

Breakfast Burritos

Ingredients

1 lb. ground sausage

1 dozen eggs

2 cups of cheese

12-8 inch tortillas

Brown sausage and drain grease. Crack eggs, whisk, and cook.

Combine cooked sausage, eggs, and cheese. Spoon onto tortillas. Roll tortillas and wrap in parchment paper or wax paper.

To serve: Thaw in microwave or in refrigerator overnight.

Ham & Cheese Rolls

Ingredients

12 frozen dinner rolls thawed

1 lb. ham

4 slices of cheese

Directions

Combine 3 rolls and roll out. Place 1 slice of cheese and $\frac{1}{4}$ of ham in center. Fold and seal edges. Bake at 350 for 10 minutes or until golden brown. Cool and place in a sandwich bag.

To serve, thaw in microwave or overnight in the refrigerator.

Taco Casserole

Ingredients

- 1 lb. Browned Hamburger
- 1 bag Nacho Cheese Doritos
- 1 c. shredded cheese
- ½ can enchilada sauce
- ½ can cream of chicken soup
- ½ can cream of mushroom soup
- ½ c. milk

Directions

Brown hamburger, drain and place in quart-sized bag. Mix soups and milk in bowl and place in quart-sized bag.

To serve:.

Thaw hamburger and soup mixture. Crumble Doritos and place $\frac{3}{4}$ in bottom of casserole dish. Layer hamburger, then soup mixture, and finally cheese. Bake at 350 for 20 minutes. Top with remaining Doritos and serve.

French Breakfast Puffs

Makes 12 muffins

The Pioneer Woman Cooks – Ree Drummond

Puffs

- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- 1 cup sugar
- 2/3 cup shortening
- 2 eggs
- 1 cup milk

Coating

- ½ pound (2 sticks) butter
- 1 ½ cups sugar
- 3 teaspoons ground cinnamon

Directions

1. Preheat the oven to 350°F. Lightly grease 12 muffin cups.
2. In a large bowl, stir together the flour, baking powder, salt, and nutmeg. Set aside.
3. In a separate large bowl, cream together the sugar and shortening.
4. Add the eggs and mix again.
5. Alternate adding one-third of the flour mixture and one-third of the milk to the creamed mixture, beating well after each addition.
6. Fill the muffin cups two-thirds full.
7. Bake for 20 to 25 minutes, until golden. Remove the muffins from the pan and set aside.
8. To make the coating, melt the butter in a bowl or glass pan. In a separate container, combine the sugar and cinnamon.
9. Dip the warm muffins in the butter, coating thoroughly...
10. Then roll in the cinnamon-sugar mixture. Don't be afraid to really coat 'em up.
11. Cinnamony-sweet perfection! The deliciousness of these beauties is not to be underestimated.

Helpful Hint: After cooling completely, puffs can be frozen in plastic bags and reheated later.

Spicy Pulled Pork Marinade

Recipe by Pioneer Woman

Ingredients

4 T. Dried Minced Onion
1 T. chili powder
½ c. brown sugar
1 T. Garlic Powder
1 t. dried oregano
2 t. ground cumin
1 T. salt
Pinch of ground black pepper
3 T. olive oil
2 T. white vinegar

Mix all ingredients in a quart bag. Place in freezer.

When ready to use, thaw and rub over a 5-7 pound pork shoulder. Place in a crockpot with 1-2 cups of water and cook on low for 6-8 hours. Shred and enjoy. This is great to serve as is, with BBQ sauce, or in a tortilla.

Hamburgers Teriyaki

1 lb. ground beef
3 T. teriyaki sauce
1 T. honey
1 t. salt
 $\frac{3}{4}$ t. ground ginger
 $\frac{1}{4}$ t. garlic powder

Combine all ingredients and shape into 4 patties. Separate using wax paper before placing into gallon freezer bag.

To serve, thaw and place on grill or pan fry.

Frozen Pizza

Ingredients

2 packages of Pizza Dough Mix

1 c. pizza sauce

1 lb. browned hamburger

2 c. shredded cheese

Pre-heat the oven to 475 degrees F. Prepare dough according to directions. Roll out dough into 2 rectangle shapes and place on cookie sheet. Bake for about 3-5 minutes until the dough is puff and dry on the top, but still very pale. Let the crust cool. Top with sauce, browned hamburger, and cheese.

Place pizzas in bags.

To serve, thaw pizzas in refrigerator for 24 hours. Preheat oven to 475 degrees F. Bake for 8-10 minutes, until the crust is dark brown and the cheese is bubbly.

Baked Ziti

Recipe by Six Sisters

Ingredients

- 1 lb. pasta, plain, cooked
- 1 T. dried onion
- 1 lb. ground beef
- 26 ounces spaghetti sauce
- ½ lb. of provolone cheese (8 slices)
- 1 c. sour cream
- 6 oz. mozzarella cheese, shredded
- 2 T. grated parmesan cheese

Bring a large pot of water to a boil. Add pasta, and cook until al dente, about 8-10 minutes. In a large skillet, brown hamburger and dried onion. Add spaghetti sauce. Mix pasta and sour cream.

Spray 2 8x8 inch pans with non-stick cooking spray. Layer as follows in each pan: ¼ of the pasta, ¼ of the sauce mixture, 4 slices Provolone cheese, ¼ of the pasta, ¼ mozzarella cheese, and ¼ of sauce mixture. Top with the grated Parmesan cheese and remaining mozzarella cheese.

Allow to cool and then cover with foil.

To serve, thaw dish in the refrigerator for about 24 hours. Preheat the oven to 350 degrees F. Bake covered for 30 minutes in the preheated oven, or until cheeses are melted.

