

10 Freezer Meals in 2 Hours – StockpilingMoms.com

1 ½ lb. lean stew meat

1 cup chicken stock

5 cup beef stock

1 Red Onion

1 ½ lb. flank steak or round steak

1 lb. great northern beans (dry)

1, 2 lb. ham hock or diced ham

2 lb. ground beef

5 white or yellow onions

1 – 8 oz. can tomato sauce

3 – 14 oz. can diced tomatoes

2 – small cans diced green chilies

1 package taco seasoning

16 oz. salsa

4 ½ lbs. boneless chicken breast

8 oz. cream cheese

1 large green pepper

8 whole garlic cloves

1 red bell pepper

1 yellow bell pepper

1 lb. chicken tenders

Olive oil

Honey – 1 cup

Sesame Seeds – 2 TBSP

Soy Sauce – ½ cup

Sesame Oil – 1 TBSP

2 limes

Corn Starch

1 ½ cup V-8 Juice

1/3 cup BBQ sauce

1 lb. carrots

8 cups diced potatoes

8 oz shredded cheddar cheese

Spices: onion powder, garlic powder, chili powder, salt, pepper, cumin