

Recipes: 5 Casserole Freezer Meals

Three Cheese Baked Ziti FREEZER MEAL

Author: aileencooks.com

Ingredients

- ½ pound ground beef
- 1 medium onion, chopped
- 1 pound ziti or penne pasta
- 32 oz. jar marinara sauce
- 1 cup whole milk
- ¼ cup parmesan cheese, grated
- 2 cups mozzarella cheese, grated
- 1 cup cheddar cheese, grated
- salt and pepper

Directions

1. Grease a 2 qt. casserole dish and set aside.
2. In a large sauce pan, brown the ground beef and chopped onion.
3. Once browned, add the pasta sauce and bring to a boil. Reduce heat and let simmer.
4. Bring a large pot of salted water to a boil. Cook pasta according to package directions, subtracting 2 minutes.
5. Once pasta is cooked, reserve ½ cup of cooking water and drain additional water.
6. Slowly mix milk, pasta water, and ¼ cup parmesan cheese into the sauce. Add pasta and mix again.
7. Pour ½ of the pasta and sauce into the greased casserole dish. Top with 1 cup mozzarella, ½ cup cheddar cheese, and ¼ cup parmesan cheese.
8. Pour the rest of the pasta and sauce into the dish and top with remaining cheese.
9. Wrap tightly in 2-3 layers of foil. Label and freeze up to 6 months.
10. Defrost for 24-48 hours in the fridge.
11. Bake uncovered at 350 for 30-35 minutes.
12. To bake from frozen: bake for approximately 1 hour 15 minutes, checking every 10 minutes or so towards the end.

Chicken and Black Bean Casserole FREEZER MEAL

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Ingredients

- ¾ cup brown rice
- 2 cups chicken stock, homemade or store-bought
- 2 cups chopped broccoli
- 1 yellow onion, diced
- 1 16 oz. can diced, fire roasted tomatoes
- 2 16 oz. cans black beans, drained and rinsed
- 3 cups shredded cheddar cheese
- 2 cups cooked chicken, shredded
- 1 tsp cumin
- ½ tsp cayenne pepper
- ¼ tsp salt
- ¼ tsp pepper

Directions

1. In a medium saucepan, bring chicken stock to a boil. Stir in brown rice. Cover and reduce to a simmer. Cook rice for 45 minutes, or until almost all of the liquid is absorbed.
2. Once the rice is cooked, reserve 1 cup of cheese and combine all other ingredients in a large bowl and mix. Pour into a greased, 9x13 casserole. Sprinkle with the reserved cup of cheese.
3. Wrap tightly in 2-3 layers of foil. Label and freeze up to 6 months.
4. Defrost for 24-48 hours in the fridge.
5. Bake uncovered at 350 for 40 minutes.
6. To bake from frozen: bake for approximately 1 hour 15 minutes, checking every 10 minutes or so towards the end.
7. Optional: Serve with sour cream and avocado.

Italian Sausage Stuffed Shells FREEZER MEALS

Author: aileencooks.com

Ingredients

- 2 teaspoons olive oil
- 1 medium onion, coarsely chopped
- 1 pound mild Italian sausage, casings removed
- 1 12 oz. package jumbo shells
- 1 16 oz. container whole-milk ricotta
- 3 cups shredded mozzarella
- 1 cup grated Parmesan
- 2 tablespoons chopped fresh Italian parsley leaves
- 2 garlic cloves, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 32 oz. jar marinara sauce
- 2 tablespoons butter, cut into ¼ inch pieces and chilled

Directions

1. Line a cookie sheet with parchment paper and spray with oil.
2. Heat the olive oil over medium heat. Add the onion and Italian sausage. Cook until the onion is tender and the sausage is nicely browned. Remove from heat and allow to cool slightly.
3. Bring a large pot of salted water to a boil. Cook the pasta for 9 minutes. Carefully remove and set on the parchment lined cookie sheet to cool.
4. In a large bowl, combine the ricotta, 1½ cups mozzarella, ½ cup Parmesan, parsley, salt and pepper, and garlic. Mix in the meat mixture and stir until combined.
5. Grease a 9x13 inch baking dish. Spoon half of the marinara sauce into the bottom of the baking dish.
6. Place the shells into the baking dish and stuff with the meat and cheese mixture. Spoon the remainder of the marinara over the shells and top with the remaining mozzarella and Parmesan cheeses. Top with butter pieces.
7. Wrap tightly in 2-3 layers of foil. Label and freeze up to 6 months.
8. Defrost for 24-48 hours in the fridge.
9. Bake uncovered at 350 for 30-35 minutes.
10. To bake from frozen: bake for approximately 1 hour 15 minutes, checking every 10 minutes or so towards the end.

