

Make-Ahead Freezer Meals: Tips, Tricks, and Recipes

Make-ahead meals can make it easier to put a nutritious meal on the table with little thought or attention. These may be particularly important during a busy season of life when you need to feed a family quickly, if you are recovering from surgery, or if you have caregiving duties like taking care of a newborn. If you have a chunk of time to devote to meal preparation, like once a week or even once a month, the option to pull portions of made-ahead casseroles or dishes from the freezer and reheat them can save you time and energy in the moment.

Freezing is one of the easiest, most convenient, and least time-consuming methods of putting a meal on the table in a hurry. There are many wonderful casserole and one-dish meals that are simple to prepare, offer variety and great flavor, and stand up well to freezing and reheating. Consider some of the recipes at the end to stock your freezer.

How freezing affects foods

Freezing (0 degrees F or below) preserves food for extended periods, because it prevents the growth of microorganisms (bacteria, yeasts, and molds) that cause both food spoilage and foodborne illness. The freezing process itself does not destroy bacteria. After thawing, microbes that may be present can become active, multiplying under the right conditions to levels that can lead to foodborne illness. Handle thawed foods like any perishable product. Thorough cooking will kill most microorganisms.

Ideally, you should freeze foods within two hours and store at 0 degrees F or lower. Slower freezing creates large, disruptive ice crystals. During thawing,



these crystals damage cell walls and dissolve emulsions such as mayonnaise or cream, which will separate and appear curdled. Rapid freezing prevents undesirable ice crystals from forming throughout the product. Use most make-ahead meals within three months for optimum reheating results. See “To freeze” below for tips on rapid freezing and more.

Kitchen management

Time may be a challenge when creating make-ahead meals. Use the following tips to save time when planning and preparing make-ahead meals.

- Organize the kitchen by arranging equipment and utensils according to where you can use them most efficiently. Storing utensils in the same place after each use will save time.
- Use equipment to save time. A microwave, food processor, mixer, blender, workable can opener,



sharp knives, and cutting boards can assist in quick preparation of meals. Buy equipment that you can use for more than one job, such as freezer-to-oven-to-table bakeware. Avoid buying hard-to-clean items or those which break, rust, or stain easily.

- Save time during cleanup by washing equipment as soon as you finish using it. Wiping up spills, letting dishes air dry, and cutting fruits and vegetables on one cutting board for easy cleaning are examples of time-saving procedures.
- Let the family help. Establishing routines may encourage all family members to help.
- Use shortcuts. Chop extra onion and green pepper for later use and store in the freezer. Or buy these already frozen ingredients.
- Cook once and serve twice. Cooking enough for two meals at one time can save time and energy.
- Dovetail work by making dinner while washing a load of laundry or finishing other household chores. Always begin with foods that take the longest time to prepare.

Successful make-ahead hints

We all want to prepare nutritious meals that appeal to our families and fit within the food budget, but any meal requires some planning. Nutritious meals include a variety of foods from the different food groups — whole grains, lean protein foods, fruits, vegetables, and dairy-based foods and drinks. Consider weekly menus along with a shopping list to save extra trips to the grocery. Make double batches of bread, vegetables, casseroles, soup, stews, and entrees. Eat one batch with your family now, then freeze one batch for later. When preparing make-ahead frozen dishes, follow some of these helpful hints for the best results.

To prepare foods for freezing

- Freeze most casseroles before baking, especially when all the ingredients are already cooked, for the best quality when reheating. Exceptions are dishes that contain uncooked rice, raw vegetables, or uncooked meat that you have frozen and thawed.
- You can freeze most foods. Foods you cannot freeze include eggs in shells and canned foods. You can remove foods from cans and freeze them in a freezer-safe container. Some foods don't freeze well, such as lettuce, mayonnaise, and sour cream.
- Undercook starchy ingredients, such as potatoes, beans, rice, and noodles, or they will become mushy. They will finish cooking once the frozen food is reheated.
- Don't add some casserole toppings, like crushed crackers, until reheating. Freeze the casserole and store toppings separately to prevent sogginess.
- Seasoning intensity can change during freezing, so season lightly. Adjust the flavor during reheating.
 - Cloves, pepper, garlic, green pepper, imitation vanilla, and celery become stronger upon freezing. A bitter taste may develop.

