

- **Taco Meat:**

Use homemade Rebekah's dry taco seasoning mix with many pounds of meat and freeze in 1 pound increments in freezer bags.

- **Dry Taco Seasoning:**

- 4 tbsp. chili powder
- 2 tbsp. cumin
- 1 tbsp. paprika
- 1 tbsp. salt
- 1 tsp. pepper
- 1 tsp. garlic powder
- 1 tsp. dried onion
- 1 tsp. oregano
- 1 tbsp. cornstarch (optional)

Add spices to mason jar. Cover tightly and shake. Enjoy on beef, shrimp, or chicken.

- **Waffles:**

Use store bought mix and make entire box or bag of batter, eat breakfast and freeze the rest for later use by cooking in the toaster. (I do the same thing with pancakes but cook in the microwave so they don't get too crunchy.)

- **French Dips:**

- Beef Roast 6-8 pounds
- 2 48 oz. Beef Broth
- 2 French Onion Packets

Put in large pan, mix all ingredients together, cover with foil and cook in oven on 350° for about 3-4 hours until meat is tender enough to shred with a fork. Once you eat your meal, divide out leftovers and freeze for later meals.

- **Stuffed Manicotti:**

You'll love how easy this no-boil, freezer-friendly manicotti casserole tastes! I usually triple this recipe and freeze two for a later date. This also allows me to buy the ingredients in bulk.

- 24 oz. cottage cheese
- 1 cup shredded mozzarella cheese
- 1 tsp. Italian Seasoning
- 1 tsp. salt
- 1 tsp. pepper
- 8 oz. manicotti pasta
- 1/2 cup shredded mozzarella cheese
- 24 oz. jar marinara sauce

Preheat oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray. Add about 1/2 of the marinara sauce in the bottom of the pan. Add the cottage cheese, shredded mozzarella cheese, Italian seasoning and salt and pepper into a gallon size FREEZER bag and gently knead until it is mixed up. Cut a small corner of the bag, about 1/2-inch wide. You want the filling to flow easily through the opening, but you don't want it to pour out too quickly. Pipe the filling into the manicotti shells, from both sides. Fill all the shells and place into the marinara lined pan. Cover all the shells with the remaining marinara sauce. Sprinkle the other mozzarella cheese on top. Cover with foil. Bake in the preheated oven for 1 hour, and let stand 1 minute before serving. To freeze before baking: add foil to the top and freeze up to 6 months. To thaw and cook: thaw for at least 24 hours in the fridge. Bake as directed.

- **Chicken or Beef Enchiladas**

I make these with beef or chicken. I also will double or triple this recipe so I can buy all ingredients in bulk.

- 1 whole rotisserie chicken with all the meat picked off and shredded
- 1 pack small tortillas (Approx. 16-18) If you use corn tortillas, this recipe is gluten free.
- 2 cans of your favorite enchilada sauce or one can of enchilada sauce and one can/jar taco sauce
- 4 oz. Cream cheese softened
- 8 oz. bag of shredded cheese, divided into two equal portions
- 1 small onion diced finely (optional)

Toppings of your choice: sour cream, salsa, guacamole or diced avocado.

Start off with your shredded chicken in a mixing bowl. Add all of the onion, approximately 1/3 of the enchilada sauce, and half of the shredded cheese to your chicken. Mix well. Pour just enough enchilada sauce into the bottom of your baking dish to leave a thin layer. Spread approximately 1 tsp. of cream cheese onto each tortilla. Fill to desired amount with chicken mixture. Roll tortilla. Place in baking dish with the seam down so it does not unroll. Repeat with tortillas until chicken mixture is gone. (Approx. 16-18 enchiladas) Arrange as needed to fill the baking dish. Cover with remaining enchilada sauce and top with remaining shredded cheese. Bake at 350° for 45 minutes.