



Freezer Meals 101

Get your freezer stocked, so you can relax!

Pantry Staples Freezer Stack

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Get your freezer stocked, so you can relax!

Pantry Staples Freezer Stack

Corn Chowder • Easy Taco Salad • Dr. Pepper Baked Beans • 7 Can Soup • Chili Casserole

Notes for this particular plan

While the staples kept will vary from pantry to pantry, these recipes were designed to be made mainly with the ingredients commonly found in many North American pantries.

Using what is already in your pantry cuts down on grocery costs because the items were already purchased and paid for and it ensures the items are used before their expiry date.

Shopping case lot sales, clearance racks, and the fliers allows you to stock your pantry with items you know you commonly use in recipes.

The meals in this plan can be made inexpensively by pairing what you already have with additional ingredients (that you can hopefully find on sale!)

Corn Chowder is one of our all-time favorites and is made almost entirely of pantry staples. If you're wanting to save on cost, you can skip the bacon, but the bacon adds some great flavor in our opinion.

The Easy Taco Salad mixture can be made with ground beef or you can substitute a veggie ground round in its place. Optional toppings can include: sliced green onions or chopped purple onion, shredded Tex Mex or cheddar cheese, taco sauce or salsa, sour cream, diced tomatoes, sliced black olives or cubed avocado. Because they are optional, they are not included on the shopping list.

If you want to make the Dr. Pepper Baked Beans "fancier," you can add cooked, crumbled bacon.

One of our easiest recipes is 7 Can Soup. If you can open a can, you can make this soup! No need to even drain any of the cans.

The Chili Casserole is a nice family friendly home-style meal. What makes it extra easy is that the rice cooks up right in the dish. Just be sure to cover it when cooking or the rice won't properly absorb the liquid.

The following list is by no means comprehensive as every person will have their favorites (for example my pantry always has several varieties of hot sauce and many Asian sauces while others may not).

Notes for all plans

- If you loved this Freezer Stack and would like to make the most of your Freezer Meals experience, join our [Freezer Meals 101 Club](#) to customize your own meal plans, get access to exclusive content, create your own shopping lists, and take the stress out of mealtime and get your freezer stacked!
- 1 pound of raw ground beef is about 2 1/3 cups cooked ground beef.
- Complete the prep list ahead of time so that when it's time to assemble the meals, everything is ready to go.
- Get out all ingredients.
- Label the bags and prop them open on the counter. (It's been our experience that you don't want to buy cheap resealable bags as they can tear or leak.)
- Assemble the meals as per directions. Lay flat and freeze.
- Congratulations! Your dinners for the week are done!
- P.S. If you forget one day to take a meal out of the freezer to thaw, just throw the bag into a sink or bowl full of warm water for 20 minutes or so.
- If you don't have any label paper, just print the labels out on normal paper, cut them out and tape them onto the bag. (We use [Avery's 5163/8163 label template](#).)

This **isn't** your average freezer meal club.

500+ RECIPES

FULL OF FLAVOR

EASY PREP

NO 5PM PANIC



Join the Club

Ready to take your meal prep to the next level?

mealplan.freezermeals101.com/join-the-club/

Bonnie says:
June 3, 2025 at 7:03 pm | Edit

★★★★★
These were a huge hit with entire family and super fast to cook. I made chicken taco bites as well and they have become a staple.

Karrie Gould says:
June 15, 2025 at 12:57 am | Edit

★★★★★
this is a definite family favorite!

Lisa Knoll says:
December 12, 2025 at 2:42 pm | Edit

★★★★★
This was the first freezer recipe I made. Ate it fresh and froze what was left. Just tried my first reheated bowl of this and it was perfect.

Cheryl Cox says:
May 4, 2025 at 4:06 pm | Edit

★★★★★
omg sooo damned good and FANCY!

Kate Newman says:
January 28, 2025 at 9:54 pm | Edit

★★★★★
Loved this! Also made it using shelf stable gnocchi (it's all I could find at the time). Because this one simmers in the sauce it still cooked up beautifully without pre cooking. Just wanted to share in case it helps others.

