



# LENTIL STEW

*Divide into 7 portions*

SERVINGS:7

PREPPING TIME: 5 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

half of frozen  
hamburger patties  
1 cup lentils  
2 bouillon cubes  
half package peas &  
Carrots  
Half the cooked rice  
Garlic powder  
Salt & Pepper  
Soy Sauce

## DIRECTIONS

1. Chop up and heat up burger in saucepan.
2. Add 2 cups water and 1 cup lentils
3. Season with 2 cubes bouillon, salt & pepper, garlic powder.
4. Add half the package of frozen peas and carrots.  
Cook 30 minutes until lentils are done. Add more water as needed to keep ingredients covered while cooking.
5. Add the other half of the cooked rice. Stir and season with additional soy sauce if needed.
6. Portion out into 7 containers, freeze half, and use for lunches during the week.



# RED BEANS & RICE BURRITOS

SERVINGS:1

PRECOOK BEANS

COOKING TIME: 20 MIN

## INGREDIENTS

Half of your cooked  
beans  
Half the frozen onion  
and peppers  
Half the cooked rice  
1 Tbsp oil  
4 Tortillas  
2 t. Garlic powder  
salt & Pepper  
Hot Sauce

## DIRECTIONS

1. Add oil to the pan, fry up the half packet of onions and peppers.
2. Add half of the cooked beans, with some of the liquid. Mash up a little with a fork.
3. Add half of the cooked rice, add more bean liquid if needed.
4. Stir and season with salt and pepper, garlic powder, and hot sauce.
5. Heat 4 tortillas in microwave (30 seconds)
6. Wrap beans in tortillas. (Wrap 2 in foil to save for later)

## NOTES

NICE ADD: shredded cheese and sour cream



# BREAKFAST BURRITOS

*Save 2 for later!*

## INGREDIENTS

Half package of frozen  
onions & peppers

1 Tbsp oil

Pkg frozen sausage

2 eggs, beaten

4 tortillas

1 t. garlic powder

salt & pepper

## DIRECTIONS

1. Saute half package of peppers and onions in frying pan with oil. Push to the side.
2. Add sausage to pan and cook.
3. Season with salt and pepper and garlic powder
4. Stir in 2 beaten eggs, cook and stir til scrambled
5. Divide into 4 portions, wrap each portion with a warm tortilla.
6. Add a little more oil to pan and fry burritos on both sides.
7. Eat 2 now, and wrap 2 in foil for future breakfast!

## NOTES

NICE ADD: shredded cheese



# Pasta & Sauce



2 servings



15 minutes

## Ingredients

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1/2 chopped onion  
1 frozen burger, chopped  
1 can pasta sauce  
1 package pasta  
1 bouillion cube  
1 Tbsp oil  
1 tsp garlic powder  
salt & pepper

## Method

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1. Cook the chopped onion in 1 Tbsp oil til soft.
2. Add chopped burger and heat through.
3. Add can of pasta sauce. Season with 1 tsp garlic powder and salt and pepper. Allow to simmer while you cook the pasta.
4. Add pasta and bouillion cube to boiling water and cook as directed.
5. Strain pasta and serve with sauce. Divide into 2 portions and save half for dinner later in the week

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*NICE ADD: Parmesan cheese,  
Italian Seasoning*



# BREAKFAST OATMEAL

*With various toppings*

## INGREDIENTS

1/2 cup Quick Oats

1 c. water

cinnamon

2 tsp brown sugar

Fruits: sliced banana,  
chopped apple, or  
frozen berries (thawed)

## DIRECTIONS

1. Stir together oatmeal and water into a bowl and microwave until 2 minutes. Let stand 2 minutes.
2. Top with sprinkle of cinnamon, and 2 t of brown sugar.
3. Add either: sliced banana, 1/2 chopped apple, or 1/2 cup thawed berries.

## NOTES

NICE ADD: milk or cream on top



# STIR FRY DINNER

SERVINGS: 1

PREPPING TIME: 20 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- 1 Tbsp oil
- 3 carrots, shredded
- 1 chopped jalapeño pepper
- 1/4 onion, chopped
- 1 cup cooked rice
- 1 T soy sauce
- 3 eggs

## DIRECTIONS

1. Cook 2 1/2 cups rice. Save some for later.
2. Heat oil in fry pan and stir in shredded carrots, chopped onion, and jalapeño pepper.
3. Stir in 1 cup of cooked rice, add 1 Tbsp soy sauce. Add a bit of water if it is too dry
4. When that is heated through, make 3 wells and stir and egg into each. Stir together until egg is cooked through.

## NOTES

Sliced green onions, sesame seeds

# Refried Bean Quesadillas



## Ingredients

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1 Tbsp oil  
Cooked red beans and liquid  
(save 1/2 cup for later)  
1 tsp garlic powder  
salt & pepper  
hot sauce  
tortillas

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## Method

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1. Heat oil in pan and add all but half cup of red beans, and the liquid. Heat through.
2. Add garlic powder and salt and pepper to taste.
3. Mash with fork and simmer until thick about 15 min.
4. Spoon onto tortillas, add hot sauce, fold in half. Add a little more oil and fry in pan on both sides.
5. Cut each in half. Serve with more hot sauce, salsa, or ranch dip, etc.

*NICE ADDS: cheese, salsa, ranch dip*

# Fried Rice Dinner



## Ingredients

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3 eggs  
half a batch of cooked rice  
half bag frozen peas and  
carrots  
1/2 cup cooked red beans  
1 bouillion cube  
1 Tbsp soy sauce  
2 tbsp oil  
Salt & Pepper

## Method

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1. Scramble the last 3 eggs in 1 Tbsp of oil in pan.
2. Remove to a bowl and season with salt and pepper.
3. Add another Tbsp of oil to pan and cook the rest of the peas and carrots to heat through. Add what's left of the beans and heat through. Add rest of rice and stir. Add 1/4 cup water and a bouillion cube, 1 Tbsp of soy sauce. Stir til cube is dissolved. May need to add a bit more water
4. Add back the egg and heat through.

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*NICE ADD: sliced green onions*





# EGGY RICE

*For Breakfast*

## INGREDIENTS

1 cup rice, cooked  
1 Tbsp oil  
2 eggs  
1 t soy sauce  
salt and pepper

## DIRECTIONS

1. Cook last of the rice. (could be done night before)
2. Heat oil in pan, stir in 1 cup rice and crack 2 eggs, and stir until cooked.
3. Season with salt and pepper, and soy sauce.

## NOTES

NICE ADDS: shredded cheese and sliced green onions

# Hot Dog Dinner



## Ingredients

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4 hot dogs  
4 buns  
1/4 onion, sliced  
1 tbsp oil  
carrots, cut into sticks  
1/2 apple sliced

## Method

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1. Heat oil in pan and fry up hot dogs, rolling to brown on all sides.
2. Push hot dogs to the side and sauté up sliced onion til soft.
3. Serve hot dogs on buns with sautéed onions over them.
4. Carrot sticks and apple slices on the side

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*NICE ADD: Ketchup or mustard*