

## **My Mixed OAMC Plan**

OAMC can save you a lot of money and time. However, it does take some planning and time. This is one of the plans I have developed for myself to stock my freezer. This is a mixed OAMC plan. I consider this a double batch plan except for the Easy Pizza Pasta Casserole of which the plan contains directions for 4 meals. These meals will serve a family of 3-4 people. The Golden Baked Macaroni and Cheese and the Hash Browns Casserole can be used as a main dish or a side. I've got some chicken and ground beef recipes as well as some pasta. I also supplement these with fresh and frozen vegetables all through the year. Often times, I serve a salad with the casseroles. A fruit salad can be served for dessert. Any leftovers we have are usually used for lunches. I often substitute in my recipes to make them healthier. Using ground turkey instead of ground beef is a substitution I sometimes use. I also use the lower sodium and lower fat versions for soups and dairy products. All of the can sizes in the list and recipes are approximate as I have started to notice sizes are starting to change. Print the last page out and keep on your refrigerator for directions on using your meals.

### **Please Remember...**

Don't shop on the same day as you plan on cooking.  
Do your prep work ahead of time.  
Eliminate any clutter and extra appliances off of your counter tops and kitchen table. You'll need the space.  
Make sure you have plenty of space in your refrigerator and freezer for all of your meals.  
Wear comfortable shoes and clothing. (I like to play music or wear my MP3 player while I'm cooking.)  
Try to cook without the distractions of kids and pets, if possible.  
Take short breaks when needed and drink water.  
Wash dishes as you go and wipe up messes as you go.  
Take notes while you're working to help you the next time you do a session.

### **The recipes in this plan**

White Chili- 2 meals  
Crockpot Taco Soup - 2 meals  
Crazy Lemon Marinade- 2 meals  
Superior Meatloaf - 2 loaves  
Easy Pizza Pasta Casserole - 4 casseroles  
Golden Baked Macaroni and Cheese - 2 casseroles  
Hash browns Casserole - 2 casseroles  
Simple Chicken Enchilada Casserole - 2 casseroles  
Poppy Seed Chicken Casserole - 2 casseroles

## Grocery List

### Meat

5 pounds of ground beef  
1 10 lb. bag of chicken quarters  
4 pounds of chicken breasts  
8 ounces of pepperoni

### Produce

5 large onions (dice 4 onions should be equal to at least 4 cups chopped, chop 1 onion into quarters for cooking chicken quarters)  
5 cloves of garlic  
2 celery stalks(chopped into large chunks, for cooking the chicken quarters)

### Dairy

3- 8 ounce packages mozzarella cheese (5 cups)  
5- 8 ounce packages shredded sharp cheddar cheese (10 cups)  
2- 8 ounce packages shredded Monterey jack cheese (3 cups)  
16 ounce container sour cream  
1 pound margarine or butter  
1 large package of burrito sized tortillas (20 ounces)  
Milk- 5 cups  
Eggs- 2 large

### Pasta and Canned Goods

16 ounce package (1 pound) rotini (Corkscrew pasta)  
1 package fried rice flavored or chicken flavored Rice-a-Roni  
16 ounce package elbow macaroni  
2 - 26 ounce jar favorite spaghetti sauce  
2 cans cream of mushroom soup  
2 cans cream of chicken soup  
4- 4 ounce cans diced mild green chilies  
15 ounce can black beans  
15 ounce can pinto beans  
15 ounce can kidney beans  
15 ounce can corn  
10 ounce can Rotel tomatoes (tomatoes with green chilies)  
2- 15 ounce cans diced tomatoes  
1 pound dried white beans  
1 packet onion soup mix  
1 packet taco seasoning  
1 packet ranch dressing mix  
Cornflakes, crushed (2 cups)  
Ritz crackers, 1 sleeve  
bread crumbs (3/4 cup)

### Frozen

26 to 32 ounce bag frozen shredded hash browns  
12 ounce can lemonade concentrate

### Pantry items

Italian seasoning (1 teaspoon)  
olive oil/vegetable oil (6 tablespoons)  
black pepper (1/4 teaspoon)  
Tabasco sauce (dash, optional)  
cumin (2 teaspoons)  
oregano (1 1/2 teaspoons)  
cayenne pepper (1/4 teaspoon)  
ketchup (1/3 cup)  
dried basil (2 1/2 tablespoons)  
salt (2 1/4 teaspoons)  
dry mustard (2 teaspoons)  
all-purpose flour (1/3 cup)  
soy sauce (1/3 cup)  
ground cloves (1/4 teaspoon)  
poppy seeds (1 tablespoon)

