

Homestead Convenience Food

Make and freeze for
quick and easy meals!



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Chicken Tortilla Soup

This freezer meal will take only a minute to pop into your slow cooker. You can start it in the morning for lunch, or later for a delicious dinner for a busy day.

Ingredients

3 boneless chicken breasts
1 cup of water
14 oz. corn (frozen or canned)
14. oz. canned black beans
16 oz. salsa
1/2 of an onion, diced
1 tsp. garlic powder
1 tsp. chili powder
1 tsp. cumin
1/2 tsp. paprika
28 oz. chicken broth

Optional for topping: corn chips, sour cream, grated cheese

1. Place all ingredients, except for the chicken broth, into a gallon-size Ziplock bag.
2. Mix to combine. Make sure you remove as much air as possible from the bag.
3. Freeze. Cook within 6 months of prepping.
4. To prepare: add the contents of the bag + the chicken broth to a slow cooker.
5. Cover and cook on high for 6 hours.
6. Serve with desired toppings.

Enchilada Pie

This is one of our favorite meals, whether it is made ahead of time and frozen, or not. Either way, it is a quick and easy meal that is loved by all!

Ingredients

2 # of ground beef or venison
taco seasoning
2 flour tortillas
1 can refried beans
2 cups of grated cheese
butter
Optional: olives or corn

For serving: sour cream and salsa

1. Brown the ground meat until cooked through.
2. Season with your taco seasoning of choice.
3. Spray a pie pan with cooking oil, or coat with some butter. You can use a disposable pie pan if you don't have one to spare.
4. Butter both sides of 2 tortillas and set aside.
5. Layer: a small amount of meat along the bottom, tortilla, refried beans,, 1/2 of the remaining meat, shredded cheese, olives (if desired), tortilla, refried beans, the other half of meat, shredded cheese, and then olives (if desired).
6. Spray the underside of aluminum foil and cover the pie pan well. Then, either slip the entire pie pan into a Ziplock bag, or wrap well with plastic wrap and then another layer of foil.
7. Make sure to label! Then freeze.
8. To reheat: Cook at 375 degrees F until heated through.
9. Serve with desired toppings.

Frozen Pizza Crust

No more picking up a pizza when you need a quick meal. If you have this homemade crust ready to go, along with some shredded cheese and toppings in your fridge or freezer, making homemade pizza will only take you a few minutes to throw together!

Ingredients

2 1/4 cups all-purpose or bread flour
2 1/4 tsp. yeast
1 1/2 tsp. sugar
3/4 cup warm water
1 tsp. salt
2 T olive oil

1. Dissolve the yeast and sugar in the warm water, right in your mixing bowl.
2. Then add salt and oil and mix well.
3. Next, using the dough hook on your mixer, slowly mix in the flour 1/2 cup at a time. You may need slightly less or more. You are looking for a slightly sticky consistency that is still manageable. It should pull away from the sides of the bowl as it mixes. Don't overmix.
4. Cover and let rise for 45 minutes, or until doubled.
5. Dump the dough onto a floured surface and punch down. On a piece of parchment paper, roll out the dough into a 12-inch diameter circle. Evenly roll the edge in to form the crust. Prick the crust several times with a fork.
6. Let rest while your oven comes to a temperature of 450 degrees F.
7. Transfer the crust, on the parchment paper, to a pizza pan or pizza stone.
8. Bake at 450 for 4 - 5 minutes, until it puffs up slightly and the top looks dry.
9. Let cool.
10. You may now take it a step further and top your crust with sauce and toppings, or leave the crust plain.
11. Once cooled, wrap well in 1 layer of plastic wrap and 1 layer of foil. Use within 24 months. To bake, cover in toppings and bake at 500 degrees F for about 10 min.

Reheat and Eat Breadsticks

These breadsticks are so nice to have on hand,
ready to go!

Ingredients

2 1/2 tsp. yeast
2 T sugar
1 cup warm water
1 tsp. salt
2 3/4 cup flour
2 T stick of butter

1. Dissolve the yeast and sugar in the warm water.
2. Knead all ingredients together (not the butter). Cover and let rise in a floured bowl for 45 minutes to an hour.
3. Roll out in a rectangle on a parchment paper-lined cookie sheet.
4. Use a pizza cutter to cut the rectangle into strips. Once down the center horizontally, and then every few inches vertically.
5. Cover and let rise for 15 to 20 minutes.
6. Bake at 400 degrees F for about 6 minutes (or 10 minutes if not freezing!)
7. Take the stick of butter rub it all over the hot breadsticks until they are well covered. Then, season to taste. We like garlic salt.
8. You can then transfer the parchment paper to a cool cookie sheet and place it in the freezer until the breadsticks are firm.
9. Then, store the breadsticks in a Ziplock bag in the freezer for up to 3 months.
10. To reheat, place the breadsticks on a pan, and heat at 350 degrees F until heated through.

