Two-Week Menu

Bean and Beef Burritos with Green Chili Sauce
Chicken and Barley Soup
Broccoli-Rice Casserole
Pasta with Meat Sauce
Beans and Cornbread
Lazy Lasagna
Chicken Enchiladas
Everyday Meatloaf
Mini Pizzas
Pastafazool
Egg and Cheese Strata
Runzaz
Easy Stir-Fry
Sloppy Joes

Source:
Cook Once: Eat for 2 Weeks developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension Cent$ible Nutrition Program. For recipes visit www.uwyo.edu/centsible Click on “as seen on tv” and look for Cook Once: Eat for 2 Weeks program.
This program is a plan for preparing and freezing ahead main dishes for two weeks. The process takes about one day. It combines tasks and requires preplanning but can really save time and money while improving nutrition and family time!

The process:
* Saves money by reducing food waste, eating out less, and prepare inexpensive meals.
* Saves time by combining shopping and preparation tasks.
* Improves nutrition by eating meals prepared at home.
* Improves food safety by multi-tasking and concentrating on proper food handling.
* Enhances family meal time by spending time together at enjoyable family meals.
* Saves decision making by already knowing what is for dinner tonight.
* Shares work load by having the family join in the fun and prepare the dishes together.

How is it done?

1. Select recipes and create a shopping list. Organize your list by store sections.
2. Purchase all your food items. When possible, take advantage of store sales and coupons. Think about side dishes too!
3. The night before: cook ahead any large food items (example: chicken, Master Meat Mix, Master Mix, and Magic Mix), organize your work space. Place recipes in plastic bags and tape to cupboard doors. Create combined work areas for dishes using similar ingredients. Gather cooking dishes, storage items, marking pens, etc.
4. Combine similar tasks then divide the food. For example: chop onions for all the dishes, cook all the ground beef (except any needed for raw meat dishes like meatloaf). Remember to follow good food safety practices!
5. Create assembly lines. Prepare dishes together that use similar food items.
6. Label all food items. Use masking tape with the name of the food and preparation instructions. Tape the recipe in the plastic bag to the food, if needed. For freezer bags, use a marker and write on the bag. Add the date prepared.
7. Freeze food items. Some items need to quick-freeze on a pan before placing into bags, such as the Runzas. For other dishes, combine foods needed for the
same recipe and tape together. For example if a dish calls for ½ cup grated cheese added during the last 10 minutes of cooking time, place the cheese in a plastic bag, tape to the top of the pan and freeze together.

8. Mark your calendar so everyone knows the plan. Take food items out of the freezer the night before and thaw in the refrigerator.

9. Concentrate on great side dishes adding fruits, vegetables, whole-grain breads and ice-cold milk to the meals.

For more information on “Frozen Assets” contact Darlene Christensen, University Extension Agent, Family & Consumer Sciences/4-H at 435-843-2353 or darlenec@ext.usu.edu

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|-------------------------|---------|---------------------|------------------|-------------------------|---------|---------------------|------------------|

* These foods should be purchased last so that their safety and quality can be protected.
<table>
<thead>
<tr>
<th><strong>Canned &amp; Packaged Goods</strong></th>
<th><strong>Staples</strong></th>
<th><strong>Fruits &amp; Vegetables</strong></th>
<th><strong>Breads &amp; Cereals</strong></th>
<th><strong>Freezing Supplies</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 15 oz. can chunky tomato sauce</td>
<td>Salt &amp; pepper</td>
<td>lemon juice &amp; lemon rind</td>
<td>½ cup barley</td>
<td></td>
</tr>
<tr>
<td>½ cup salsa</td>
<td>12 cups all-purpose flour</td>
<td>5 onions</td>
<td>1 lb. barley</td>
<td></td>
</tr>
<tr>
<td>2 6 oz. cans tomato paste</td>
<td>chili powder</td>
<td>4 cups total of various vegetables for stir-fry (fresh or frozen)</td>
<td>1 lb. rice</td>
<td></td>
</tr>
<tr>
<td>or 2 10 oz. cans tomato soup</td>
<td>garlic, dry and cloves</td>
<td>1 large cabbage</td>
<td>8 oz. hamburger buns</td>
<td></td>
</tr>
<tr>
<td>3 15 oz. cans tomato sauce</td>
<td>dried parsley</td>
<td>½ lb. carrots</td>
<td>or other pasta</td>
<td></td>
</tr>
<tr>
<td>1 8 oz. Can tomato sauce</td>
<td>dry mustard</td>
<td>variety of fruits and vegetables for side dishes</td>
<td>8 oz. Macaroni</td>
<td></td>
</tr>
<tr>
<td>1 16 oz. can of tomatoes</td>
<td>oregano</td>
<td></td>
<td>12 oz. Lasagna noodles</td>
<td></td>
</tr>
<tr>
<td>2 4 oz cans green chilies, chopped</td>
<td>basil</td>
<td>For mini pizzas - bagels, English muffins or other bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 can chili beans</td>
<td>Italian seasoning</td>
<td>1 loaf of day-old bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large bottle spaghetti sauce</td>
<td>baking powder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 lbs. dry pinto beans</td>
<td>sugar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 cups spaghetti sauce</td>
<td>canola oil</td>
<td></td>
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</tbody>
</table>

**Dairy Foods**

Non-fat powdered milk
butter or margarine
4 cups shredded cheddar cheese
2½ cups mozzarella cheese
1 cup shredded American cheese
½ gallon lowfat milk
2 cups lowfat ricotta cheese
1 cup lowfat cottage cheese
Parmesan cheese

**Meat & Poultry**

8 lbs. lean ground beef
1 lb. lean pork
3 lbs. whole chicken
Carton of eggs
1 lb. meat for stir-fry

**Frozen Foods**

1 pkg. frozen broccoli
1 pkg. frozen broccoli or spinach for lasagna

**Fruits & Vegetables**

lemon juice & lemon rind
5 onions
4 cups total of various vegetables for stir-fry (fresh or frozen)
1 large cabbage
½ lb. carrots
variety of fruits and vegetables for side dishes

**Breads & Cereals**

½ cup barley
1 lb. rice
1 pkg. hamburger buns
8 oz. macaroni, spaghetti or other pasta
8 oz. Macaroni
12 oz. Lasagna noodles
For mini pizzas - bagels, English muffins or other bread
1 loaf of day-old bread

**Frozen Foods**

1 pkg. frozen broccoli
1 pkg. frozen broccoli or spinach for lasagna

*These foods need to be purchased last so their safety and quality are protected.*

List includes 1½ batches of *Master Meat Sauce* (burritos, spaghetti, pizzas, sloppy joes & pastafazool), 1 batch *Master Mix* (tortillas for burritos and enchiladas), & 1 batch *Magic Mix* (broccoli rice casserole).

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