

Freezer Meals

**Cook only once a month
and have a freezer full of main dishes for weeks!**

Simple & Easy!

Saves Time & Money!

Improves Nutrition!

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Freezer Meals

How does it Work?

- ✓ Select recipes and create a shopping list. Organize your list by store sections.
- ✓ Purchase all food items. (Try to take advantage of store sales and coupons!)
- ✓ The night before cook any large food items (such as chicken, Master Meat Mix, Master Mix, and Magic Mix); organize your work space. Put recipes in plastics bags and tape to the cupboard doors. Create combined work areas for dishes using similar ingredients. Gather cooking dishes, storage items, marking pens, etc.
- ✓ Combine similar tasks then divide the food. For example, chop onions for all the dishes, cook all the ground beef (except any needed for raw meat dishes like meatloaf). Remember to follow good food safety practices.
- ✓ Create assembly lines. Prepare dishes together that use similar food items.
- ✓ Label all food items. Use masking tape with the name of the food and preparation instructions. Tape the recipe in the plastic bag to the food, if needed. For freezer bags, use a sharpie marker and write on the bag. Write the date prepared on the bag.
- ✓ Freeze food items. Some items need to quick-freeze on a pan before placing into bags, such as the Runzas. For other dishes, combine foods needed for the same recipe and tape together. For example, if a dish calls for ½ cup grated cheese to be added during the last 10 minutes of cooking time, place the cheese in a plastic bag, tape to the top of the pan and freeze together.
- ✓ Mark your calendar so everyone knows the menu for the month. Take food items out of the freezer the night before and thaw in the refrigerator.
- ✓ Make sure to remember side dishes, like fruits, vegetables, whole-grain bread, or ice-cold milk to the meals.

Freezer Meals

Two-Week Menu

1. **Bean and Beef Burritos with Green Chili Sauce**
2. **Chicken and Barley Soup**
3. **Broccoli-Rice Casserole**
4. **Pasta with Meat Sauce**
5. **Beans and Cornbread**
6. **Lazy Lasagna**
7. **Chicken Enchiladas**
8. **Everyday Meatloaf**
9. **Mini Pizzas**
10. **Pastafazool**
11. **Egg and Cheese Strata**
12. **Runzas**
13. **Easy Stir-Fry**
14. **Sloppy Joes**

Source

Cook Once: Eat for 2 Weeks. Developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension Cent\$ible Nutrition Program. For recipes visit www.uwyo.edu/centsible. Click on “as seen on TV” and look for *Cook Once: Eat for 2 Weeks* program.

Other Related Resources

Lickety-Split Meals: For Health Conscious People on the Go! By Zonya Foco, RD. ISBN: 1-890926-01-9, ZHI Publishing.

Once-A-Month Cooking: A Time-saving, Budget-stretching Plan to Prepare Delicious Meals, by Mimi Wilson and Mary Beth Lagerborg. ISBN: 1-56179-246-2. Focus on the Family Publishing.

Cent\$ible Nutrition Program Cookbook, University of Wyoming Cooperative Extension. Contact: (307) 766-4145.

