

## **Sanity's in the Freezer: Bulk Cooking to Save Time & Money**

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### **An Easy Start**

Hamburger: Brown and drain, freeze in 2 cup portions (about what you get from 1 lb raw)

Chicken: Cook about 20lb of boneless, skinless breasts per bag of charcoal on a big grill

### **Universal Marinade**

2T. seasoning, such as Mexican, Greek, Italian, lemon peel & pepper, soy sauce  
¼ c. acid, such as lemon juice, lime juice, vinegar, wine vinegar, to tenderize and penetrate  
¼ c. oil, such as canola oil or olive oil, carries the seasoning, most flavors are fat-soluble  
¼ c. water

Fajitas – Mexican seasoning, lime juice, canola oil

Greek – Greek seasoning or oregano, lemon juice and olive oil

Italian – Italian seasoning or basil and oregano, wine vinegar and olive oil

Teriyaki – soy sauce & pinch of ginger and sugar, lemon juice and canola oil

### **Bulk Cooking**

Stews and Soups – Freeze in the quantity you usually eat, use freezer bags, freeze completely flat on cookie sheets, reheat in microwave

Baked Meats – Cook an ovenful at a time, freeze in freezer bags in meal-size portions \*after\* cooking, reheat \*covered\* preferably in microwave

Layered Casseroles – freeze in pans, pop out when solid and store in freezer bags, put straight in oven to cook, gallon bag for 9"x9", two gallon bag for 9"x13"

### **Reheat Rules**

If a food should be moist, reheat it tightly covered and often, the microwave is best.

If a food should be crispy, reheat it in the oven uncovered.

Casseroles can go straight to the oven covered.

## Resources

*Dinner's in the Freezer*, Jill Bond

Great resource with terrific forms to help you plan bulk cooking.

*The Mennonite Country Style Recipes and Kitchen Secrets*, Esther H. Shank

Great basic cookbook with family friendly recipes that are very, very good.

Best pancake recipe in the world ☺

*The More with Less Cookbook*, Doris Janzen Longacre

Good ideas for how to make from scratch many things you buy, including cream soups.

*The Joy of Cooking*, Irma S. Rombauer

A cooking encyclopedia that will teach you how to do all you need to in the kitchen. This is a great book to buy used – I actually think the older versions are much better.

*The Smart Spending Guide*, Faye Prosser

Good ideas for saving money on groceries, making coupons really work and more. [www.smartspendingresources.com](http://www.smartspendingresources.com)

### Contacting me:

Our family site links to all we do: [www.YoungAndSons.com](http://www.YoungAndSons.com)

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Let me know you heard me at AFHE. I'd love to hear from you!

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*Raising Real Men: Surviving, Teaching and Appreciating Boys*

A limited number of advance copies are available at this convention only.

[www.RaisingRealMen.com](http://www.RaisingRealMen.com)

Recipe: \_\_\_\_\_

Source/History:

Original Recipe				Recipe Conversion Chart		Bulk Purchase		
x1	x	x	Measure	Ingredients		Measure	x	x

Instructions:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Circle steps numbers that can be done ahead.

x1 makes \_\_\_\_\_

cups/servings

Reheating Instructions:

Side Dishes/Serving Suggestions: