



# MAKE-AHEAD MEALS 3 FREEZER PREP RECIPES



## 5 TIPS FOR FREEZER COOKING

- 1. Choose 3-5 recipes to make at once.** Depending on space and the time you have. I find making 5 recipes takes about an hour.
- 2. Eyeball!** Don't spend time measuring all of the spices, rather use them as a guide. These are all really forgiving and a dash extra or less here and there won't kill the recipe.
- 3. Skip the liquids if you're short on space.** If you have a small freezer, or prefer to use [Stasher bags](#) or [glass containers](#), skip the broth, wine, tomato puree, etc. You can add that at the time of cooking.
- 4. Double up!** If you're going to be making one of these recipes, I'm of the mind to double and divide into two containers so you have two meals. You can also save money by buying the ingredients in bulk.
- 5. Air is freezer burn's best friend.** If you're using a resealable bag, be sure to press any air out of the bag before sealing.

## CONTAINERS

If you're an [Instant Pot](#) user like me, freezing in a 7-cup round container will become your new favorite way to meal prep. It's just the right size to fit into the pot of the pressure cooker, so all you have to do is run it under warm water for a few minutes to release the sides and then you can dump the frozen disc right into the pot and cook from frozen!

I love these [OXO glass containers](#) because the lids are super durable, compared to the press-on lids of the Pyrex version.

If you're freezing in silicone bags like [Stasher](#), I suggest leaving out the liquid since they're on the smaller side and can lay a little flatter that way. The "standup mega" is my favorite to freeze meals in. The ½ gallon will work for smaller recipes or to freeze leftovers in.

## FRESH VS. FROZEN PRODUCE

When I'm prepping recipes that contain vegetables, I like to buy organic, pre-cut frozen versions. It saves a lot of time so you don't have to chop, and since they've already been frozen properly, they'll hold up better. Sometimes, out of season vegetables can even be more affordable frozen rather than fresh and imported.

## Chicken Tinga

**SERVES** 6 to 8

### INGREDIENTS

**3 tablespoons** [avocado oil](#)  
**1 small** onion  
**4 cloves** garlic  
**2 teaspoons** ground chipotle powder  
**2 teaspoons** dried Mexican oregano  
**2 teaspoons** [ground cumin](#)  
**1 teaspoon** [ground coriander](#)  
**2, 14-ounce jars** diced tomatoes  
**1½ teaspoons** [sea salt](#)  
**4 pounds** boneless skinless chicken thighs  
**½ cup** [chicken bone broth](#)

### INSTRUCTIONS

Puree the avocado oil, onion, garlic, chipotle powder, oregano, cumin, coriander, tomatoes and salt. Place the chicken in a container or resealable bag and pour the sauce overtop. Seal and freeze for 6 months.

**INSTANT POT** Add broth. From frozen, 20 minutes on manual high pressure. Natural release.

**SLOW COOKER** Add broth. From thawed, 6 hours on low, 3 hours on high.

Use in tacos, on a taco salad, in a cauliflower-rice taco bowl or in enchiladas.

## Beef Ragu

**SERVES** 6 to 8

### INGREDIENTS

**2 pounds** flank steak or chuck roast  
**2 cups** frozen mirepoix  
**4 cloves** garlic, minced  
**1, 24-ounce jar** tomato puree  
**1, 7-ounce jar** [tomato paste](#)  
**1 tablespoon** [sea salt](#)  
**2½ teaspoons** Italian seasoning  
**½ teaspoon** freshly cracked [black pepper](#)  
**1¼ cups** unsalted beef bone broth  
**½ cup** full-bodied red wine, such as zinfandel or cabernet sauvignon

### INSTRUCTIONS

Cut the steak into 2 pieces. Freeze together with mirepoix, garlic, tomato puree, tomato paste, salt, Italian seasoning, and pepper. If your container is large enough, you may add the broth and wine. Seal and freeze for up to 4 months.

**INSTANT POT** Reduce broth to ¾ cup. Add broth and wine to the pot with the frozen contents.

*For beef chuck:* From frozen, 60 minutes on manual high pressure, nature release.

*For flank:* From frozen, 45 minutes on high pressure, nature release.

**SLOW COOKER** From thawed, 6 hours on low, 3 hours on high.

To serve, shred the meat and serve with grain-free pasta, stuffed into baked potatoes, or overtop cauliflower rice.

## Coconut Chicken Curry

**SERVES** 6 to 8

### INGREDIENTS

<b>3 pounds</b>	boneless, skinless chicken thighs
<b>1 tablespoon</b>	<a href="#">Garam masala</a>
<b>2½ teaspoons</b>	<a href="#">sea salt</a>
<b>2½ teaspoons</b>	<a href="#">ground cumin</a>
<b>2½ teaspoons</b>	<a href="#">ground turmeric</a>
<b>2 teaspoons</b>	<a href="#">garlic powder</a>
<b>1 teaspoon</b>	<a href="#">onion powder</a>
<b>1½ teaspoons</b>	<a href="#">ground coriander</a>
<b>1, 14-ounce can</b>	<a href="#">full-fat coconut milk</a>

### INSTRUCTIONS

Freeze the chicken and spices in a container or resealable bag. Remove air and seal. Freeze for 6 months.

**INSTANT POT** Add the coconut milk. From frozen, 20 minutes on manual high pressure. Natural release.

**SLOW COOKER** Add the coconut milk. From thawed, 4 hours on low, 2 hours on high.

To serve, serve on top of cauliflower rice, otop gluten-free rice noodles, or over sauteed vegetables.