



# 30 DAY GOURMET'S **BIG Book of Freezer Cooking**



**Nanci Slagle  
and  
Carol Santee**

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# 30 Day Gourmet's BIG Book of Freezer Cooking

by Nanci Slagle and Carol Santee

**Nanci** is the President of 30 Day Gourmet, Inc. and an original founder of the company. She is a graduate of Cedarville University with a BA in English Education and works as a high school English teacher and Drama Director. Nanci and her husband of 30 years have four children and reside near Indianapolis, Indiana.



**Meet Nanci:** When I discovered freezer cooking in 1993, I had been married for 14 years and was the mother of four children ages 8, 5, 3 and 1 month. I was also a "crisis cook" who didn't think about dinner until the last possible moment. We ate fast food dinners. We ate cereal dinners. We ate my husband's "breakfast for supper" specials. And we ate a lot of hot dogs and boxed macaroni and cheese dinners. Sound familiar?

In my early days of freezer cooking, I tackled the then-daunting task with a good friend. Together, through trial and more than a few errors, we figured this thing out. In the beginning, we got together once a month and assembled 25-30 entrées for each of us. After a few years, we began cooking every three months. Our 2-day cooking marathons netted us each about 75 freezer meals. As our family sizes, schedules and tastes changed, we found that the "system" we had developed was adaptable enough to "flex" along with us.

Fast forward to 2010. I am now a high school English teacher with one child on her own, 2 in college, and only 1 still at home. I no longer have long cooking marathons but instead do mini-sessions every 3-4 weeks. Freezer cooking is still the best way I have found to feed my family great home-cooked food without having to stress over the "dinner chore".

**Carol** is the author of 30 Day Gourmet's Freezer Lunches To Go and Healthy Freezer Cooking eBooks. She is a computer information specialist and a work at home mother. Carol and her husband of 23 years have three children and reside near Columbus, Ohio.



**Meet Carol:** Our family was introduced to 30 Day Gourmet in 1999 by my sister-in-law. When visiting her house, I saw the Meal Inventory worksheet posted on her refrigerator and asked her about the system. At the time, I was working full time and found it difficult to find the time to put a delicious and nutritious meal on the table every night. Our family jumped in gung-ho and cooked for 30 days the first time out! We realized that it saved us time and money but I soon found out it helped me in many other ways. It allowed me to spend more time with my family and less in the kitchen. Planning meals in advance also helped me take control of our food purchases.

I left the workforce in 2001 to become a stay at home mom. This move forced our family to evaluate our food expenses. This was the start of our cooking based on "What's on Sale". It was also the beginning of what would eventually become *Freezer Lunches To Go* as we learned how to create a freezer cooking alternative to school lunches.

Today, I work for 30 Day Gourmet editing and formatting ebooks, writing newsletters, and answering questions from fellow freezer cooks. I have one child living on her own and 2 living at home and commuting to college. I now cook alone based on "What's on Sale" and enjoy creating new freezer cooking recipes to share in our monthly newsletter.

# Freezer Cooking Rewards

The rewards of freezer cooking are numerous and each cook's #1 may be different but here are the ones we hear over and over:

## **Reward #1 - It's flexible and fits my lifestyle.**

Face it. Our lives these days are busy. It's unrealistic to think that we can meet the dinner challenge the same way that our mothers and grandmothers did. Many of them knew by 9 a.m. every morning what they were serving for dinner that night. Not in today's homes! With hectic jobs and busy kids' schedules, most of us don't even start thinking of a plan until late afternoon. 30 Day Gourmet's plan means you can still put together a great meal – all from your freezer. Seniors and singles. Work-outside-the-home moms and work-at-home moms. Grandmas, teachers, accountants, even truck drivers! This works for everybody!

## **Reward #2 - It saves me lots of money!**

Eating out or going to the grocery store today for tonight's dinner can be very costly. A family of 4 can easily spend \$25+ on a fast food dinner or pre-packaged frozen dinners. Using 30 Day Gourmet's plan will lower your food bills! Our cooks average \$6.00 for each main dish recipe (4-6 servings) and many spend even less. Think of what you could save! And tell us you don't have a better place to spend that money.

## **Reward #3 - It's healthier.**

Using the recipes in this book means you'll be cooking "from scratch" which also means that you'll be cutting way back on the unhealthy ingredients found in processed foods. Unlike lots of other freezer cookbooks, we provide nutritional information for every recipe in this book and on our website. This makes substitutions easy which helps when you are cooking for special diets.

## **Reward #4 - I love the fresh, home-cooked taste.**

You'll eat few "pre-packaged" and even fewer "drive-thru" foods. Will you miss them? Don't worry about losing flavor. Learning to package your freezer foods correctly takes care of that. There's no skimping on taste with 30 Day Gourmet's recipes!

## **Reward #5 - I'm enjoying a greater variety of foods.**

At 6 p.m. most of us can only think of 2 or 3 entrées we know how to make! Not anymore! With a little planning, 30 Day Gourmet cooks freeze a wide variety of great-tasting foods. American favorites, Chinese, Mexican, Italian – it's your choice!