Websites

<http://snider.mardox.com/OAMC.htm>

<http://www.busycooks.about.com/cs/freezerrecipes/index.htm>

<http://www.geocities.com/lvngwell/cooking/oamc/index.html>

<http://hardys.freeservers.com/oamc.htm>

<http://www.geckogully.com>

Freezer Meals

Grocery List

Canned & Packaged Goods	Staples	Fruits & Vegetables	Breads & Cereals
1 15-oz. can chunky tomato sauce ½ cup salsa 2 6-oz. cans tomato paste or 2 10-oz. cans tomato soup 3 15-oz. cans tomato sauce 1 8-oz. can tomato sauce 1 16-oz. can of tomatoes 2 4-oz. cans green chilies, chopped 1 can chili beans Large jar spaghetti sauce 2 lbs. dry pinto beans 4 cups spaghetti sauce	Salt and pepper 12 cups all-purpose flour Chili powder Garlic, dry and cloves Dried parsely Dry mustard Oregano Basil Italian seasoning Baking powder Sugar Canola oil 1 pkg. rapid rise yeast 1-3 cups whole wheat flour brown sugar 1 cup yellow cornmeal Vinegar Corn starch	Lemon juice & lemon rind 5 onions 4 cups total of various vegetables for stir-fry (fresh or frozen) 1 large cabbage ½ lb. carrots Variety of fruits and vegetables for side dishes	½ cup barley 1 lb. rice 1 pkg. hamburger buns 8 oz. macaroni, spaghetti or other pasta 8 oz. macaroni 12 oz. lasagna noodles For mini pizzas: bagles, English muffins or other bread 1 loaf of day-old bread
*Dairy Foods Non-fat powdered milk Butter or margarine 4 cups shredded cheddar cheese 2 ½ cups mozzarella cheese 1 cup shredded American cheese ½ gallon low-fat milk 2 cups low-fat ricotta cheese 1 cup low-fat cottage cheese Parmesan cheese	*Meat & Poultry 8 lbs. lean ground beef 1 lb. lean pork 3 lbs. whole chicken Carton of eggs 1 lb. meat for stir-fry <div data-bbox="440 1436 1008 1541" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>* These foods should be purchased last so their safety and quality are protected.</p> </div>	*Frozen Foods 1 pkg. frozen broccoli 1 pkg. frozen broccoli or spinach for lasagna	Freezing Supplies Freezer or masking tape Marker (sharpies work well) Aluminum foil Plastic wrap 4 9x13x2-inch baking dishes 12 1-gallon freezer bags 10 1-pint freezer bags 3 small foil bread pans or 1 8x8-inch baking dish 1 1-quart casserole dish
List includes: 1 ½ batches of <i>Master Meat Sauce</i> (burritos, spaghetti, pizzas, sloppy joes & pastafazool), 1 batch <i>Master Mix</i> (tortillas for burritos and enchiladas), and 1 batch <i>Magic Mix</i> (broccoli rice casserole).			

Freezer Meals

Recipes

MASTER MIX (all-purpose baking)

8 cups unsifted, enriched flour
¼ cup baking powder
3 Tbsp. sugar

1 Tbsp. iodized salt
1 ½ cups nonfat dry milk powder
⅔ cup canola oil

1. In large bowl, combine flour, baking powder, sugar, salt and powdered milk.
2. Drizzle oil over dry mixture; cut in with pastry blender or fingers until it resembles coarse cornmeal.
3. Store unused mix in covered container in refrigerator. Yields approximately 10 cups. Keeps about 3 months in refrigerator.

NOTE: to measure Master Mix for recipes, stir lightly, pile into cup (do not shake), and level off.

VARIATIONS:

WHOLE WHEAT MASTER MIX: use 4 cups white flour and 4 cups unsifted whole wheat flour. Keep refrigerated.

MARGARINE or BUTTER MASTER MIX: Reduce salt to 2 tsp. Use ¾ cup butter, margarine, or shortening in place of canola oil. Keep refrigerated.

MASTER MEAT SAUCE

4 lbs. lean ground meat
1 medium onion, minced
1 can (6 oz.) tomato paste plus 6 oz. can of
water or 1 can tomato soup

2 cans (15 oz.) tomato sauce
1 tsp. garlic powder
1 tsp. salt

1. Brown meat, drain fat.
2. Add other ingredients. Simmer 20 to 30 minutes
3. Immediately place unused sauce (1 cup portions) in freezer bags. Label and freeze.

MAGIC MIX (all-purpose mix for sauces)

4 cups nonfat dry milk powder
1 cup flour
½ cup margarine

1. Put all ingredients into large bowl and mix until it looks like coarse cornmeal.
2. Refrigerate in tightly covered container.

WHITE SAUCE - Stir over medium heat until smooth and thick. Yield 1 cup.

For thin sauce: ⅓ cup Magic Mix and 1 cup water.

For medium sauce: ½ cup Magic Mix and 1 cup water.

For thick sauce: ⅔ cup Magic Mix and 1 cup water.

CHEESE SAUCE

Prepare medium White Sauce as directed. Add 1 cup shredded American cheese and stir until melted. Store leftovers in refrigerator.

