

Simple One-Pot Dishes You Can Prep in Advance

Soulful Beef Chili

Cook Time: 1 hour - Prep Time: 10 min - Servings: 4-6

Ingredients

- 1 pound beef stew meat
- 2 15-oz cans pinto beans, drained
- 2 15-oz cans stewed tomatoes, liquid reserved
- 1 15-oz can yellow hominy, drained
- 1 cup yellow onion, diced
- 3 cups tomato juice
- 2 cups beef broth
- ½ cup poblano pepper, diced
- 4 garlic cloves, crushed and minced
- 2 teaspoons cocoa powder
- 2 teaspoons molasses
- 1 tablespoon crushed red pepper flakes
- 2 teaspoons smoky paprika
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon black pepper

Directions

1. Add the stew meat, pinto beans, stewed tomatoes with liquid, hominy, and yellow onion to a large freezer bag or other storage container.
2. Pour in the tomato juice and beef broth. Add the poblano pepper, garlic, cocoa powder, and molasses. Mix well.
3. Season with crushed red pepper, smoky paprika, chili powder, onion powder, salt and pepper. Mix again and seal tightly. Place in the freezer until ready to use.
4. **Serving Day:** Take package out of the freezer and let frost for 12 hours in the refrigerator.
5. Place the contents in a large stockpot and bring to a boil. Boil for 5 minutes before covering and reducing heat to low.
6. Simmer for 1 hour or until meat is cooked through.

Old World Chicken Cacciatore

Cook Time: 8 hours - Prep Time: 10 min - Servings: 4

Ingredients

- 8 chicken breasts and thighs
- ½ cup red onion, diced
- 1 cup green bell pepper, cubed
- 1 cup red bell pepper, cubed
- 3 garlic cloves, crushed and minced
- 1 28-oz can crushed tomatoes, liquid reserved
- ½ cup dry red wine
- ¼ cup fresh basil
- 2 tablespoons fresh oregano
- 1 bay leaf
- 1 teaspoon salt
- 1 teaspoon black pepper
- Fresh, grated parmesan cheese, for garnish

Directions

1. Place the chicken breast in a large freezer bag or other storage container.
2. Add in the red onion, green bell pepper, red bell pepper and garlic
3. In a bowl combine the tomatoes, with the liquid, dry red wine, basil, oregano, bay leaf, salt and black pepper. Mix well.
4. Pour over the chicken and vegetables. Seal the container and place in the freezer.
5. Serving Day: Remove the contents from the freezer and thaw for 12 hours in the refrigerator.
6. Place the contents in a slow cooker and cook on low for 8 hours, or until chicken is cooked through and juices run clear.
7. Garnish with fresh grated parmesan, if desired.

Pork Medallions with Shallot Sauce

Cook Time: 25 min - Prep Time: 10 min - Servings: 6

Ingredients

- 1 ½-pounds pork tenderloin, sliced into medallions
- 2 cups mushrooms, sliced
- 1 cup fresh peas
- ¼ cup shallots, sliced
- ¼ cup balsamic vinegar
- 1 cup chicken stock
- ¼ cup olive oil
- 1 tablespoon brown sugar
- 1 teaspoon thyme
- 1 teaspoon salt
- 1 teaspoon black pepper

Directions

1. Place the pork medallions, mushrooms, and peas in a large freezer bag or other storage container.
2. In a bowl combine the shallots, balsamic vinegar, chicken stock, olive oil, brown sugar, thyme, salt, and black pepper. Mix well.
3. Pour the shallot sauce over the pork. Seal the container tightly and place in the freezer.
4. Serving Day: Remove the contents from the freezer and thaw in the refrigerator for 12 hours.
5. Place the contents in a large skillet and cook over medium high heat for 3-5 minutes or until sauce reduces slightly.
6. Reduce heat to a medium-low simmer and cook for 20 minutes or until pork medallions are cooked through.

Aloha Shrimp

Cook Time: 15 min - Prep Time: 10 min - Servings: 4

Ingredients

- 1½ pounds shrimp, peeled and deveined
- 1 cup red onion diced
- 1 cup bell pepper, chopped
- 1 15-oz can pineapple chunks, liquid reserved
- 3 garlic cloves, crushed and minced
- ¼ cup butter, cubed
- 1 tablespoon crushed red pepper flakes
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon fresh lemongrass, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper
- Cooked rice for serving (optional)

Directions

1. In a large freezer bag or other storage container combine the shrimp, red onion, red bell pepper, and pineapple chunks.
2. Combine the reserved pineapple liquid with the garlic, cubed butter, red pepper flakes, coconut, lemongrass, salt, and black pepper. Mix well and pour over the shrimp.
3. Seal the container tightly and place in the freezer.
4. Serving Day: Remove the contents from the freezer and thaw in the refrigerator for 12 hours.
5. Add the contents to a large sauté pan and heat over medium high heat for 3-5 minutes.
6. Reduce heat to medium and cook for an additional 7-10 minutes or until shrimp is cooked through. Serve with cooked rice if desired.

Tomato Basil Soup

Cook Time: 4 hours - Prep Time: 10 min - Servings: 4-6

Ingredients

- 4 cups heirloom tomatoes, chopped
- 1 cup yellow onion, diced
- 3 garlic cloves, crushed and minced
- 2 cups vegetable stock
- 2 cups tomato juice
- 1 cup heavy cream
- 1 tablespoon honey
- 2 cups fresh basil, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper
- Fresh croutons for garnish

Directions

1. Combine the tomatoes, onion, and garlic in a large freezer bag or other storage container.
2. In a bowl combine the vegetable stock, tomato juice, heavy cream, and honey. Season with the basil, salt, and black pepper. Mix well.
3. Pour the liquid into the bag, seal tightly, and place in the freezer.
4. Serving Day: Remove the contents from the freezer and thaw in the refrigerator for up to 12 hours, or thaw in a microwave on the defrost setting.
5. Place the contents in a slow cooker and cook on low for 4 hours. Leave as a chunky rustic soup, or for a creamier consistency, place half of the contents in a blender and puree until smooth before transferring back into the pot and stirring.
6. Garnish with fresh croutons for serving, if desired.

Cherry Vanilla Cobbler

Cook Time: 40 min - Prep Time: 10 min - Servings: 6

Ingredients

- 2 cups canned cherries
- 1 cup flour
- 1 cup white sugar
- 1 tablespoon baking powder
- 1 cup heavy cream
- ½ cup butter, cubed
- 2 teaspoons pure vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon salt
- Fresh cream for serving

Directions

1. Add the cherries to a large freezer bag or other storage container.
2. In a small bowl combine the sugar, flour, and baking powder and add to the cherries. Toss to mix.
3. In another bowl combine the heavy cream, cubed butter, vanilla extract, cinnamon, and salt. Mix well and add to the container. Seal tightly and place in the freezer.
4. Serving Day: Remove the contents from the freezer and thaw in a microwave on the defrost setting.
5. Preheat the oven to 400°F/204°C.
6. Transfer the contents to a lightly oiled 8x8 baking dish.
7. Place in the oven and bake for 30-35 minutes or until bubbly and golden.
8. Drizzle with fresh cream before serving, if desired.

***These recipes and more are found in Louise Davidson's *Freezer Meals Recipes: Easy One-Pot Make Ahead Dump Meals*. To get your copy, click on the cover below or click [here](#).

