# Foods that freeze well

**Avocados** – You can freeze avocados**.**When they go on sale, stock up. You can puree the avocados and freeze them or cut them in half and freeze them.

**Baked Goods** – Make a double batch of cookies, muffins, waffles, or pancakes and freeze the extras to use later for a quick breakfast or a fast snack. You can also freeze bread, brownies, and cupcakes.

**Baking Supplies** –Flour and sugar can be frozen. Buy them during the holidays when they go on sale. If you have extra baking supplies freeze them and extend the shelf life.

**Beans** – You can cook beans in bulk and then freeze them in 1 3/4 cup quantities to use in recipes in place of canned beans.

**Cheese** – When you find a great price on cheese stock up. Cheese will last in the freezer for about six months. Cheese will crumble when you freeze it so shred it or cut it into slices.

**Broccoli** – Soak it in salt water for about 10 minutes, this will help to kill any insects. After you have soaked your broccoli, blanch for about 4 minutes then freeze.

**Celery** – Celery will lose its crunch in the freezer, but not it’s flavor. Thinly slice it or dice it to you in soups and casseroles.

**Corn on the Cob** – The easiest way to freeze corn is to leave the husk on and then put in an airtight bag. Once you are ready to enjoy your corn you can simply add it to boiling water or microwave it for 5 minutes.

**Eggs** –Crack eggs into ice-cube trays or into a freezer bag. Once you are ready to use your eggs, let them thaw out in the refrigerator.

**Fruit** – You can freeze just about any fruit. However, most fruit gets a little soggy after being in the freezer. Plan on using any frozen fruit for smoothies or baking.

**Herbs** – You can freeze almost any herb. Put the herbs in an ice-cube tray with water or broth. When you are ready to use the herbs just toss them in whatever you are cooking.

**Milk** – Surprisingly you can freeze complete gallons of milk. Make sure to pour out a little before putting in the freezer, this will allow for expansion. Milk can be put in the freezer for up to six months. You can also freeze butter, cream cheese, and yogurt.

**Meat / Poultry** – Meat does excellent in the freezer! Make sure to repackage the meat in freezer bags, this will help ensure your meats lasts for up to 12 months.

**Mushrooms** – You can also freeze mushrooms. If the mushrooms are already sautéed they will be ready to add directly to meals.

**Onions** – You can dice up your onions and freeze them flat in the freezer. Once you are ready to use them, just break off a section and you are all set.

**Nuts** – When you find a great deal on nuts, stock up! Freezing them prevents them from going rancid while sitting in your pantry.

**Peppers** – Peppers can be quite expensive, so when they go on sale, buy them in bulk. You can dice them or cut them in long strips for fajitas and stir-fry and then freeze for future use.

**Rice** – Place rice in an airtight container and you can freeze it for up to a year. You can freeze cooked rice.

**Spinach** – Rinse and then blanch for 2 minutes. Once you have completed the first two steps you can put the spinach into freezer bags for about 9 months.

**Tomatoes** – Tomatoes do very well in the freezer but if you roast them first they are even better! Slice your tomatoes in half add some of your favorite herbs and a little olive oil. Let them roast in the oven for about 4 hours at 230 degrees. Once they have roasted and cooled, place them in freezer bags.

# Tips on making freezer meals

* Write the recipe on the bag so your helper can put in ingredients without you telling them every step. This saves time.
* HAVE A FRIEND HELP YOU!
* Pre-assemble the ingredients for a slow cooker recipe, place them in a gallon size freezable bag, and freeze. Pull them out on the day you want to cook them and dump them in your Crock Pot for an easy dinner.
* When freezing food make sure to take as much air out of the packing as possible.
* Always allow warm food to cool down to room temperature before freezing it.
* Invest in freezer paper, heavy-duty zip lock bags, quality foil and plastic wrap. Having all of these items at your disposal will help ensure your food holds up well in the freezer.
* If you are not going to use meat within 1 to 2 months, take it out of the supermarket packaging and rewrap it. Supermarket packaging is not air-tight so you will want to repackage the meat to prevent freezer burn.
* Clearly mark all of your items with the date and what’s in the bag. This will allow you to quickly see what day you put the items in the freezer and what exactly it is you froze.
* Thaw food in the refrigerator or in the microwave.
* Lay flat to freeze. This makes it easier to stack the meals.

# Freezer meals

Put all the ingredients for a smoothie in a bag and freeze. Take out the night before and just toss it in the blender in the morning. If you don’t take it out the night before make sure to put in a lot of liquid.

Go here to find a lot of recipes: http://makinglemonadeblog.com/everything-you-need-freezer-meals-cooking/