TORTILLAS

1 cup Master Mix (see recipe pg. 1)
1 cup flour
½ cup warm water (approximate)

1. Combine Master Mix and flour. Add enough warm water to make a soft dough.
2. Knead in a bowl or on a floured surface for 2-3 minutes or until smooth and elastic.
3. Form into 1 ½ -inch balls. Cover and let rest 10 minutes.
4. Roll each ball out between plastic wrap or on a floured surface to form a 6-inch circle.
5. Bake on a moderately hot nonstick or light greased griddle or fry pan. Cook each tortilla on one side for 15 seconds; turn and bake on second side until lightly browned. Turn again to brown first side. Makes 6 tortillas.

BREAD in a BAG

2 cups all-purpose flour	1 tsp. salt
1 package rapid rise yeast	1 cup hot water (125-130 F)
3 Tbsp. sugar	3 Tbsp. vegetable oil
3 Tbsp. non-fat powdered milk	1 cup whole wheat flour

1. Combine 1 cup all-purpose flour, undissolved yeast, sugar, powdered milk, and salt in a 1-gallon heavy-duty freezer bag. Squeeze upper part of the bag to force out air. Seal the bag. Shake and work bag with your fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Reseal bag. Mix by working the bag with your fingers. Add whole-wheat flour; reseal the bag and mix the ingredients thoroughly.
3. Gradually add enough all-purpose flour to make a stiff dough that pulls away from the bag.
4. On a floured surface, knead the dough 2 to 4 minutes, or until it is smooth and elastic. Cover dough and let it rest for 10 minutes.
5. See variations:

Loaf - Roll the dough to a 12x7-inch rectangle. Roll up from narrow end. Pinch to seal. Place in a greased loaf pan and let rise 20 minutes or until double in size. Bake at 375 F for 30 to 35 minutes or until brown.

Breadsticks – Add ½ cup rolled wheat or other rolled grain to bag after mixing in wheat flour. Gradually add enough all-purpose flour to make a stiff dough. Roll dough in a rectangle ½-inch thick. Cut dough into strips ¾-inch wide. Twist strips. Place on baking sheet. Bake at 375 F for 15 minutes or until brown.

Rolls – After kneading, allow dough to rest for 10 minutes. Roll out dough to ½ inch thickness. Use a round cookie cutter or biscuit cutter to make rolls. Place on greased cookie sheet and bake at 375 F for 12 to 15 minutes.

BEEF and BEAN BURRITOS

2 cups of Master Meat Sauce (see recipe on pg. 5) 6 6-inch Tortillas (see recipe on pg. 6)
1 tsp. pepper ½ cup chunky salsa
2 tsp. chili powder ½ cups shredded cheddar cheese
1 can (15 oz.) chunky tomato sauce 1 ½ cups Green Chili, optional (see recipe on pg. 7)
2 cups Refried beans (see recipe below)

1. Prepare Master Mix and Tortillas and set aside.
2. Prepare Master Meat Sauce, Refried Beans, and Green Chili.
3. Place 2 cups Master Meat Sauce in a saucepan. Add pepper, chili powder and 1 cup of chunky tomato sauce. Bring to a boil. Cover and simmer about 5 minutes.
4. Add Refried Beans. Cover and simmer another 5 minutes.
5. Spoon 3 tablespoons of the mixture on each Tortilla. Roll up and place in a 9x13x2-inch baking dish, seam side of tortilla down.
6. Combine salsa and remaining ¾ cup of tomato sauce. Evenly spoon mixture over rolled burritos.
7. Cover with aluminum foil. Place cheese in a sandwich-sized freezer bag.
8. Label pan of burritos with date and baking instructions. Freeze with bag of cheese taped on top and with bag of Green Chili.

To prepare for serving: In refrigerator thaw Beef and Bean Burritos, cheese, and Green Chili. Remove foil and bake burritos at 350 F for 20 minutes. Sprinkle cheddar cheese and pour Green Chili on top, if desired. Continue baking until cheese is melted and chili is heated.

REFRIED BEANS (Frijoles)

3 cups cooked pinto beans 1 tsp. salt
1 cup diced onion 2 Tbsp. oil
1 clover garlic, minced

1. Heat oil in frying pan on medium heat.
2. Sauté onion, garlic, and salt in oil until onions are tender.
3. While onions are cooking, mash beans.
4. Add beans to pan and cook, stirring constantly until the beans are hot. Add small amount of water if needed to achieve desired consistency. Makes 6 servings.
5. Store unused beans in covered container in refrigerator, use within 3 to 5 days.