### Containers for freezing

(8) 8 x 8 disposable aluminum foil pans  
19 Gallon freezer bags (8 of these bags will be reusable because they are only be used to store the 8 x 8 pans in for additional protection)

## **Recipe List**

White Chili- 2 meals  
Crockpot Taco Soup - 2 meals  
Crazy Lemon Marinade- 2 meals  
Souperior Meatloaf - 2 loaves  
Easy Pizza Pasta Casserole - 4 casseroles  
Golden Baked Macaroni and Cheese - 2 casseroles  
Hash brown Casserole - 2 casseroles  
Simple Chicken Enchilada Casserole - 2 casseroles  
Poppy Seed Chicken Casserole - 2 casseroles

## **Day before cooking day**

Prepare chicken quarters, place quarters into a large stock pot with 1 quartered onion and 2 celery stalks. Add some salt, if desired. Add water to cover. Cover pot. Bring to boil, then lower heat to a simmer. Let cook for about 1 1/2 hours or until done. After cooking, separate quarters from cooking liquid. Let quarters cool until you are able to handle without burning yourself. Debone separating the fat and bones from the chicken, then store in refrigerator until cooking day. You should have about 8-12 cups of chicken for casseroles and at least 8 cups of broth depending on how much water you added when cooking. Let broth cool overnight. After the broth has cool, skim layer of fat off. 6 cups of broth will be needed for the White Chili. Store broth in refrigerator. The remainder of the broth will be used for cooking chicken breasts for Chili.

Cook 2 pounds of chicken breasts. Cover chicken breasts with broth and bring to simmer for 15 -20 minutes. Drain and cool. Cut into bite sized pieces for White Chili. Store in covered container in refrigerator.

Soak 1 pound of white beans for the White Chili in a large pot. Cover with cold water by 3 inches and cover with lid.

Dice remaining 4 onions for other recipes. Store in covered container in refrigerator.

Place can of lemonade concentrate in refrigerator to thaw for Crazy Lemonade Marinade Chicken.

## **On cooking day**

Start White Chili.  
Brown 1 pound of ground chuck for Taco Soup.  
Prepare Taco Soup.  
Prepare Crazy Lemonade Marinade Chicken.  
Prepare Souperior Meatloaf.  
Start water boiling for rotini for Easy Pizza Pasta Casseroles.  
Brown remaining 2 pounds of ground beef with 1 cup onion and 1 clove of garlic in 2 tablespoons olive oil.  
Drain ground beef.  
Under cook rotini pasta for Easy Pizza Pasta Casseroles while browning ground beef. Finish Easy Pizza Pasta Casseroles  
Start water boiling for elbow macaroni for Golden Baked Macaroni and Cheese.  
Under cook elbow macaroni for Golden Baked Macaroni and Cheese. Finish macaroni and cheese.  
Combine ingredients for Hash Browns Casserole and divide among two gallon freezer bags.  
Prepare Simple Chicken Enchilada Casseroles.  
Prepare Poppy Seed Chicken Casserole.

## **White Chili**

1 pound dried white beans, quick soak  
1 tablespoon olive oil  
4 medium garlic cloves, chopped  
2 teaspoons ground cumin  
1/4 teaspoon ground cloves  
6 cups chicken stock  
2 pounds boneless chicken breasts  
2 large onions, chopped  
8 ounces canned diced green chiles  
1 1/2 teaspoons dried oregano, crushed  
1/4 teaspoon cayenne pepper  
3 cups grated Monterey jack cheese

Original directions:

Place beans in a heavy large pot. Add enough cold water to cover by at least 3 inches and soak over night.

Place chicken in heavy large saucepan. Add cold water to cover and bring to simmer. Cook until just tender, about 15 minutes. Drain and cool. Remove skin. Cut chicken into cubes. Drain beans.

Heat oil in same pot over medium high heat. Add onions and saute until translucent, about 10 minutes.  
Stir in garlic, then chilies, cumin, oregano, cloves and cayenne and saute 2 minutes.  
Add beans and stock. Bring to boil. Reduce heat and simmer until beans are very tender, stirring occasionally, about 2 hours.  
Add chicken and one cup cheese to chili and stir until cheese melts.  
Season to taste with salt and pepper. Serve with remaining cheese, sour cream, salsa and cilantro.