Wilma Gutierrez says:
January 22, 2025 at 11:15 pm | Edit

★★★★★
These are very good. I added paprika for additional flavor & color. So quick, flavorful & easy.

Sandy Altendorf says:
October 12, 2025 at 3:42 pm | Edit

★★★★★
These were AMAZING! Definitely adding them to our rotation.

Bonnie says:
October 12, 2025 at 3:42 pm | Edit

★★★★★
This was a lovely meal. I had made more of the mozzarella cheese ravioli and topped with mozzarella as well.

OUR MEMBERS LOVE THESE MEALS!

Nicole Greenlaw says:
August 13, 2025 at 8:41 am | Edit

★★★★★
We added shredded chicken to our but kept everything else the same. SO tasty!

Linda Wagenborg says:
April 2, 2025 at 7:05 pm | Edit

★★★★★
Made one to try and husband asked to have a few more for freeze! Made with Garlic Mashed Potato recipe and the Maple glazed Carrot Recipe. All going into rotation!

Theresa Cortinas says:
July 5, 2025 at 4:38 pm | Edit

★★★★★
Loved this, can't get enough. Definitely will become a staple!



Pantry Staples for Freezer Meals

Pantry

- ☐ diced tomatoes
- ☐ honey
- ☐ chicken broth
- ☐ tomato sauce
- ☐ tomato paste
- ☐ kernel corn
- ☐ beef broth
- ☐ cream of mushroom soup
- ☐ evaporated milk
- ☐ salsa
- ☐ vegetable broth
- ☐ green chilies
- ☐ black beans
- ☐ chickpeas
- ☐ dry onion soup mix
- ☐ capers
- ☐ pesto
- ☐ sundried tomatoes
- ☐ kidney beans
- ☐ baked beans
- ☐ salsa verde
- ☐ chunky salsa
- ☐ enchilada sauce
- ☐ creamed corn
- ☐ cream of chicken soup
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Sauces & Condiments

- ☐ olive oil
- ☐ Worcestershire sauce
- ☐ pasta sauce
- ☐ ketchup
- ☐ Dijon mustard
- ☐ maple syrup
- ☐ BBQ sauce
- ☐ pizza sauce
- ☐ peanut butter
- ☐ vegetable oil
- ☐ Alfredo sauce
- ☐ apple cider vinegar
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Rice & Pasta

- ☐ penne pasta
- ☐ white rice
- ☐ egg noodles
- ☐ macaroni noodles
- ☐ small shell pasta
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Seasonings

- ☐ salt and pepper
- ☐ parsley
- ☐ paprika
- ☐ cumin
- ☐ Italian seasoning
- ☐ chili powder
- ☐ red pepper flakes
- ☐ oregano
- ☐ thyme
- ☐ taco seasoning
- ☐ bay leaf
- ☐ cinnamon
- ☐ basil
- ☐ cayenne pepper
- ☐ nutmeg
- ☐ curry powder
- ☐ dry mustard powder
- ☐ garlic powder
- ☐ seasoning salt
- ☐ onion powder
- ☐ dill
- ☐ ground cumin
- ☐ Cajun seasoning
- ☐ dry ranch seasoning
- ☐ rosemary
- ☐ lemon pepper
- ☐ poppy seeds
- ☐ garam masala
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Recipes

Corn Chowder

- 1/2 onion, chopped
- 15 oz. kernel corn
- 15 oz. cream corn
- 12 fl. oz. evaporated milk
- 10 oz. cream of mushroom soup
- 16 oz. chicken broth
- 2 slices bacon, cooked and crumbled

Assembly instructions:

Stir everything together in a large bowl. Put a large resealable freezer bag into a juice jug and fold it over the top. This will hold the bag open for you as you pour the ingredients in. Pour the soup into the bag, take the bag out of the jug, remove the extra air, seal it and freeze.

Cooking instructions:

Thaw and heat on stovetop over medium-low heat or in the microwave or in the slow cooker on low for 2-3 hours.

Easy Taco Salad

- 1 lb. ground beef, browned
- 1 Tbsp. chili powder
- 1 tsp. garlic, minced
- 15 oz. kidney beans, rinsed and drained
- 1 cup salsa
- For day of cooking:
 - Romaine lettuce

Assembly instructions:

Brown the ground beef and allow to cool. Add the cooked ground beef and all other ingredients to a large resealable freezer bag. Squish to combine. Remove excess air, seal, and freeze.