## **Reward #6 - I have more free time.**

With foods ready in the freezer, you will suddenly find yourself with more time at the end of the day. Sure, getting them into the freezer will take some time but those last minute trips to the store, unwanted dinners out and sinks full of pots, pans and cookware are time-wasters of the past.

## **Reward #7 - I have enough to share with others.**

Most of us are hospitable at heart and would really love to help others out but our daily busyness keeps us from doing it. When you have extra food in the freezer, it's so easy to pull out a pie or a whole meal to share.

## **Reward #8 - I actually enjoy cooking now.**

For many of us, it's not the cooking that we hate. It's the daily grind of it all. Having food in the freezer gives you the flexibility to decide when (if ever) you want to cook. Some use their creative juices for baking great desserts, some for fresh salads and others for trying out new recipes.



**30 Day Gourmet cooks freeze a wide variety of great-tasting foods.**

## Beef Kabobs

<b>Recipes:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Servings:</b>	<b>8</b>	<b>16</b>	<b>24</b>	<b>32</b>	<b>40</b>	<b>48</b>
<b>Makes: skewers</b>	<b>16</b>	<b>32</b>	<b>48</b>	<b>64</b>	<b>80</b>	<b>96</b>
<b>Ingredients:</b>						
Beef sirloin, cut in cubes	2 lbs.	4 lbs.	6 lbs.	8 lbs.	10 lbs.	12 lbs.
Canola oil	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Reduced sodium soy sauce	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Worcestershire sauce	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Yellow, dijon or spicy brown mustard	3 T.	1/4 C. + 2 T.	1/2 C. + 1 T.	3/4 C.	3/4 C. + 3 T.	1 C. + 2 T.
Coarse black pepper	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Red wine vinegar	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Dried parsley	1-1/2 t.	1 T.	1 T. + 1-1/2 t.	2 T.	2 T. + 1-1/2 t.	3 T.
Minced garlic	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Lemon juice	1/3 C.	2/3 C.	1 C.	1-1/3 C.	1-2/3 C.	2 C.
<b>On Hand:</b>						
Green peppers, cut in chunks	2	4	6	8	10	12
Large onions, cut in chunks	2	4	6	8	10	12
Zucchini, sliced	2	4	6	8	10	12

### Assembly Directions:

Place beef cubes into one gallon freezer bags. In a mixing bowl, combine oil, soy sauce, Worcestershire sauce, mustard, pepper, red wine vinegar, parsley, garlic, and lemon juice. Whisk until thoroughly combined. Pour marinade over beef cubes. One recipe will yield a little over 1-3/4 cup of marinade.

### Freezing Directions:

Seal, label, and freeze.

### Serving Directions:

Thaw in refrigerator overnight. Soak bamboo skewers in water for at least 30 minutes before using. Heat grill to medium high heat. Alternate meat and on hand vegetables on skewers until all skewers are loaded. Place on grill and cook to desired doneness. Discard marinade.



### Nutritional Info: 2 skewers per serving

Oil was not included in the nutritional analysis.

Per Serving: 303 Calories; 16g Fat (47.9% calories from fat); 28g Protein; 12g Carbohydrate; 2g Dietary Fiber; 84mg Cholesterol; 512mg Sodium.

Exchanges: 3-1/2 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

## Fried Rice

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>	<b>24</b>
<b>Ingredients:</b>						
Frozen peas and carrots <sup>1</sup>	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Cold cooked rice	3 C.	6 C.	9 C.	12 C.	15 C.	18 C.
<b>On Hand:</b>						
Canola oil, divided	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Eggs	2	4	6	8	10	12
Reduced sodium soy sauce	3 T.	1/4 C. + 2 T.	1/2 C. + 1 T.	3/4 C.	3/4 C. + 3 T.	1 C. + 2 T.
Black pepper	1 dash	1/8 t.	1/4 t.	1/4 t. + 1/8 t.	1/2 t.	1/2 t. + 1/8 t.

### Assembly Directions:

In a large bowl, combine the peas and carrots, and rice. Mix well.

### Freezing Directions:

Place rice mixture in a freezer bag or container. Seal, label, and freeze.

### Serving Directions:

Thaw bag of rice mixture in refrigerator overnight.

Heat 1 T. oil in a large skillet. Dump rice mixture into the skillet. Cook and stir over medium heat, breaking up any chunks of rice, until hot, about 5 minutes. Push rice mixture to the side of the skillet.

Add 1 T. oil to the empty side of the skillet and add the eggs. Cook and stir until eggs are thickened but still moist. Combine eggs with the rice mixture. Turn off heat. Stir in soy sauce and pepper. Serve.



### Notes:

<sup>1</sup> You can find bags of mixed frozen peas and carrots in your grocer's frozen vegetable section. You could also use 1/2 C. of frozen peas, and 1/2 C. of cooked chopped carrots per recipe instead.

You can use white rice or a mixture of white and brown rice for this recipe. You can also pre-make the entire recipe and freeze it, so you just have to reheat it but it tastes fresher if you make it per the directions above. This recipe only takes about 10 minutes to make, so it's very quick and easy!