GREEN CHILI

1 lb. lean pork 1 can (16 oz.) tomatoes, cut up
6 Tbsp. flour 4 cups water
1 Tbsp. canola oil 1 tsp. garlic powder
1 small onion, diced Salt and pepper to taste
1 can (4 oz.) green chilies, chopped

1. Cut up pork and lightly coat with flour; brown in oil.
2. Add onions and brown.
3. Add chilies, tomatoes, water, and seasonings. Simmer for 1 hour.
4. Cool. Place in gallon freezer bag.
5. Label with date and heating instructions (see Beef and Bean Burritos). Freeze with pan of burritos.
6. Store unused portion in refrigerator.

CHICKEN and BARLEY SOUP

2 lbs. chicken backs, necks and/or wings
8 cups water
½ cup barley
½ lb. carrots, grated

1 small onion, diced
2 tsp. parsley
1 tsp. salt
¼ tsp. pepper

1. In large pan, combine chicken and water. Bring to a boil; reduce heat and simmer gently, partially covered for 2 hours. Add more water if needed. Remove from heat and cool. (Can refrigerate overnight).
2. Remove bones, leaving meat in broth.
3. Add barley and bring to a boil. Reduce heat and simmer for 1 hour.
4. Add remaining ingredients and continue cooking for an additional 30 minutes.
5. Cool and pour into one-gallon freezer bag. Label with date and heating instructions and freeze.

To prepare for serving: In refrigerator, thaw soup. Place in saucepan and heat thoroughly over medium heat. Makes 6 servings.

BROCCOLI-RICE CASSEROLE

⅓ cup chopped onion
1 tsp. butter or margarine
1 package frozen broccoli, chopped

2 cups cooked rice
Salt and pepper to taste
2 cups cheese sauce (see recipe on pg. 5)

1. In a saucepan, brown onion in butter.
2. Break up broccoli. Mix onion, broccoli, and rice. Place in greased casserole dish. Add salt and pepper to taste.
3. Make cheese sauce; pour over rice mixture.
4. Cover dish. Label with date and baking instructions and freeze.

To prepare for serving: In refrigerator, thaw casserole. Place in oven and bake at 350 F for 45 to 50 minutes. Makes 6 servings.

MINI PIZZAS

1 cup Master Meat Sauce (see recipe pg. 5)
1 tsp. Italian seasoning
Dash of pepper

1 cup Mozzarella cheese
Bagels, English muffins, or other bread

1. In a bowl, mix Master Meat Sauce and seasonings.
2. Spoon 2 tablespoons of mixture over half a bagel, English muffin, or any other bread.
3. Sprinkle with 1 to 2 tbsp. mozzarella cheese.
4. Wrap individually in plastic wrap or place in small plastic bags. Place wrapped or bagged pizzas together in gallon-size freezer bag.
5. Label with date and heating instructions and freeze.

To prepare for serving: In refrigerator, thaw mini-pizzas. Place on cooking sheet and bake at 400 F for 8-10 minutes or until cheese melts and starts to brown. If necessary, broil for the last 2 to 3 minutes. Makes 8 mini pizzas.

PASTA with MEAT SAUCE

MEAT SAUCE

2 cups Master Meat Sauce (see recipe pg. 5)	½ tsp. basil
1 can (16 oz.) tomatoes, chopped	1/8 tsp. pepper
1 can (8 oz.) tomato sauce	Parmesan cheese (optional)
½ tsp. oregano	

1. In bowl combine Master Meat Sauce with remaining ingredients, except Parmesan cheese.
2. Place in gallon-sized freeze bag. Label with date and heating instructions and freeze.

To prepare for serving:

1. In refrigerator, thaw Meat Sauce. Place in saucepan and simmer slowly ½ to 1 hour.
2. In large pan, boil 3 quarts water. Add 1 tablespoon vegetable oil to reduce boiling over.
3. Add 8 ounces of pasta (macaroni, spaghetti, any noodles) gradually.
4. Boil uncovered, stirring occasionally. Over stirring causes sticky pasta.
5. Cooking time varies with altitude and product; check package directions. Average time is 8 to 10 minutes. Pasta should be tender, yet firm.
6. Immediately drain in colander; do not rinse. Rinsing washes away valuable nutrients.
7. Pour Meat Sauce over hot cooked pasta. Sprinkle with parmesan cheese. Serves 4.

