork roast in crock pot. Do not add water or seasoning. Cook on High 6 to 8 hours until well-cooked.

Drain drippings into small saucepan and skim fat; thicken with 1-2 tablespoons cornstarch stirred into 1/4 cup cold water; season gravy to taste.

After dinner, return uneaten pork roast and gravy to crock pot. Prepare as directed for [Barbeque Pork](#).

# Carrot Cake

## Description

This old standby from the 1960's freezes beautifully, frosting and all. Watching fat consumption? Replace up to half the oil with applesauce for a lighter dessert.

Posted by [Cynthia Ewer](#) on April 23, 2007

## Ingredients

2 teaspoons  
baking powder  
4 cups  
sugar  
4 cups  
flour  
6 cups  
carrots, finely shredded (about 2 pounds)  
1 cup  
broken walnuts  
8  
eggs  
2 cups  
salad oil (or 1 cup oil, 1 cup applesauce)  
2 teaspoons  
cinnamon  
2 teaspoons  
salt  
2 teaspoons  
baking soda

## Instructions

Heat oven to 325 degrees. Butter and lightly flour 2 13-by-9 inch sheet cake pans (or 4 9-by-9 inch square cake pans).

Using large stand mixer (like Kitchen-Aid brand), combine all dry ingredients until thoroughly mixed. Add carrots, oil (or oil and applesauce) and eggs. Beat on low until mixed, then increase mixer speed to medium and beat for two minutes. Spread batter in pans.

Bake at 325 degrees until the cake centers spring back when touched lightly--about 45 minutes for large pans, 35 to 40 minutes for small pans. Allow cakes to cool in the pan on a cooling rack before frosting with Cream Cheese icing.

## Notes

**Cream Cheese Icing:** Allow 2 3-ounce packages of cream cheese and one (1/2 cup) stick of butter to come to room temperature. Place in mixer bowl, and beat on high speed until combined. Add 2 teaspoons vanilla and 4 cups powdered sugar. Beat at medium-high speed until light and fluffy--2 to 4 minutes. Ice tops of cakes only. Sprinkle frosting with chopped walnuts.

# Garlic Mashed Potatoes

## Description

Perfect creamy texture ... from frozen potatoes? Potatoes look watery before freezing, but the water will be absorbed as they bake. While it is possible to substitute russet potatoes, Yukon Gold potatoes yield a more flavorful dish. A Ewer family favorite!

Posted by [Cynthia Ewer](#) on April 23, 2007

## Ingredients

5 pounds

yukon gold potatoes

1 1/2 cup

low-fat milk

2

3-ounce packages garlic-flavor boursin spiced cheese

## Instructions

Peel potatoes and cut into 2-inch chunks. Place in 5- to 6-quart pan.

Add water to cover, bring to a boil over high heat. Reduce heat to low. Simmer until the potatoes are very tender, about 20 to 25 minutes. Drain and return potatoes to the pan.

Mash potatoes with a potato masher until light and dry. Stir in cheese and milk. Mash until smooth.

Add salt and pepper to taste.

Cool potatoes to room temperature. Divide potatoes into 8- to 9-inch oven safe casserole dishes.

Cover with foil; freeze.

Reheat covered at 375 degrees, 40 minutes for thawed potatoes, 90 minutes straight from freezer.