

SUPER-EASY MEAL IDEAS FOR CRAZY DAYS

- 7 days of dinners
- Minimal effort
- Shelf-stable & frozen ingredients
- Fewer than 8 ingredients each

Here are 7 days of dinners that you can make with minimal effort using shelf-stable and frozen ingredients. All recipes have less than 8 ingredients in total. These should help you get through crazy times without worrying too much about food.

These recipes use a lot of frozen mixed vegetables. They are a great way to add vegetables to meals without chopping anything or trying to keep fresh vegetables on hand. Be sure to defrost them in the microwave before adding them to whatever you are cooking.

You can buy meat frozen or fresh. If you buy fresh, cook it within 3 days or freeze it when you get it home. Just place it in your refrigerator to defrost the night before you plan to use it.

Super Mac & Cheese

Make 3-4 boxes of Macaroni & Cheese according to package directions (requires butter and milk). Defrost 1-2 cups of frozen mixed veggies and add them to the pot. Add 1-2 cups of cooked cut-up sausage or hot dogs. Spray a casserole dish with oil. Mix everything together then put it in the casserole dish and sprinkle some shredded cheese on top. Cover with foil and bake in the oven at 375F for 30 minutes, then remove the foil and broil for about 5 minutes until you get a nicely browned top.

Shopping List:

- 3-4 boxes of Macaroni & Cheese
- Butter
- Milk
- 1/3 bag frozen mixed vegetables
- 1 package of hot dogs or sausages
- Shredded cheese
- Spray oil

Tuna Noodle Casserole in a Pot

Cook any type of pasta (I like wide egg noodles for this) following the directions. Return cooked pasta to the pot and mix in one jar of alfredo sauce. Add canned fish, like tuna or salmon. Cut a few strips of bacon into small bits and cook them in a separate pan. Drain the fat and add the bacon to the pot. Add defrosted mixed frozen vegetables. Mix it all together, heat it up in the pot, and serve.

Shopping List:

- 1 box/bag of pasta
- 2-4 cans tuna (or other fish)
- 2-3 strips of bacon
- 1 jar of alfredo sauce
- 1/3 bag frozen mixed vegetables

Teriyaki Chicken & Rice

Bring 2 cups of uncooked white rice and 4 cups of water to a boil, then simmer with the lid on for 20 minutes. Dice 1.5 lbs of boneless, skinless chicken and season with salt and pepper. Cook chicken in a large frying pan with a little bit of oil, stirring regularly until all pink is gone. Add enough teriyaki sauce to coat the chicken. Defrost 1 cup of frozen mixed vegetables and add to the chicken. Serve chicken & veggies over the rice. If you're feeling fancy and are able to keep fresh veggies in the house, chop some fresh green onion and sprinkle on top.

Shopping List:

- 1 bag of uncooked white rice
- 1-2 lbs boneless, skinless chicken (thighs, breasts or both)
- Bottle of teriyaki sauce
- 1/3 bag frozen mixed vegetables
- Green onions
- Salt & pepper
- Oil (canola, olive, etc.)

Shepherd's Pie

Dice 1/2 - 1 onion (or use frozen) and brown the onion in a large frying pan. Add 1-2 lbs ground meat, season with salt and pepper, and cook with a little bit of oil until done (no pink left). Drain the oil and discard it. Add 1 cup defrosted frozen vegetables. Boil 3-4 russet potatoes in a large pot. Drain them and mash the potatoes with 2T butter and 2T milk. Add more milk and butter, salt and pepper to taste. Spray a casserole dish with oil. Put the meat and veggies in the bottom. Add the mashed potatoes in a layer on top. Cover with foil and bake in the oven at 375F for 30 minutes, then remove the foil and broil for about 5 minutes until you get a nicely browned top.

Shopping List:

- 1 onion (fresh or frozen)
- 1-2 lbs ground meat (beef, lamb, pork, turkey, or chicken)
- ½ bag frozen mixed vegetables
- 3-4 russet potatoes
- Butter
- Milk
- Salt & pepper
- Spray oil

Pasta & Meat Sauce

Cook any type of pasta following the directions. Dice ½ - 1 onion (or use frozen) and brown the onion in a large frying pan with a little bit of oil. Add 1-2 lbs ground meat (any kind: beef/lamb/pork/turkey/chicken), season with salt and pepper, and cook until done (no pink left). Drain the oil and discard it. Add 1 cup defrosted frozen vegetables and 1 jar of pasta sauce. Serve the pasta with meat sauce on top and sprinkle with parmesan cheese. If you're feeling fancy and are able to keep fresh veggies in the house, chop some fresh basil and sprinkle on top.

Shopping List:

- 1 box/bag of pasta
- 1 onion (fresh or frozen)
- 1-2 lbs ground meat (beef, lamb, pork, turkey, or chicken)
- 1 jar marinara sauce
- ½ bag frozen mixed vegetables
- Parmesan cheese
- Salt & pepper
- Oil (canola, olive, etc.)
- Fresh basil (optional)

Fish Tacos

Cook breaded fish fillets according to package instructions. While the fish is cooking, warm up some tortillas or taco shells. Put one can of refried beans in a microwavable dish and warm them up. Set up bowls of toppings like salsa, shredded cheese, shredded coleslaw mix, diced tomatoes and onions, and anything else you like. When the fish is ready, assemble tacos with beans, fish, tartar sauce, and any toppings you like. If you're feeling fancy and are able to keep fresh veggies in the house, chop some fresh cilantro and sprinkle on top.

Shopping List:

- 1-2 bags breaded fish fillets
- Tortillas or taco shells
- 1 can refried beans
- Salsa
- Shredded cheese
- Shredded coleslaw mix
- Tartar sauce
- Fresh cilantro (optional)

Chicken & Rice Casserole

Spray a casserole dish with oil. Add 2 cups of uncooked white rice, 2 cans of condensed Cream of Mushroom Soup, and 2 cups of broth. Add 1 cup defrosted frozen vegetables. Stir together well. If the chicken meat is thick (+1.5 inches high when placed on a cutting board) then slice it in half so it cooks faster. Season chicken with salt and pepper and place it on top of the rice mixture. Cover the dish with foil and bake at 375F for 45 min. Test to make sure the rice and chicken are cooked. If not, test in 10-min intervals or use a meat thermometer. Stir rice before serving. If you're feeling fancy and are able to keep fresh veggies in the house, chop some fresh parsley and sprinkle on top.

Shopping List:

- 1 bag of uncooked white rice
- 2 cans of condensed soup
- Broth (vegetable, chicken, or beef)
- ½ bag frozen mixed vegetables
- 1-2 lbs boneless, skinless chicken (breasts, thighs, or both)
- Salt & pepper
- Spray oil
- Fresh parsley (optional)