LAZY LASAGNA

2 cups low-fat ricotta cheese	¾ lb. uncooked lasagna noodles
1 cup low-fat cottage cheese	1 cup grated skim mozzarella cheese
2 Tbsp. dried parsley	¼ cup Parmesan cheese
1 tsp. chopped garlic or ¼ tsp. garlic powder	1 package frozen broccoli or spinach (optional)
4 cups spaghetti sauce	

1. Spray 9x13x2-inch pan with nonstick coating.
2. In a bowl, mix ricotta cheese, cottage cheese, parsley, and garlic.
3. Layer the ingredients.
First layer: Pour 1 cup spaghetti sauce in the bottom of the pan. Arrange 1/3 of the noodles so they touch but do not overlap. Spread ½ of the cheese mixture over the noodles. Add ½ of the frozen vegetables and ½ of the mozzarella cheese.
Second layer: Add 1 cup of sauce, 1/3 of noodles, and remaining cheese mixture, vegetables, and mozzarella cheese.
Third layer: Add another cup of sauce, layer of noodles, and remaining sauce.
4. Sprinkle with Parmesan cheese. Cover tightly with aluminum foil. Place extra sauce in small freezer bag and label with date. Tape to pan of Lazy Lasagna.
5. Label pan with date and heating instructions and freeze with bag of sauce

To prepare for serving: In refrigerator, thaw Lazy Lasagna. Bake at 350 F for 1 hour. Heat extra sauce in a small pan and spoon over hot slices of lasagna. Makes 12 servings.

PASTAFAZOOOL

1 can (16 oz.) chili beans (or prepare from dry, see Beans and Cornbread recipe)
2 cups cooked, drained macaroni

1 cup Master Meat Sauce (see recipe pg. 5)
½ cup grated cheddar cheese

1. Mix chili beans, macaroni and Master Meat Sauce.
2. Add ½ cup grated cheese.
3. Place in freezer bag.
4. Label bag with date and heating instructions. Freeze.

To prepare for serving: In refrigerator, thaw Pastafazool. Place in saucepan and heat over medium heat until bubbling. Add a tablespoon of water, if needed.

BEANS and CORN BREAD

1 lb. dry beans
12 cups water

1 tsp. salt
Corn Bread (see recipe below)

1. Soak and cook beans using one of the two methods described below. Cooking time will vary from 1 to 2 hours, depending on the variety and age of the beans, water hardness and altitude.
Quick Soak Method: Wash beans thoroughly; add to a large, heavy pot. Add water and salt and bring to a boil. Boil 2 minutes only. Cover, remove from heat. Allow to stand 1 hour. (Use soaking water for cooking; this liquid contains precious B vitamins.) Return to heat and simmer slowly until tender.

Overnight Soak Method: Wash beans thoroughly; put in a large, heavy pot with 6 cups water. Let stand 6 to 8 hours or overnight in refrigerator. After soaking, discard any beans that float to the top. Simmer slowly until tender.
2. Cool and place in gallon-size freezer bag. Label with date and heating instructions. Freeze with cornbread.

To prepare for serving: In refrigerator, thaw Beans and Cornbread. Place Beans in saucepan and heat thoroughly over low heat. Bake Cornbread at 400 F for 20 minutes or until hot. Cut into 9 squares.

CORNBREAD

1 cup sifted all-purpose flour
¼ cup sugar
3 tsp. baking powder
¾ tsp. salt

1 cup cornmeal
2 eggs
1 cup milk
¼ cup vegetable oil

1. Grease 9x9x2-inch pan.
2. In bowl, combine flour, sugar, baking powder, and salt; mix in cornmeal.
3. Add eggs, milk, and oil. Stir until mixed. (Do no over beat!) Pour into greased pan.
4. Bake at 425 F for 20 to 25 minutes.
5. Cool and cover with aluminum foil. Label with date and heating instructions (above). Freeze with bag of beans.