- Onion, salt, paprika, and chili powder weaken and may change flavor during freezing.
- Freeze casseroles in containers that are just right for a family meal or individual servings.

To freeze

- Cool hot casseroles rapidly. Set a metal pan of hot food in ice water and cool to room temperature quickly. Ensure the dish has cooled completely, then wrap, label, and freeze. Do not put a hot dish in the refrigerator or freezer.
- Glass dishes run the risk of breaking with rapid temperature change. Metal pans are safe and help pull heat from the food quickly.
- Shallow baking pans speed up the baking, freezing, and thawing of casseroles. A long, thin, rectangular baking dish will cool quicker than a thick, square dish.
- To package food for the freezer, use heavy-duty foil, moisture- and vapor-proof paper, plastic freezer wraps, or freezer-safe containers. Microwave-safe or aluminum ovenproof containers are also available.
- Pack the containers nearly full to prevent ice crystals from forming but leave some space at the top of the container for expansion.
- Label with the contents of the dish, the date frozen, and the number of servings. Include cooking instructions or where to find the recipe. Write instructions on the foil, plastic wrap, or masking tape used as a label. You could also save the instructions in a cookbook.
- To free up baking pans, line the pan with heavy-duty aluminum foil.
 - Leave enough overhang around the pan to cover the casserole and seal the foil.
 - Add ingredients and bake if desired.
 - Cool, cover, and seal airtight.
 - When frozen, remove the foil from the pan, and place the foil package in the freezer.
- To reheat, peel foil from the food, place it back in the original baking pan, and bake as directed. See recipes below for examples.

To serve

- Freezing foods helps prolong their life more than refrigerating. The food will determine how long you can freeze it before you should use it.
- The size of the frozen dishes will affect baking time. Use shallow, small dishes instead of deeper, larger dishes to reduce baking time.
- Some foods require planning before reheating, like thawing time. Most recipes listed require 24 hours to thaw in the refrigerator. Use the table below for guidance on storing and serving make-ahead meals.



Make-Ahead Freezing, Storing, and Serving

Foods	Before Freezing	Storage Time	Serving
Muffins	Bake, cool, wrap, label, and freeze.	6-12 months	Thaw wrapped at room temperature or reheat at 300 degrees F for 20 minutes.
Yeast Breads	Bake, cool, wrap, label, and freeze.	6-8 months	Thaw wrapped at room temperature.
Cakes: Angel food Chiffon Sponge	Bake, cool, and remove from pan. If you used a tube pan, fill the hole in the center of the cake with crumpled waxed paper. Place cardboard wrapped in aluminum foil on bottom and top of cake. Wrap, label, and freeze.	2-6 months	Thaw at room temperature, wrapped or unwrapped for about 1 hour. If wrapped in aluminum foil, reheat at 300 degrees F for 15-20 minutes.
Cookies	Cookies high in fat and low in moisture are the most satisfactory. This includes chocolate chip, peanut butter, sugar cookies, etc. Those with a high moisture content and filling do not freeze well. Bake, cool, wrap, label, and freeze.	6 months	Thaw at room temperature. Crisp in 350 degree F oven.
Baked Pies: Chiffon	Cool and pour filling into baked crumb or pastry crust. Wrap, label, and freeze.	2 weeks	Thaw in refrigerator overnight or 8 to 10 hours.
Baked Pies: Pumpkin or Sweet potato	Bake, cool, wrap, label, and freeze.	2 months	Warm in 300 degree F oven for 30 to 45 minutes or allow to thaw in refrigerator about 6 hours.

