

Sanity's in the Freezer:

Bulk Cooking to Save Time & Money

Melanie Young

www.RaisingRealMen.com

Instead of an outline of the workshop, this handout includes the references, details, and form you will need to bulk cook for yourself once you've learned how. In this workshop, you'll learn how to convert your own recipes and take short cuts to feed your family well quickly and easily.

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 marinated boneless, skinless breasts per bag of charcoal on a big grill. Marinate them while the charcoal burns down. Freeze individually in sandwich-size Ziploc™ bags, combine all the bags of one flavor in a gallon-size bag.

Universal Marinade

2T. seasoning, such as Mexican, Greek, Italian, lemon peel & pepper, soy sauce $\frac{1}{4}$

$\frac{1}{4}$ c. acid, such as lemon juice, lime juice, vinegar, wine vinegar, to tenderize and penetrate $\frac{1}{4}$

$\frac{1}{4}$ c. oil, such as olive oil, coconut oil, peanut, corn, or canola oil, carries the seasoning, most flavors are fat-soluble $\frac{1}{4}$

$\frac{1}{4}$ c. water

Fajitas – Mexican seasoning, lime juice, mild 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 a vegetable oil or sesame oil to taste

Bulk Cooking Stews and Soups

Freeze in the quantity you usually eat, use a big can lined with a freezer bag to pack, 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, making sure to add all the broth to the bags to prevent freezer burn, 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 MOMYS Cookbook, Mothers of Many Young Siblings

Cookbook compiled from (mostly homeschool) mothers of large families, including me!

<http://momys.com/market/>

Contact me: info@raisingrealmen.com

Join our community

Facebook www.facebook.com/RaisingRealMen and www.Facebook.com/HalandMelanie

Twitter www.twitter.com/RaisingRealMen

Pinterest www.pinterest.com/RaisingRealMen

Instagram www.instagram.com/RaisingRealMen

Green Chili Casserole

From the Kitchen of Robin Graff-Spies, a friend from when we were young mothers together in the old neighborhood. Happy memories!

1 1/2 lb hamburger

1 medium onion, chopped

1 pkg flour tortillas

1 can cream of mushroom soup (or homemade version from white sauce)

1 can cream of chicken soup

8 oz sour cream

small can of green chilis

1 1/2 cups grated cheddar cheese

Brown hamburger with onion and drain. Mix meat, soups, sour cream, and chilis to taste. Layer tortillas, meat mixture and cheese like lasagna, ending with cheese. Freezes very well. Bake at 350 degrees until bubbly. Makes one 9"x9" casserole. Great with a salad, refried beans, sour cream and salsa. Chips are a great side dish, too. Fruit or ice cream for dessert.

Here's the bulk cooking version:

[Green Chili Casserole Bulk Cooking](#)

Instant Pot™ Tuscan Chicken

First enjoyed at the home of Vanessa McLamb,

adapted for the ™ by Melanie Young

1 box Rotini or other pasta

2-3 pounds chicken, baked and diced

3 jars alfredo sauce, or 2-3 blocks of cream cheese and lots of extra parmesan

1 can Italian seasoned tomatoes or roasted tomatoes (not in oil)

1 T butter

½ cup parmesan cheese

½ teaspoon red pepper flakes

1 ½ teaspoons Italian seasoning

2-4 handfuls baby spinach

Put pasta in Instant Pot. Just cover with water. Dump chicken on top. Add butter. Set Instant Pot for 3 minutes, instant release.

Open pot. Add all ingredients except Parmesan cheese. Turn IP to saute and stir until spinach is wilted. Unplug Instant Pot. Stir in parmesan and serve in bowls with garlic bread on the side.

Recipe: _____

Source/History:

Recipe Conversion Chart

Original Recipe				Ingredients	Bulk Purchase			
X1	x	x	Measure		X1	x	x	Measure

Instructions:

1

2

3

4

5

6

7

Circle steps numbers that can be done ahead.

x1 makes _____ cups/servings

Reheating Instructions:

Side Dishes/Serving Suggestions: