

9 Simple Make-Ahead Meals



Chicken Enchiladas

Ingredients:

1 can red enchilada sauce
4 oz cream cheese, cubed
1.5 cups salsa
2 cups cubed cooked chicken
1 can (15 oz) pinto beans, rinsed and drained
10 flour tortillas
1 cup shredded Mexican cheese
Optional: shredded lettuce, sour cream, diced tomato, olives

Instructions:

- Stir ½ c enchilada sauce with cream cheese and salsa in a medium fry pan for 2-3 min. Add chicken and beans.
- Add ½ c chicken bean mixture into each tortilla shell. Roll up and place seam side down over sauce. Top with remaining sauce and sprinkle with cheese.
- Cover and bake at 350 degrees for 25-30 minutes. Serve with lettuce, sour cream, diced tomato, olives.
- Store extras frozen or in the fridge in plastic containers.

Rice Bowls

Ingredients:

1 cup rice
2 cups water
1/2 lb meat
various vegetables

Instructions:

- Prepare rice by rinsing it three times with water and placing it on the stove to boil. After the water has come to a boil, turn it to a simmer (low heat or 2-3 on the setting) and leave it to cook for 15 min, covered.
- Prepare meat and vegetables for your rice bowls. Use chicken, beef, pork, or another meat substitute.
- Chop carrots, onions, peppers, zucchini, or other vegetables that you enjoy. Add oil to a pan and saute, or leave them raw.
- Assemble your bowls in plastic containers. by placing meat and veggies over a bed of rice. Refridgerate for the week or freeze meals if desired.

Black Bean Soup

Ingredients:

3 cans black beans do not drain
2 cans chicken broth
1 tsp. salt
3 cups cooked rice
avocado sliced
grated cheese
tortilla chips crushed
sour cream

Equipment:

Blender
Large Sauce Pan
Stove Top

Instructions:

- Blend together the black beans with one of the cans of chicken broth.
- Add black bean mixture, the other can of chicken broth, and salt to a large pan. Cook on medium heat until nice and hot. (You don't need to bring it to a boil).
- In individual bowls, layer the rice, then the soup, then the other toppings

Pasta with Garlic Bread

Ingredients:

1 box pasta
1 lb ground beef
1-2 tbs oil
1 medium onion
1 jar marinara sauce
1 loaf bread
butter and dried Italian herbs

Instructions:

- Bring water to a boil, then add the pasta and cook for length of time on the box
- While waiting for water to boil, chop onion and saute with oil. Set aside in bowl.
- Add ground beef and cook until no pink is left in the beef, about 7-10 minutes
- Drain off excess fat and add marinara sauce and onions to the beef pan.
- Slice the bread and butter both sides. Sprinkle herbs on the buttered pan. Place on a sheet pan and toast in the oven at 400 degrees for ~15 minutes.
- Serve hot and save leftovers for lunch or dinner.

Egg Salad

Ingredients:

1/2 dozen eggs
1/4 C Mayonnaise
5-10 pickle slices
1/2 onion
1/2 sweet bell pepper
Salt & pepper

Instructions:

- Place eggs into a sauce pan and fill with water. Bring to a boil for 1 minute.
- Turn off heat, place lid on pan, and allow eggs to cook for 17 minutes. Then remove from the water and run under cool water. Eggs can be hard boiled and stored in the fridge for a couple of days before making egg salad.
- Peel eggs and cut them up in a bowl using a knife. add mayonnaise. Chop pickle slices, onion, and sweet bell. Mix all ingredients. Add salt & pepper to taste.
- Eat egg salad on sandwiches or with salads during your week!

Crock Pot Chicken

Ingredients:

1 whole chicken, thawed

Instructions:

- Place chicken into crock pot on medium heat and leave for 7-9 hours.
- If you have less time (5-7 hours), turn the crock pot to high heat.
- Once cooked, divide chicken into plastic or glass containers to store it. Freeze some if you will not use all of it within the next week.

Sloppy Joes

Ingredients:

1 pound extra-lean ground beef
1/2 cup frozen, diced onions
2 garlic cloves, minced
1 teaspoon kosher salt
1/8 teaspoon black pepper
1 6-ounce can tomato paste with Italian herbs
2 tablespoons packed brown sugar
2 tablespoons yellow mustard
1 tablespoon hot sauce, such as Frank's Red Hot
1/2 cup frozen, diced green peppers
2-3 tablespoons water
Whole wheat buns

Instructions:

- Preheat a large, nonstick skillet over medium heat and add beef, onion, garlic, salt, and black pepper. Cook until beef is browned and cooked through, stirring to crumble, about 8-10 minutes. Drain if needed (although, if using very lean beef, you probably won't need to).
- Add tomato paste, brown sugar, mustard, and hot sauce. Cook for 5-10 minutes to allow flavors to meld.
- Stir in green peppers, cooking just until peppers are hot and crisp-tender.
- Add water, until desired consistency is reached.
- Serve immediately on whole wheat buns, passing additional hot sauce as desired. Prepare earlier in the day or make batches ahead of time and freeze.

Slow Cooker BBQ Pulled Pork

Ingredients:

1 tablespoon paprika
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon packed brown sugar
1 boneless pork shoulder roast
(2 1/2 to 3 lb)
1/4 cup water
1 cup barbecue sauce

Instructions:

- In small bowl, stir together paprika, salt, garlic powder and brown sugar.
- Rub paprika mixture on pork to cover completely. Place pork in slow cooker. Pour water around pork.
- Cover; cook on Low heat setting 7 to 8 hours or High heat setting 3 to 4 hours, until extremely tender.
- Transfer pork to cutting board. Let rest until cool enough to handle. Use 2 forks to shred pork.
- Discard liquid in slow cooker. Wipe out slow cooker. Spray slow cooker with cooking spray. Return shredded pork to slow cooker; stir in barbecue sauce until well mixed. Cover; cook on High heat setting 10 to 15 minutes or until hot.

Crock Pot Chili

Ingredients:

1 can chili beans
1 can pinto beans
1 can black beans
1 can kidney beans
1 can corn
2 cans fire roasted diced tomatoes
1 onion, chopped
1 tbsp chili powder

Instructions:

- Add all ingredients to crock pot. Cover with lid and turn on low.
- Serve with bread of your choice (artisan bread, cornbread, or cinnamon rolls), cheese, and sour cream. Leftovers will keep up to two months frozen in jars or plastic containers.