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Cooked Meats	Roast as usual and remove as much fat as possible. Cover sliced meats with gravy or sauce to help retain moisture. Use a double thickness of waxed paper between slices. Wrap, label, and freeze.	2-4 months	Thaw large roasts in refrigerator overnight or 10 to 12 hours. Allow sliced meats to thaw in refrigerator about 6 hours. Reheat at 325 degrees F or higher to an internal temperature of 165 degrees F.
Cooked Poultry	Wrap, label, and freeze. Freezing dressing in an uncooked turkey is not recommended.	2-4 months	Thaw in refrigerator overnight. Reheat at 325 degrees F or higher to an internal temperature of 165 degrees F.
Casseroles	If freezing a cooked casserole, bake per directions, allow to cool, then wrap, label, and freeze.	2-4 months	Remove fully cooked casserole from freezer and bake at 400 degrees F until internal temperature reaches 165 degrees F. Expect frozen casseroles to take maximum baking time in recipe or 1.5 times that.
	If freezing an unbaked casserole, wrap, label, and freeze.		Thaw uncooked casserole for 24 hours in the refrigerator. Cook as directed in the recipe, adding 15 to 30 minutes
Soup	Cook, cool, pour into containers, label, and freeze.	2 months	Reheat soup without thawing first. Heat to rolling boil, or at least 165 degrees F before serving.
Sandwiches: Cheese Peanut butter Meat Poultry Seafood	Pack fillings for sandwiches into freezer containers and freeze separately; or make into sandwiches and freeze. Leave out fresh vegetables and condiments. Seal, label, and freeze.	2-4 weeks	Will remain at proper temperature in lunch box with minimum of two cold sources (ice pack, frozen water bottle) for about 3 to 4 hours.

Andress, E., & Harrison, J. (2014). *Preserving Food: Freezing Prepared Foods*. The University of Georgia Cooperative Extension. https://nchfp.uga.edu/papers/UGA_Publications/FreezingPreparedFoods.pdf

Chicken Master Mix Recipe

Use the chicken mix from this recipe with the next four recipes.

- 2 whole chickens (about 6 pounds each)
 - 2 teaspoons salt
 - 1 teaspoon black pepper
 - 1 tablespoon vegetable, olive, or canola oil
1. Preheat oven to 400 degrees F.
 2. Season both the inside and outside of the chickens with salt and pepper. Place breast-side-down on racks in two roasting pans.
 3. Roast the chicken for about 1 hour and 10 minutes or until the internal temperature of the chicken reaches 165 degrees F on a food thermometer.
 4. Allow chicken to cool then remove meat from chicken and dice. Discard skin and bones.
 5. Package in 3-cup servings to use in the following recipes. Cover and refrigerate for up to three or four days. Or place in freezer-safe container and freeze for up to 4 months.

Yield: ~ 12 cups chicken meat

1. Grandma's Chicken Potpie

- 3 tablespoons unsalted butter or vegetable oil
 - 1 cup reduced-sodium chicken broth
 - 1/4 cup onion, minced
 - 1 cup low-fat milk
 - 3 tablespoons flour
 - 1 1/2 cups sliced carrots
 - 1 teaspoon dried sage
 - 3 cups Chicken Master Mix
 - 1/2 teaspoon dried thyme
 - 1 (10 ounces) package mushrooms, quartered
 - 1/2 teaspoon salt
 - 1 cup frozen peas
 - 1/2 teaspoon black pepper
 - 1 (7 1/2 ounces) package cornbread mix
1. If preparing dish for immediate enjoyment, preheat oven to 350 degrees. If preparing to freeze and bake later, no need to preheat oven. Note that this dish requires 24 hours to thaw before baking from frozen.
 2. For immediate enjoyment, foil lining is optional. For freezing, line a 2-quart casserole dish with foil, leaving enough overhang to entirely cover food and seal foil.
 3. Melt butter in skillet or add oil to skillet over medium heat. Add onions and cook for 4 to 7 minutes or until translucent.
 4. Stir in flour and seasonings. Increase heat, add chicken broth and milk. Bring to a boil, stirring constantly.
 5. Add carrots and cook for 5 minutes.
 6. Add chicken, mushrooms, and peas and cook for 5 minutes.
 7. Pour into prepared dish.
 8. • **If serving immediately**, prepare cornbread mix according to package directions, pour over top the casserole, then bake uncovered for 50 minutes. Enjoy.
 - **If you are freezing the dish**, do not bake. Allow to cool to room temperature. Use overhanging foil to seal, label, and freeze.