CHICKEN ENCHILADAS

2 lbs. chicken backs, necks and/or wings
1 Tbsp. cooking oil
1 onion chopped
1 can (4 oz.) green chilies, chopped

2 ½ cups Medium White Sauce made with
broth (see recipe on pg. 5)
6 Tortillas (see recipe on pg. 6)
¾ cup cheddar cheese, grated
¾ cup mozzarella cheese, grated

1. In large pan, combine raw chicken and water. Bring to a boil; reduce heat and simmer gently, partially covered, for 2 hours. Add more water if needed. Remove from heat and cool. (Can refrigerate overnight.)
2. Remove meat from bones and cube or shred. Set broth aside.
3. Prepare Medium White Sauce using broth from chicken.
4. Sauté onion and green chilies in oil; add white sauce and simmer 15 minutes.
5. Prepare Tortillas and cut in quarters. Line bottom of 9x13x2-inch pan with Tortillas, add a layer of chicken, a layer of sauce, and top with cheese; repeat.
6. Cover with aluminum foil.
7. Label with date and baking instructions. Freeze with bag of extra Tortillas.

To prepare for serving: In refrigerator thaw Chicken Enchiladas and Tortillas. Remove foil, bake Enchiladas at 350 F for 30 to 40 minutes. Heat and serve additional Tortillas. Serves 8.

EVERYDAY MEATLOAF

2 eggs, beaten
¾ cup skim milk
½ cup fine, dry bread crumbs, cracker
crumbs, crushed cereal, or oatmeal
¼ cup finely chopped onion

2 Tbsp. parsley (optional)
½ tsp. salt
½ tsp. ground sage (optional)
1/8 tsp. pepper
1 ½ lbs. ground beef

GLAZE:

½ cup ketchup or 1 can (8 oz.) tomato sauce
2 Tbsp. brown sugar

1 tsp. dried or prepared mustard

1. In bowl, combine the eggs and milk; stir in bread crumbs, onion, parsley, salt, sage, and pepper. Add ground beef.
2. Thoroughly mix meat and seasonings.
3. Firmly pat meat into circle in a shallow baking dish. To make individual meat loaves, pat smaller amount into small bread pans. Cover with aluminum foil.
4. Mix ingredients for Glaze. Place in sandwich-size freezer bag. Label with date.
5. Label loaf pan(s) with date and heating instructions. Tape bag of Glaze to pan and freeze.

To prepare for serving: In refrigerator, thaw meatloaf. Bake at 350 F for 20-30 minutes. Spoon off dripping and fat. Spread Glaze over Meatloaf and bake 10 minutes longer. Check with meat thermometer to ensure an internal temperature of 165 F. Serves 6.

EGG and CHEESE STRATA

6 slices day-old bread
3 Tbsp. butter or margarine
1 cup shredded cheese
6 eggs, beaten

1 ½ cups skim milk
1 tsp. dry mustard
½ tsp. salt
1/8 tsp. pepper

1. Butter bread; cut into small cubes.
2. Alternate layers of bread cubes and cheese in buttered 2-quart casserole or 9x13x2-inch pan.
3. Blend together eggs, milk and seasonings; pour over bread and cheese layers.
4. Cover and label with date and heating directions. Freeze (be sure to keep level).

To prepare for serving: In refrigerator, thaw Egg and Cheese Strata. Bake at 350 F for 70 minutes or until golden brown. Makes 4 to 6 servings.

SLOPPY JOES

2 cups Master Meat Sauce (see recipe on pg. 5)
1 Tbsp. vinegar
1 Tbsp. brown sugar
¼ cup ketchup

6 hamburger buns
Margarine

1. Mix Master Meat Sauce, vinegar, sugar, and ketchup.
2. Place in gallon-size freezer bag. Label with date and heating instructions.
3. Freeze with bag of hamburger buns.

To prepare: in refrigerator, thaw buns and Sloppy Joe mix. Preheat oven to 325 F. Place Sloppy Joe mix in saucepan and simmer over low heat 10 minutes, stirring occasionally. Butter bun halves lightly and place on cookie sheet. Place in oven and heat 10 to 15 minutes. Spoon meat onto warm buns and serve. Makes 6 servings.