For OAMC: Drain beans from overnight soak. Heat oil in large pot, saute 2 cups onions until translucent, about 10 minutes. Stir in garlic, then chilies, cumin, oregano, cloves and cayenne and saute 2 minutes. Add drained beans and reserved 6 cups of defatted stock from cooking chicken quarters. Bring all to a boil. Then reduce heat and simmer until beans are tender, stir occasionally, about 2 hours. Add in cooked chicken breast and one cup of cheese. Stir until cheese melts. Let cool. Label 2 gallon freezer bags. Then divide among 2 bags. Place bags on cookie sheet to freeze flat. You can the remaining cup of cheese in a freezer quart bags for each meal along with each bag of chili.

To use for serving day: Let thaw overnight in refrigerator. Empty contents into large pan. Heat through and serve. Additional water may be added for a thinner consistency chili, if desired.

### **Crockpot Taco Soup**

15 ounces canned pinto beans  
15 ounces canned kidney beans  
15 ounces canned corn  
10 ounces tomatoes with green chilies, Rotel  
2- 15 ounces canned diced tomatoes  
4 ounces canned diced green chiles  
1 envelope taco seasoning mix  
1 envelope ranch-style dressing mix  
1 pound cooked ground beef

Original recipe directions:

Cook meat and drain.

Add all ingredients to crock pot.

DO NOT DRAIN CANS.

Stir.

Cook on high for 2 hours or low for 4 hours.

Keep on low until serving to keep hot.

Garnish with sour cream, shredded cheese, chopped green onions, or tortilla chips.

For OAMC: Combine all ingredients. Simmer for 1 hour to blend flavors. Let cool. Label 2 gallon freezer bags. Then divide among 2 bags. Place bags on cookie sheet to freeze flat.

To use for serving day: Let thaw overnight in refrigerator. Empty contents into large pan. Heat through and serve. You can add additional water if desired for a thinner soup.

### **Crazy Lemon Marinade Chicken**

12 ounces lemonade, frozen concentrate, thawed  
2 1/2 tablespoons dried basil  
1/3 cup soy sauce  
1/4 cup olive oil or vegetable oil  
2 pounds chicken breast or pork chops

Original recipe:

Combine all ingredients. Let marinate for at least one hour, overnight if possible. Then grill, bake, or broil chicken. Pour remaining marinade into small saucepan and bring to a boil for a couple minute to kill any bacteria. Use to baste meat when cooking. If grilling 6-8 minutes per side. Baking takes about 30 minutes to 45 minutes at 350°F. Make sure to reach the recommended internal temperature.

For OAMC: Label (2) gallon sized freezer bags. Combine all marinade ingredients and divide among both freezer bags. Add chicken breasts or pork chops and freeze.

To use for serving day: Take out bag at least one day before cooking, let thaw in refrigerator. Meat will marinate as it thaws. Then grill, bake, or broil chicken. Pour remaining marinade into small saucepan and bring to a boil for a minute to kill any bacteria. Use to baste meat when cooking. If grilling 6-8 minutes per side. Baking takes about 30-45 minutes at 350°F. Make sure to reach the recommended internal temperature.

### **Souperior Meatloaf**

1 envelope onion soup mix (1 ounce)  
2 lbs ground beef  
3/4 cup dry breadcrumbs, crumbled, i usually use oatmeal or 1 1/2 cups fresh breadcrumbs, crumbled, i usually use oatmeal or 5 slices bread, crumbled, i usually use oatmeal  
2 eggs  
3/4 cup water  
1/3 cup ketchup

Original directions:

Preheat oven to 350°F. Combine all ingredients in a large bowl. Shape meatloaf into 2 loaves on a rimmed baking sheet or in a 13 x 9 baking dish. Bake uncovered for 45 minutes to 1 hour. Make sure to reach recommended temperature. Let stand 10 minutes before serving.

For OAMC: Label 1 gallon freezer bag. Combine all ingredients in a large bowl. Shape into 2 loaves. Wrap loaves with plastic wrap, then wrap with foil and place into a 1 gallon freezer bag. You will have 2 meatloaves, each should serve 4 people.

To use for serving day: Take out a meatloaf the day before to allow it to thaw completely in refrigerator. Remove plastic wrap and aluminum foil. Preheat oven to 350°F. Place meatloaf on rimmed baking. Bake for 45-60 minutes or until meat loaf tests done. You could also divide the meat loaf into a standard muffin tin and bake for 15 -20 minutes and make meatloaf muffins.

### **Easy Pizza Pasta Casserole**

2 lbs ground chuck  
1 large onion, chopped  
1 clove garlic, minced  
1 teaspoon Italian seasoning  
2 tablespoons olive oil  
2 jars spaghetti sauce, 26 ounce jars  
16 ounces rotini, cooked and drained  
5 cups shredded mozzarella cheese, 20 ounce package  
8 ounces sliced pepperoni

Original directions:

Brown ground beef, onion, garlic and seasoning in olive oil.