9. Once potpie is frozen, remove foil-wrapped dish from pan and return to freezer.
10. To prepare, peel foil from potpie and place back into baking pan. Allow to thaw in refrigerator 24 hours.
11. When ready to bake, prepare cornbread mix according to package directions. Pour the wet cornbread mixture over top of casserole.
12. Bake at 350 degrees F uncovered for 50 to 70 minutes or until internal temperature is 165 degrees F.

Yield: 8 servings

Nutritional analysis: 290 calories, 18g protein, 30g carbohydrate, 11g fat, 70mg cholesterol, 600mg sodium

2. Tex-Mex Chicken Enchiladas

- 1 (15 ounces) can reduced-sodium black beans, rinsed and drained
 - 3 cups Chicken Master Mix
 - 2 tablespoons fresh cilantro or parsley, chopped
 - 2 cups Monterey Jack cheese, shredded
 - 1 (10 1/2 ounces) jar salsa
 - 8 large flour tortillas
1. If preparing dish for immediate enjoyment, preheat oven to 350 degrees F. If preparing to freeze and bake later, no need to preheat oven. Note that this dish requires 24 hours to thaw from frozen before baking.
 2. For immediate enjoyment, foil lining is optional. For freezing, line a 9-by-13-inch baking pan with foil, leaving enough overhang to entirely cover food and seal foil.
 3. In mixing bowl, combine black beans, chicken, cilantro, 1 cup cheese, and 1/2 jar of salsa.
 4. Fill each tortilla with 1/2 cup of chicken mixture. Roll and place seam-side-down in baking pan. Sprinkle remaining cheese over enchiladas. Reserve rest of salsa for serving.

5. • **If serving immediately**, cover pan loosely with foil and bake for 20 minutes.
 - **If freezing**, seal with overhanging foil, label, and freeze. Once enchiladas are frozen, remove foil-wrapped dish from pan and return to freezer or wrap individually.
6. To prepare, peel foil from enchiladas and return to baking pan to sit for 24 hours in the refrigerator. To bake, cover pan loosely with foil and bake at 350 degrees F for 20 minutes. Remove foil and bake 15 minutes more or until internal temperature reads 165 degrees F.
7. Spoon remaining salsa over top of enchiladas and enjoy!

Yield: 8 servings

Nutritional analysis: 450 calories, 28g protein, 44g carbohydrate, 18g fat, 85mg cholesterol, 1120mg sodium

3. Chicken Divan

- 1 (16 ounces) package broccoli florets
 - 1 (8 ounces) package cauliflower florets
 - 1/4 cup all-purpose flour
 - 1 cup low-fat milk
 - 1 tablespoon Worcestershire sauce
 - 1/4 cup unsalted butter (plus more for greasing dish)
 - 1 cup reduced-sodium chicken broth
 - 3 cups Chicken Master Mix
 - 1 cup cheddar cheese, shredded
 - 1/4 teaspoon salt
 - 1/2 cup plain dry breadcrumbs
 - 1/2 teaspoon black pepper
1. If preparing dish for immediate enjoyment, preheat oven to 350 degrees F. If preparing to freeze and bake later, no need to preheat oven. Note that this dish requires 24 hours to thaw from frozen before baking.
 2. For immediate enjoyment, foil lining is optional. For freezing, line a 9-by-13-inch baking pan or 2-quart casserole dish with foil, leaving enough overhang to cover food entirely and seal foil.

