**Section 5 Freezer Meal Party Grocery List**

Directions- The Ingredient Lists below are for 4 servings. Multiple meals of the same type can be made or the ingredients can be doubled if you need 8 servings. You can make all the recipes or just a couple of them Leave out an ingredient your family does not like or substitute it. Contact me, Katelyn Deville at 318-451-3486 if you need help modifying a recipe to fit your needs.

**Chicken Fajitas**

1 green pepper

1 onion

1 lb chicken breasts

1/2 cup chicken broth

taco seasoning packet

1 tsp chili powder (you can use mine if you don’t have this)

Favorite Tortillas

2, quart-sized plastic freezer bags

1 gallon-sized plastic freezer bag

**Beef Stew**

1.5 lb beef roast (I use chuck)

3 carrots

2 celery ribs

1/2 onion

Favorite seasoning to taste

1 gallon-sized plastic freezer bag

1 gravy packet or 4 Tablespoons browned flour not needed until day-of cooking

4 cups beef broth \*not needed until day-of cooking, (32 oz)

**Chinese Beef or Chicken and Broccoli**

1 lb steak (sirloin, flank, or petite cute sirloin) or 1 lb boneless skinless chicken breast or thighs

1 cup beef or chicken broth

1/2 cup soy sauce

1/3 cup brown sugar

1 clove garlic

sesame oil (you can use mine if this is not an ingredient you normally use)

2 tablespoons cornstarch

1 bag frozen broccoli florets

1 lb bag white or brown rice (not needed until serving day)

1 gallon-sized plastic freezer bag

**Crockpot Mexican Chili with Cornbread Topping**

1 pound lean ground beef

1 medium-sized yellow onion, chopped

1 pepper (any color), chopped

1 cup frozen corn

2 tablespoons and 1.5 teaspoons of homemade taco seasoning or 1 package of store-bought taco seasoning

10.75oz can of condensed tomato soup (You can also substitute one 14.5oz can of tomato sauce and 1 teaspoon honey)

1/4 pound cheese (cheddar or pepper jack), shredded (about one cup)

1 box of Jiffy corn muffin mix\* + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) (Day of Cooking)

1 gallon-sized plastic freezer bag