Honey Chicken

Recipe from Once a Month Cooking

Ingredients

4 boneless, skinless chicken breast halves

Salt & pepper to taste

1 teaspoon dried basil

½ cup soy sauce

½ cup ketchup

1/3 cup honey

¼ cup vegetable oil

½ teaspoon chopped garlic

Sprinkle the chicken with salt, pepper, and basil. Put chicken breasts into a 1 gallon freezer bag.

Mix the remaining ingredients, and pour them into the 1 quart freezer bag. Place the small bag inside the large bag, label, and freeze.

To serve, thaw the chicken and arrange in a 13x9x2 inch baking dish treated with nonstick cooking spray. Pour the sauce over the top, and bake in a preheated 400 degree oven for 45 minutes. This recipe also grills well.

Quick and Easy Chinese Chicken

Recipe from Once a Month Cooking

Ingredients

4 boneless, skinless chicken breast halves

$\frac{3}{4}$ cup ketchup

$\frac{1}{4}$ cup soy sauce

$\frac{1}{2}$ cup firmly packed brown sugar

2 Tablespoons white vinegar

1 Tablespoon dried onion

$\frac{1}{2}$ teaspoon chopped garlic

$\frac{1}{2}$ teaspoon season salt

Place the chicken in a 1 gallon freezer bag. Combine the remaining ingredients, stir well, and pour over the chicken. Label and freeze.

To serve, thaw and bake, uncovered, at 350 for 50 minutes, or until the chicken is done, turning chicken over after 30 minutes, and basting occasionally.

Breakfast Casserole

Ingredients

½ bag hashbrowns

½ lb. sausage (browned)

9 eggs

1 c. shredded cheese

Brown sausage and drain grease. Combine all ingredients in large bowl. Pour into 8x8 pan. Cover with foil and freeze.

To serve, thaw in refrigerator overnight and bake in 350 degree F oven for about 20 minutes.

Fruit Slush

Ingredients

1- 12 oz. can frozen orange juice

1 $\frac{3}{4}$ c. white sugar

1-20 oz. can crushed pineapple

1-20 oz. bag frozen strawberries

4 bananas (sliced)

5 c. ginger ale

Combine all ingredients and divide into 4- 4 c. containers.

To serve, thaw just enough that it is still slushy or thaw completely. Do whichever your family prefers!

Lemon Cake

Ingredients

1 Box cake mix
1 pkg. lemon pudding
4 eggs
1 c. water
¼ c. oil

Combine all ingredients in a mixing bowl. Spray 2 8x8 pans with non-stick. Pour batter into pans. Bake according to directions on back of box. Allow time to cool and then cover with foil.

To serve, thaw at room temperature.

| Shopping List for Cook Once | | | | |
|-----------------------------|-----------------|----|-----------------|------------------------|
| Item | Amt. | | Item | Amt. |
| Baking Powder | 3 t. | | Ham | 1 lb |
| Basil | 1 t. | | Hamburger | 3 1/2 lb. |
| Chili Powder | 1 T. | | Sausage | 1 1/2 lb. |
| Brown Sugar | 1 c. | | Chicken Breast | 8 |
| Cake Mix | 1/2 box | | Frozen Rolls | 12 |
| Cinnamon | 3 t. | | Hashbrowns | 1/2 bag |
| Cumin | 2 t. | | Doritos | 1/2 bag |
| Flour | 3 c. | | Tortilla | 12 |
| Nutmeg | 1/2 t. | | White Vinegar | 4 T |
| Olive Oil | 3 t. | | Bananas | 4 |
| Oregano | 1 t. | | Frozen OJ | 12 oz can |
| Lemon Pudding | 1/2 box | | Ginger ale | 5 c. |
| Veg. Oil | 1/4 c. + 1/8 c. | | Pineapple | 20 oz |
| Garlic Powder | 1 T. 1/4 t. | | Strawberries | 20 oz |
| Ground Ginger | 3/4 t. | | White Sugar | 1 3/4 c. |
| Minced Onion | 5 T. 2 t. | | 4 C. containers | 1 |
| Salt | 1 T. 2 t. | | 8 x 8 pans | 3 |
| Seasoned salt | 1/2 t. | | Bread Bags | 2 |
| Sugar | 2 1/2 c. | | Cooking spray | 1 |
| Soy Sauce | 3/4 c. | | Wax Paper | 1 |
| Spahetti Sauce | 13 oz | | Quart Bags | 5 |
| Pizza Dough | 2 pkgs. | | Foil | 1 |
| Pizza sauce | 1 c. | | Gal. Bags | 6 |
| Honey | 1/3 c. + 1 T | | Sandwich bag | 5 |
| Ketchup | 1 1/4 c | | | |
| Teriyaki Sauce | 3 T. | | | |
| Pasta | 1/2 lb. | | | |
| Cream of Chicken Soup | 1/2 can | | | |
| Cream of Mushroom soup | 1/2 can | | | |
| Enchilada Sauce | 1/2 can | | | |
| Mozzerella Cheese | 3 oz. | | | Makes 3, 4 c. servings |
| Cheese (Shredded) | 6 c. | | | |
| Cheese Slices | | 4 | | |
| Butter | 2 sticks | | | |
| Milk | 1 1/2c. | | | |
| Parmesan | 1T | | | |
| Sour Cream | 1/2 c. | | | |
| Provalone | 4 slices | | | |
| Eggs | | 25 | | |
| Shortening | 2/3 c. | | | |
| Chopped Garlic | 1 t. | | | |
| | | | | |
| | | | | |
| | | | | |