3. Use about a tablespoon of butter or vegetable oil to grease foil or dish.
4. In a large saucepan, add water to cover about 1 inch of the bottom and bring to a boil. Add broccoli and cauliflower florets, cover with lid, and steam for about 4 minutes, until just tender. Remove from pan and discard water.
5. Arrange broccoli and cauliflower florets in a single layer on bottom of baking pan.
6. Melt 1/4 cup butter in medium saucepan over medium heat. Add flour and cook 2 minutes, until light brown, stirring constantly.
7. Stir in broth and milk, and cook about 5 minutes or until sauce thickens, stirring frequently.
8. Remove from heat and stir in 1/4 cup of cheese. Add Worcestershire sauce, salt, and pepper.
9. Pour 1/2 of sauce over broccoli and cauliflower. Sprinkle chicken over sauce. Add another layer of the remaining sauce, cheese, and breadcrumbs.
10. • **If serving now**, bake uncovered for 30 minutes.
• **If freezing**, allow dish to cool to room temperature, then seal, label, and freeze.
11. Once divan is frozen, remove foil-wrapped dish from pan and return to freezer.
12. To prepare, peel foil from divan and place back into baking pan. Allow to thaw in refrigerator 24 hours.
13. Bake uncovered at 350 degrees F for 30 minutes or until heated through to an internal temperature of 165 degrees F.

Yield: 8 servings

Nutritional analysis: 280 calories, 20g protein, 14g carbohydrate, 17g fat, 90mg cholesterol, 650mg sodium

4. Tuscan Chicken and White Bean Stew

- 2 tablespoons minced garlic
 - 4 (15 ounces) cans Great Northern beans, drained and rinsed
 - 2 (13.75 ounces) cans reduced-sodium chicken broth
 - 1/4 pound bacon, diced
 - 1 cup carrots, thinly sliced
 - 1 cup onions, finely chopped
 - 1/2 cup water
 - 1 tablespoon fresh rosemary, chopped,
OR 2 teaspoons dried
 - 3 cups Chicken Master Mix
 - 1/4 teaspoon salt
 - 1/2 teaspoon black pepper
1. With a blender or food processor, puree garlic with 2 cups of the beans and 1 cup of the chicken broth. Set aside.
 2. In a skillet, cook bacon over medium heat until crispy. Drain grease in disposable container and allow to cool before disposing.
 3. In a large, 5-quart pot, add carrots and onions and cook for 2 minutes.
 4. Add cooked, diced bacon, water, and rosemary. Simmer uncovered 3 minutes.
 5. Stir in pureed bean mixture, remaining broth and beans, chicken, salt, and pepper. Simmer uncovered 5 minutes.
 6. • **If prepared to serve immediately**, enjoy!
• **If preparing to freeze**, allow to cool to room temperature. Transfer stew to freezer bags or sealable containers. Label and freeze.
 7. To prepare for dinner, allow to thaw for 24 hours in the refrigerator. In a large pot, reheat stew to 165 degrees F before serving.

Yield: 8 servings

Nutritional analysis: 460 calories, 35g protein, 49g carbohydrate, 13g fat, 85mg cholesterol, 1440mg sodium

Marinara Meat Sauce Master Recipe

Use the marinara meat sauce from this recipe with the next four recipes.