RUNZAS

1 lb. lean ground beef
1 onion, chopped
4 cups chopped cabbage
1 ½ tsp. salt

¼ tsp. pepper
1 recipe *Bread in a Bag* (see recipe on pg. 6)
Vegetable oil

1. Brown beef and onion in skillet.
2. Add cabbage and cover. Cook 5 minutes until cabbage is tender crisp. Drain off liquid.
3. Add salt and pepper. Mix well. Cool in refrigerator.
4. Make batch of Bread in a Bag. Roll half of the dough into a 12x14-inch rectangle. Cut the rectangle into 16 squares.
5. Place 3 to 4 tablespoons of meat-cabbage mixture in the middle of 8 of the squares. Moisten edges of squares with water. Top with 8 remaining squares. Press dough firmly around edges.
6. Place on greased baking sheet. Repeat with other half of dough. Let rise about 30 minutes or until light. Bake at 350 F for 20 minutes.
7. Remove from baking sheet and cool. Place on a baking sheet, cover with foil and quick-freeze for about 1 hour. Remove from freezer and place in freezer bags. Package either individually in sandwich-sized bags or 4 to in gallon-sized bags. Label with date and heating instructions. Freeze.

To prepare for serving: In refrigerator, thaw Runzas. Place on baking sheet and bake at 350 F for 10-15 minutes. Individual Runzas can also be heated in the microwave oven. Makes 16.

For a fun alternative: stuff with pizza sauce and your favorite pizza toppings or ham, broccoli and cheese.

EASY STIR-FRY

AROMATICS Choose one or more of the following:	PRIMARY VEGETABLES Prepare 3 cups (chopped or diced) of one or more of the following:	PROTEIN Prepare 1 pound of any of the following:	SEASONING SAUCES Choose and prepare one of the following:	COLORING VEGETABLES Shred 1-2 cups of one or more of the following:
2 Tbsp. fresh parsley, minced 2 Tbsp. onion, minced 3-4 medium garlic cloves, minced Pinch of red pepper, crushed	Asparagus* Bean sprouts Bell pepper Broccoli* Brussel sprouts Carrots Cauliflower* Celery Eggplant Green onions Green or yellow beans Mushrooms Onions Potatoes* Snow peas Summer squash Zucchini *Steam 3-5 minutes	Lean beef ** Lean pork** Chicken breasts, skinless, boneless** Shelled shrimp or clams** Fish fillets, fresh or frozen** Tofu chunks **These ingredients should be cut into chunks and precooked.	Sauce 1: Combine ½ cup water, 2 Tbsp. soy sauce, 2 Tbsp. wine, and 1 Tbsp. cornstarch. Stir well. Sauce 2: Combine ½ cup water, 2 Tbsp. ketchup, 1 tsp. brown sugar, 1 tsp. oregano or Italian seasoning, and 1 tsp. cornstarch. Stir well. Sauce 3: Combine ½ cup water, 2 Tbsp. soy sauce, 2 Tbsp. lemon juice, 1 tsp. grated lemon rind, and 1 tsp. cornstarch. Stir well.	Beet greens Bok choy Cabbage Curly endive Spinach Turnip greens

1. Warm a wok or large, heavy skillet over high heat until a drop of water evaporates on contact. Pour 2 teaspoons of oil in a thin stream around the edge of the pan.
2. Add aromatics all at once to wok or skillet. Cook and stir until fragrant (about 10 seconds).
3. Add about half of the primary vegetables. Stir-fry 2 to 3 minutes, stirring constantly, until vegetables are crisp-tender. Remove from wok or skillet. Stir-fry remaining vegetables. Remove from wok or skillet. Note: add 1 tablespoon water if vegetables stick to pan.
4. If using raw protein, add to wok now. Stir-fry 3 to 5 minutes. Add 1 to 2 tablespoons additional oil if necessary. Place cooked vegetables back into pan. Add pre-cooked protein foods.
5. Add seasoning sauce. Stir until the sauce bubbles and thickens. Add coloring vegetables. Toss well.
6. Cool and place in gallon freezer bag. Label with date and heating instructions and freeze.

To prepare for serving: In refrigerator, thaw stir-fry. Place in saucepan or skillet and heat over medium heat until hot and bubbly. Add a teaspoon of water if necessary. Serve over rice or noodles.