DIY Fruit Roll-ups

The only problem with this wonderful make-ahead snack is that your kids will be begging to eat them ALL! Also, a great way to use up applesauce that you canned in the fall!

Ingredients

3 cups of fruit puree
1 tsp. lemon juice
1 T sweetener

Notes:

Strawberries & applesauce is one of our favorites.

You can sweeten with honey or maple syrup.

If the puree seems too thick to evenly spread, thin with fruit juice.

1. Mix together the fruit puree, lemon juice, and sweetener of choice.
2. Pour evenly across a parchment paper-lined baking sheet.
3. The mixture should be about 1/8 inch thick. Make sure it is even!
4. Preheat your oven to 170 degrees F.
5. Bake/dehydrate your fruit puree until no longer sticky to the touch, about 5 hours.
6. Remove from the oven and let cool.
7. Use kitchen scissors to cut through the fruit and parchment paper, cutting in 1-inch strips the long way across the pan. Then, roll up just like a "real" fruit roll-up. Your kids will be so impressed!
8. Store in a tightly sealed container for up to 2 weeks, or for longer storage, in air-tight bags or containers in the freezer.

Homemade Lara Balls

This is a favorite snack in our house, and despite the addition of chocolate chips, it's one I can feel good about feeding my kids.

Ingredients

1 cup sliced almonds
1 cup pecans
2 cups pitted Medjool dates
1/4 tsp. vanilla
chocolate chips, to taste

1. In a food processor, blend nuts and dates until they clump together.
2. Add vanilla and mix for 30 seconds more.
3. Add chocolate chips and pulse a few times until they are evenly dispersed throughout.
4. Roll the mixture into 1 - 2 inch balls and place on a cookie sheet.
5. Place in the freezer for 30 minutes.
6. Then, place the balls in a freezer-safe plastic bag or container. They are great defrosted, or straight from the freezer!

Homemade Hot Pockets

These are amazing to have on hand for a quick meal. I love having a few bags of them in the freezer in case we get unexpected guests!

Ingredients

1 cup luke warm water
2 T olive oil
1 tsp. sugar
1/2 tsp. salt
1 1/2 c. whole wheat flour
1 1/2 c. all-purpose flour
1 1/2 tsp. yeast

Filling ingredients of choice: We like cooked sausage, pizza sauce, dry salami, and cheese.

1. Dissolve yeast in warm water. Add oil, sugar, and salt.
2. Slowly mix in flour and knead.
3. Cover and let rise for 45 minutes - 1 hour.
4. Preheat oven to 375 degrees F.
5. Separate the dough into 6 sections and roll out to 1/8 inch thick circles. Let rest for 5 minutes
6. Fill with 1/4 cup to 1/2 cup filling. Fold dough in half and clamp closed with a fork.
7. Optional: brush tops with 1 egg white beaten with 1-2 T water.
8. Bake 15 - 20 minutes.
9. Cool and freeze.
10. Reheat at 350 degrees F, until heated through.

Premade Perfect Pie Crust

This has always been my go-to pie recipe, Keep some premade crusts in your freezer for homemade pie in no time!

This recipe is just as great for savory pies. Just omit the sugar!

Ingredients

Makes 2 9" crusts

2 1/2 cups of all-purpose flour

1/4 tsp. salt

3 T sugar

1/2 cup shortening or lard

1/2 cup butter, cold and chopped into small pieces

1. Chill your bowl, butter, whisk, and shortening or lard prior to making this recipe for the best results!
2. Sift together the flour, salt, and sugar.
3. Cut the shortening into the flour mixture until it is a cornmeal consistency. I use the beater attachment on my Kitchenaid mixer.
4. Slowly cut in the butter chunks until the consistency is of small peas.
5. Add up to 3 T of ice water and mix the dough with your hands until just combined. Add 1 T at a time and increase only if necessary to get the mixture to hold together.
6. Split the dough into two balls of equal size, and form into disc shapes. Roll out the crust and press into two 9" pie pans. You can also just freeze in disc shapes, to be rolled out after defrosting.
7. Flash freeze until firm. Then, remove from the pie pans and wrap them in plastic wrap.