- 1 tablespoon olive oil
 - 2 large onions, chopped
 - 4 cloves garlic, minced
 - 2 pounds lean ground beef
 - 6 (28 ounces) cans tomatoes, with juice
 - 1 (6 ounces) can tomato paste
 - 1/2 cup basil, chopped,
OR 3 tablespoons dried
 - 3 bay leaves
 - 1 tablespoon sugar
 - 1 1/2 teaspoons salt
 - 1 1/2 teaspoons black pepper
1. In an 8-quart saucepan, heat the olive oil over medium heat. Add onions and cook for 8 minutes.
 2. Add garlic and cook for an additional minute, stirring often.
 3. Add beef and cook until brown, stirring often. Internal temperature of cooked ground beef should read 165 degrees F.
 4. Add remaining ingredients and bring to a simmer for 30 minutes, stirring often.
 5. Allow to cool to room temperature before packaging and refrigerating for 3 to 4 days. Marinara can be frozen but requires 24 hours to thaw before use. If freezing, package in amounts for each recipe to prevent thawing entire master recipe for use.
 - a. Lasagna: 7 cups
 - b. Baked Ziti: 6 cups
 - c. Chili: 5 cups
 - d. Pizza: 2 cups

Yield: ~20 cups

1. Classic Lasagna

- 1 (15 ounces) container cottage cheese
 - 2 large eggs
 - 1/2 cup Parmesan cheese, grated
 - 1/4 cup fresh parsley, chopped,
OR 2 tablespoons dried
 - 2 teaspoons dried oregano
 - 7 cups Master Marinara Meat Sauce
 - 1 box uncooked lasagna noodles (about 15 noodles)
 - 1 1/2 cups mozzarella cheese, shredded
1. If preparing dish for immediate enjoyment, preheat oven to 400 degrees F. If preparing to freeze and bake later, no need to preheat oven. Note that this dish requires 24 hours to thaw from frozen before baking.
 2. For immediate enjoyment, foil lining is optional. For freezing, line a 9-by-13-inch baking pan with foil, leaving enough overhang to entirely cover food and seal foil. Lightly grease foil or dish.
 3. In a medium bowl, combine cottage cheese, parmesan cheese, dried oregano, eggs, and parsley.
 4. Spread 1 cup of the master marinara sauce in the bottom of pan. Cover with five dry lasagna noodles, 1/3 of the marinara sauce, and 1 cup of the cottage cheese mixture.
 5. Layer with five more noodles, 1/3 of the marinara sauce, and remaining cottage cheese mixture.
 6. Top with final five noodles and remaining marinara sauce. Sprinkle with mozzarella cheese.
 7. If preparing for immediate enjoyment, loosely cover the pan in aluminum foil and bake for 30 minutes. Remove foil and bake for additional 20 minutes or until hot and bubbly. Remove from oven and allow to sit for 15 minutes.
 8. If preparing to freeze, seal the overhanging foil, label, and freeze.
 9. Once lasagna is frozen, remove foil-wrapped dish from pan and return to freezer.
 10. To prepare for dinner, lightly grease baking dish, peel foil from lasagna and place back into baking pan. Allow to thaw for 24 hours in the refrigerator. Bake thawed lasagna, loosely covered

with foil, at 400 degrees F for 30 minutes. Remove foil and bake for additional 20 to 30 minutes or until internal temperature is 165 degrees F. Allow to set 15 minutes before cutting.

Yield: 8 servings

Nutritional analysis: 440 calories, 24g protein, 64g carbohydrate, 11g fat, 75mg cholesterol, 1010mg sodium

2. Baked Ziti with Four Cheeses

- 1 pound ziti or penne pasta
 - 6 cups Master Marinara Meat Sauce
 - 4 cups four-cheese blend, shredded
1. If preparing dish for immediate enjoyment, preheat oven to 350 degrees F. If preparing to freeze and bake later, no need to preheat oven. Note that this dish requires 24 hours to thaw from frozen before baking.
 2. For immediate enjoyment, foil lining is optional. For freezing, line a 9-by-13-inch baking pan or 2-quart casserole dish with foil, leaving enough overhang to entirely cover food and seal foil.
 3. Cook pasta for about 5 minutes, until tender but not quite done and drain.
 4. In large bowl, combine ziti, master marinara sauce, and 1/2 of the cheese. Place in the baking pan. Top with remaining cheese.
 5. • **If preparing to enjoy now**, cover loosely with foil and bake for 15 minutes. Then remove foil and bake for additional 30 minutes or longer, until hot and bubbly.
 - **If preparing to freeze**, allow to cool to room temperature, seal, label, and freeze.
 6. Once ziti is frozen, remove foil-wrapped dish from pan and return to freezer.
 7. To prepare for dinner, peel foil from ziti and place back into baking pan. Thaw 24 hours in the refrigerator.