Three Cheese Baked Spaghetti FREEZER MEAL

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Ingredients

- 1 pound spaghetti
- 2 TBSP Olive Oil
- 1 small yellow onion, diced
- 1 pound mild Italian sausage, casings removed
- 3 garlic cloves, minced
- ¼ teaspoon salt + more for salting pasta water
- ⅛ teaspoon pepper
- 32 ounce jar marinara sauce
- 2 eggs, lightly beaten
- ½ cup milk
- 1 cup Parmesan, divided
- 1 16 ounce container ricotta cheese
- 2 cups mozzarella cheese

Directions

1. Lightly grease a 9x13 inch baking dish and set aside.
2. Cook the spaghetti according to package directions, in a pot of well salted water.
3. Meanwhile, heat the olive oil in a large skillet over medium heat.
4. Add the onion and italian sausage. Cook until the meat is browned.
5. Fold the minced garlic into the sausage onion mixture and cook for 1 more minute.
6. Pour the marinara, salt and pepper into the skillet and bring to a boil. Stir well.
7. Once the sauce is boiling, lower the heat and cover. Let simmer for 10 minutes.
8. When the sauce is finished simmering, remove from heat and allow to cool slightly.
9. Combine your cooked pasta, eggs, milk, and ½ cup of Parmesan cheese in a bowl. Toss until the pasta is evenly coated.
10. To assemble the casserole, spread ½ of the pasta on the bottom of the baking dish. Spoon ½ of the ricotta mixture on top of the pasta and spread it as best you can (it does not have to be perfect) Spread half of the sauce on top of the ricotta and top with 1 cup of mozzarella cheese.
11. Repeat with the remaining ingredients and top the dish with the remaining ½ cup of Parmesan cheese.
12. Wrap tightly in 2-3 layers of foil. Label and freeze up to 6 months.
13. Defrost for 24-48 hours in the fridge.
14. Cover with foil and bake at 350 for 30 minutes. Remove the foil and bake another 10 minutes, until the cheese is melted and the casserole is hot and bubbly.
15. To bake from frozen: bake for approximately 1 hour 15 minutes, checking every 10 minutes or so towards the end.

Tuna Casserole FREEZER MEAL

Author: aileencooks.com

Ingredients

- 8 oz. elbow macaroni
- ¼ cup butter
- 1 small onion - finely chopped
- 2 TBSP green bell pepper, finely chopped
- 2 TBSP all purpose flour
- ¾ tsp salt
- ¼ tsp pepper
- 1 cup whole milk
- 1 can cream of celery soup
- 1 12 oz. bag frozen peas
- 12 oz. can tuna, flaked with a fork
- 1 1/2 cup shredded cheddar cheese
- ½ cup bread crumbs, tossed with 2 tsp melted butter

Directions

1. Cook macaroni al dente and set aside.
2. Meanwhile, melt butter in a large skillet over medium heat, add onions and peppers and cook until soft. This should take about 2-3 minutes.
3. Whisk in flour, salt and pepper. Stir until smooth.
4. Add milk and soup and cook over low heat until the sauce begins to thicken.
5. Stir in the cooked macaroni, tuna, peas, and ½ of the cheese. Stir until everything is thoroughly coated. Turn off the heat.
6. Pour the mixture into a 2 qt. buttered casserole. Top with the remaining cheese and bread crumbs.
7. Wrap tightly in 2-3 layers of foil. Label and freeze up to 6 months.
8. Defrost for 24-48 hours in the fridge.
9. Preheat your oven to 350 and bake until the casserole is hot and bubbly and the top is golden brown, about 35 minutes.
10. To bake from frozen: bake for approximately 1 hour 15 minutes, checking every 10 minutes or so towards the end.