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thaw great! How
long will my 50 Easy
Freezer Meal

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Recipes last in the freezer? Most foods are good in the freezer for up to 90 days before they start to get freezer burned. We recommend that you eat your freezer meals within 60 days, just to make sure that it still tastes amazing.

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I grew up on these delicious perogies. I make 3 batches of dough for this recipe and freeze some. You can have perogies just boiled, or you can fry them in butter, which makes them tastier. Serve with sour cream or cottage cheese. Hint: To freeze perogies,

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freeze separately
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first, then put in
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freezer bags.
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Otherwise, they will
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all stick together.

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reviews . 55 min.

This recipe is
delicious and I have
great fond
childhood memories
of it. It has two types

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of mince, lots of
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flavour and a rolled
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oats and tomato
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sauce based
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topping. It freezes
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well too. Recipe by
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10 delicious freezer
meal recipes to
dump into the slow
cooker
Freeze in a bag (well
mixed): 2-lbs beef

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round steak, sliced
(900 g) 2 cups
cherry tomatoes,
sliced (400 g) 2
green bell peppers,
sliced 1 onion,
sliced 1/4 cup soy
sauce (120 ml) 2
cloves garlic,
minced 1 tsp ground
ginger 2 tsp sugar
salt and pepper to
taste

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This round-up of 10
delicious make
ahead freezer meal
recipes is perfect to
double and share

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with a friend and are made with pantry and freezer-stable ingredients. Each of these recipes can be used as part of a meal-prep strategy as well.

10 Delicious Make Ahead Freezer Meal Recipes to Double and ...

Curries are also

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great for freezing
and make ahead.

Ginger Coconut Use

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than 10 minutes
work, warming
Indian spices and

fresh lemon and

ginger – a favorite
healthy vegan

Meatless Monday

dish.. Keeps well in

the freezer for 3

months. Thaw,

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covered, in the
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fridge overnight.

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freezing meals or ingredients for a meal, in order to make mealtimes easier, most often done in bulk so you have a few meals at a time. Some start by simply doubling a recipe they are making, serving one immediately and freezing the second for later.

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Freezer Meal

Recipes | Allrecipes

Simply pull the bag
out of the freezer to
thaw the night
before and dump the
ingredients into the
slow cooker in the
morning for an
effortless dinner.

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We've chosen the 10
recipes below for

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15 Make-and-Freeze
Casseroles for Time-
Saving Dinners ...

Heat the oil in a
large pot over
medium heat. Add
the onion, ½
teaspoon salt, and

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To Use ...

[GET THE RECIPE.]

7. Freezer Shrimp
Fried Rice – Simply
freeze, thaw and

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throw into the skillet
for 5-10 minutes.

That's it. [GET THE
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Lasagna Roll Ups –
Easy serving and
portion control. Win-

win guys. [GET THE
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soups. You're
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rating. This
takeaway favourite
is freezer-friendly
and quick to reheat,
giving you the
chance to get ahead

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and save money: 1

hr and 5 mins . Easy

. Slow cooker To Use

meatballs. 26 ratings

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Ways to ...

Freezer Meal Prep

Tip: With this hearty

recipe, you'll

actually want to

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freeze the meat loaf
without the glaze on
top. This will

prevent that rich

topping from

burning when the

loaf is reheated.

Take a look at how
to freeze mashed
potatoes, too.

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Table

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10 Make Ahead
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Get ahead by batch
cooking these
freezable recipes.
Make double the
quantity of our
meatballs, curries,
stews and pasta: eat

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warm and satisfying
family meal, but you
don't have time to

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actually make one, a freezer full of ready-to-bake casseroles is the answer. Try these recipes for 15 of our most popular make-and-freeze casseroles, and get tips for freezing, thawing, and baking them.

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