8. Cover loosely with foil and bake at 350 degrees F for 15 minutes. Remove foil and bake 30 to 45 minutes longer or until internal temperature is 165 degrees F.

Yield: 8 servings

Nutritional analysis: 460 calories, 24g protein, 65g carbohydrate, 15g fat, 40mg cholesterol, 990mg sodium

3. Zesty Chili

- 1 tablespoon unsalted butter
 - 1 green bell pepper, seeded and diced
 - 1 large onion, diced
 - 1 jalapeno pepper, seeded and minced
 - 1/4 cup chopped fresh cilantro
 - 2 teaspoons chili powder
 - 1 teaspoon ground cumin
 - 5 cups Master Marinara Meat Sauce
 - 2 (15 ounces) cans red kidney beans, rinsed and drained
1. In an 8-quart pan, melt butter over medium heat.
 2. Add green pepper and onion, and cook for 5 minutes.
 3. Add jalapeno pepper, cilantro, chili powder, and cumin, and cook 2 minutes, stirring.
 4. Stir in Master Marinara Meat Sauce and beans.
 5. • **If preparing for enjoyment now**, allow to heat for 30 minutes.
 - **If preparing for freezer**, remove from heat and allow to cool before sealing, labeling, and freezing in freezer bags or sealable containers. You can freeze these in individual servings or larger.
 6. To serve for dinner, thaw for 24 hours in the refrigerator. Once thawed, add chili to pan and heat over medium heat for 30 minutes until internal temperature is 165 degrees F.

Yield: 8 servings

Nutritional analysis: 180 calories, 8g protein, 41g carbohydrate, 3.5g fat, 5mg cholesterol, 830mg sodium

4. Family-Style Pizza

- 2 (10 ounces) packages refrigerator pizza dough
- 2 cups Master Marinara Meat Sauce
- 1/2 cup shredded mozzarella cheese

Toppings:

- 1/2 cup shredded mozzarella cheese
 - 18 slices Canadian bacon or ham
 - 1 green bell pepper, seeded and thinly sliced
 - 1/4 cup marinated artichoke hearts
1. If preparing dish for immediate enjoyment, preheat oven to 425 degrees F. If preparing to freeze and bake later, no need to preheat oven.
 2. For immediate enjoyment, foil lining is optional. For freezing, line 2 baking sheets with foil, leaving enough overhang to entirely cover food and seal foil. Follow instructions on packaged dough as it may suggest greasing baking sheets or foil.
 3. On a clean surface, unroll both packages of pizza dough. Form dough into 2 pizza crusts and place on baking sheets.
 4. Spread each crust with 1 cup Master Marinara Meat Sauce.
 5. Top each with 1/2 cup mozzarella cheese. Top pizzas with toppings of choice. Suggestions listed.
 6. If preparing for enjoyment now, bake at 425 degrees F for 10 to 15 minutes or until crusts are browned and cheese melts.
 7. If preparing for freezer, seal foil, label, and freeze.
 8. Once pizzas are frozen, remove from pan and return to freezer.
 9. To prepare for dinner from freezer, peel foil from pizza, and place on greased baking sheet. Bake frozen at 450 degrees F for 20 to 30 minutes, or until crusts are browned and cheese melts.

Yield: 8 servings

Nutritional analysis: 360 calories, 18g protein, 55g carbohydrates, 8g fat, 25mg cholesterol, 1280mg sodium

References

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Originally written by Sandra Bastin,
Extension Food and Nutrition Specialist

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Heather Norman-Burgdolf in March 2025

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