Cooking instructions:

Thaw. Heat in a skillet over medium heat until heated through. Serve meat mixture over lettuce.

Optional toppings: sliced green onions or chopped purple onion, shredded Tex Mex or cheddar cheese, taco sauce or salsa, sour cream, diced tomatoes, sliced black olives or cubed avocado.

Dr. Pepper Baked Beans

- 28 oz. baked beans, canned
- 4 slices bacon, cooked and crumbled
- 1/2 onion, chopped
- 1/4 cup brown sugar
- 1/4 cup Dr. Pepper

Assembly instructions:

Add all ingredients into a large resealable freezer bag. Squish to combine. Remove excess air, seal and freeze.

Cooking instructions:

Thaw. Pour into a 2-quart baking dish. Bake, uncovered for 1 hour at 350° or until bubbly. Serve.

7 Can Soup

- 15 oz. black beans
- 15 oz. kidney beans
- 15 oz. kernel corn
- 16 fl. oz. chicken broth
- 14 oz. diced tomatoes
- 4 oz. green chilies
- 10 oz. enchilada sauce
- 1 Tbsp. taco seasoning
- optional: 12.5 oz. can chicken breast

Assembly instructions:

Add all ingredients into a large resealable freezer bag. Squish to combine. Remove excess air, seal and freeze.

Cooking instructions:

Thaw. Cook on low for 3-4 hours. If desired, top with sour cream and shredded cheddar cheese.

Chili Casserole

- 1 lb. ground beef, browned
- 1 cup onion, minced
- 28 oz. diced tomatoes
- 4 oz. green chilies, canned
- 1 1/2 cups water
- 1 tsp. salt
- 1/2 tsp. pepper
- 15 oz. kernel corn, optional
- 1 cup long grain white rice, uncooked

Assembly instructions:

Add rice to medium bag. Add remaining ingredients to large freezer bag. Remove excess air and seal both bags. Staple bags together above the seal and freeze.

Cooking instructions:

Thaw. Add contents of large bag into a casserole dish. Stir in uncooked rice. Bake, covered, at 375° for one hour.

Shopping list

	1 of each recipe for a total of 5 meals	2 of each recipe for a total of 10 meals
Baking		
Brown sugar	1/4 cup	1/2 cup
Beverages		
Dr. Pepper	1 can	1 can
Meat & Seafood		
Bacon	6 slices	12 slices
Ground beef	2 lbs.	4 lbs.
Pantry		
Baked beans	28 oz.	56 oz.
Black beans	15 oz.	30 oz.
Canned chicken breast (optional)	12.5 oz.	25 oz.
Chicken broth	32 oz.	64 oz.
Cream corn	15 oz.	30 oz.
Cream of mushroom soup	10 oz.	20 oz.
Diced tomatoes	42 oz.	84 oz.
Enchilada sauce	10 oz.	20 oz.
Evaporated milk	12 fl. oz.	24 fl. oz.
Green chilies	8 oz.	16 oz.
Kernel corn	30 oz. plus 15 oz. optional	60 oz. plus 30 oz. optional
Kidney beans	30 oz.	60 oz.
Salsa	8 oz.	16 oz.
Pasta & Rice		
Long grain white rice	1 cup	2 cups
Produce		
Garlic, minced	1 tsp.	2 tsp.
Onion	2	4
Romaine lettuce for day of serving only	1 head	
Seasonings		
Chili powder	1 Tbsp.	2 Tbsp.
Pepper	1/2 tsp.	1 tsp.
Salt	1 tsp.	2 tsp.
Taco seasoning	1 Tbsp.	2 Tbsp.
Storage Products		
Large freezer bags	5	10
Medium freezer bags	1	2

Prep List

Food to prep	Amount for 1 recipe of each plan	Amount for 2 recipes of each plan
Brown ground beef	2 lbs.	4 lbs.
Cook and crumble bacon	6 slices	12 slices
Chop onion	1 cup	2 cups
Mince onion	1	2

Corn Chowder

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