### Nutritional Info:

Per Serving: 273 Calories; 10g Fat (31.6% calories from fat); 8g Protein; 38g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 510mg Sodium.

Exchanges: 2-1/2 Grain (Starch); 1/2 Lean Meat; 1-1/2 Fat.

## Hot Pizza Dip

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>12</b>	<b>24</b>	<b>36</b>	<b>48</b>	<b>60</b>	<b>72</b>
<b>Makes:</b>	<b>3 C.</b>	<b>6 C.</b>	<b>9 C.</b>	<b>12 C.</b>	<b>15 C.</b>	<b>18 C.</b>
<b>Ingredients:</b>						
Reduced fat cream cheese, softened	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Reduced fat sour cream	4 oz.	8 oz.	12 oz.	16 oz.	20 oz.	24 oz.
Garlic powder	1/8 t.	1/4 t.	3/8 t.	1/2 t.	1/2 t. + 1/8 t.	3/4 t.
Dried oregano	1/4 t.	1/2 t.	3/4 t.	1 t.	1-1/4 t.	1-1/2 t.
Pizza sauce	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4-1/2 C.
Diced pepperoni	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Chopped onion <sup>1</sup>	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Chopped green peppers <sup>2</sup>	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Shredded mozzarella cheese <sup>3</sup>	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.

### Assembly Directions:

In a small mixing bowl, combine the cream cheese, sour cream, garlic powder and oregano. Spread the mixture in a 9" glass pie plate. Spread the pizza sauce over the cream cheese mixture. Evenly sprinkle the pepperoni, onion and pepper on top of the pizza sauce. Bake at 350 degrees for 18 minutes. Remove from the oven and set aside to cool.



### Freezing Directions:

Cover the top of the cooled pie plate with waxed paper or plastic wrap. Then cover the whole dish in foil. Or, put the covered plate in a one- or two-gallon freezer bag. Put the mozzarella cheese in a one-quart freezer bag. Seal, label and freeze.

### Serving Directions:

Thaw dish and bag of mozzarella cheese at least overnight in the refrigerator. Heat dish in the oven at 350 degrees for 15 minutes. Remove from the oven, sprinkle the mozzarella cheese on top, and return to the oven for 8-10 minutes. Serve hot with tortilla chips for dipping.

### Notes:

- <sup>1</sup> 1 medium onion = 1 C. chopped
- <sup>2</sup> 1 large pepper = 1 C. chopped
- <sup>3</sup> 8 oz. cheese = 2 C. shredded

This dish is a great appetizer! Tortilla chips are a great choice for "dippers", but you could also use breadsticks, crackers, or even pizza veggies such as broccoli florets, mushroom halves, green pepper strips, etc.

### Nutritional Info:

Per Serving: 123 Calories; 9g Fat (64.6% calories from fat); 7g Protein; 4g Carbohydrate; trace Dietary Fiber; 22mg Cholesterol; 407mg Sodium.  
Exchanges: 1 Lean Meat; 1/2 Vegetable; 1 Fat.

## Creamy Frozen Mocha Dessert

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>12</b>	<b>24</b>	<b>36</b>	<b>48</b>	<b>60</b>	<b>72</b>
<b>Ingredients:</b>						
Instant coffee granules	2 t.	1 T. + 1 t.	2 T.	2 T. + 2 t.	3 T. + 1 t.	1/4 C.
Hot water	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Chocolate sandwich cookie crumbs <sup>1</sup>	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Chopped pecans, divided <sup>2</sup>	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4-1/2 C.
Butter or margarine, melted	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Reduced fat cream cheese, softened	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Sweetened condensed milk	14 oz.	28 oz.	42 oz.	56 oz.	70 oz.	84 oz.
Chocolate flavored syrup	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Non-dairy fat free whipped topping, thawed	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.

### Assembly Directions:

In a small cup, dissolve coffee granules in hot water. Set aside.

In another bowl, combine cookie crumbs, 1/2 C. pecans, and butter. Pat into the bottom of a 9x13 baking dish.

In a mixing bowl, beat cream cheese until light and fluffy. Blend in coffee mixture, milk and chocolate syrup. Fold in whipped topping and spread over crust. Sprinkle the remaining pecan on top.

### Freezing Directions:

Wrap completely in heavy-duty aluminum foil, or put dessert in a two gallon freezer bag. Seal, label, and freeze.



### Serving Directions:

Thaw slightly and serve.

### Notes:

<sup>1</sup> 14 sandwich cookies = 1 C. crumbs

<sup>2</sup> 1 lb. pecans = 3-3/4 cups chopped

One recipe can be made in two 8x8 pans.

### Nutritional Info:

Per Serving: 377 Calories; 20g Fat (46.8% calories from fat); 8g Protein; 43g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 371mg Sodium.

Exchanges: 1/2 Lean Meat; 3-1/2 Fat; 2-1/2 Other Carbohydrates.

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Are you “stressing out” every day just about dinnertime? Is your grocery basket filled with frozen convenience foods? Are you spending more money on dinner than you want to? Does your family equate a “home-cooked meal” with a visit to Grandma’s? If the answer is “yes”, this book can help.

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