Drain.

Stir in pasta, spaghetti sauce and 3 cups cheese.

Place mixture in 2 greased 13x9x2 inch baking pans or 4 8x8 square pans.

Sprinkle with remaining mozzarella.

Top with pepperoni.

Cover and freeze up to 3 months.

Bake uncovered at 350°F degrees for 25-30 minutes, until heated through.

For OAMC: Combine cooked ground beef mixture with undercooked and drained rotini pasta and 3 cups of the mozzarella cheese. Set out (4) greased 8 x 8 aluminum foil pans out on counter top. Divide mixture among all 4 pans. Sprinkle 1/2 cup mozzarella cheese over each casserole. Divide 8 ounces of pepperoni slices among all four casseroles. Let casseroles cool. Then cover with aluminum foil, then place in gallon sized freezer bags for extra protection. Make sure to label freezer bags.

To use for serving day: Thaw in refrigerator overnight. Remove aluminum foil from pan. Preheat oven to 350°F. Place pan on cookie sheet and bake for 30-40 minutes or until hot.

### **Golden Baked Macaroni and Cheese**

1 pound elbow macaroni, uncooked  
1/2 cup margarine or butter  
1/3 cup sifted all purpose flour  
2 teaspoons dry mustard  
1 1/2 teaspoons salt  
5 cups milk  
4 cups shredded sharp cheddar cheese, 1 pound

Original directions:

Cook macaroni as package directs; drain.

Preheat oven to 375°F.

In a large saucepan, over medium heat, melt margarine; stir in flour, mustard and salt. Gradually stir in milk. Cook and stir until mixture thickens slightly and bubbles. Remove from heat. Add 2 cups cheese; stir until melted. In a large bowl, combine sauce with macaroni. Spoon into a greased 13 x 9 inch baking dish. Top with remaining 2 cups of cheese.

Bake 40 minutes or until hot and bubbly. Let stand 10 minutes. Refrigerate leftovers.

For OAMC: Under cook macaroni. Don't cook until tender. In a large saucepan, over medium heat, melt margarine; stir in flour, mustard and salt. Gradually stir in milk. Cook and stir until mixture thickens slightly and bubbles. Remove from heat. Add 2 cups cheese; stir until melted. In a large bowl, combine sauce with macaroni. Label 2 gallon freezer bags. After combining the sauce with the macaroni, divide into 2- (1) gallon freezer bags. Freeze flat on cookie sheet.

To use for serving day: Let thaw overnight. Preheat oven to 375°F. Pour macaroni and cheese into a greased 2 quart baking dish or greased 8 x 8 pan. Top with 1 cup of cheese. Bake for 35-40 minutes or until hot and bubbly. Let stand 10 minutes before serving.

### **Hash Browns Casserole**

26 ounces hash browns, frozen  
1/2 cup melted butter  
10 3/4 ounces condensed cream of chicken soup  
8 ounces sour cream  
1/2 cup chopped onion  
2 cups shredded cheddar cheese  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper  
dash Tabasco sauce, optional  
2 cups cornflake crumbs  
1/4 cup melted butter, optional

Original directions:  
Preheat oven to 350°F.

In a large bowl, combine hash browns, 1/2 cup melted butter, cream of chicken soup, sour cream, chopped onion, cheddar cheese, salt and pepper.

Place mixture in a 13x9x2 casserole dish.

Sprinkle cornflake crumbs over the top of casserole and drizzle with melted butter.

Bake covered in preheated oven for 40 minutes.

For OAMC: Combine all ingredients except cornflakes and melted butter. Label 2 gallon sized freezer bags. Divide ingredients equally between both bags. Freeze flat on cookie sheet.

To use on serving day: Thaw casserole overnight in refrigerator. Preheat oven to 350°F. Pour contents into a greased 8 x 8 pan. Top with 1 cup crushed cornflakes and drizzle 2 tablespoons of melted butter over the top. Cover with aluminum foil and bake for 35-40 minutes or until bubbly. Remove foil during last 10 minutes of baking.

### **Simple Chicken Enchilada Casserole**

1 onion, chopped  
4 ounces green chilies  
1 can cream of mushroom soup (10 1/2 ounce)  
1 can cream of chicken soup (10 1/2 ounce)  
4 cups cooked chicken  
20 ounce package of burrito sized tortillas (about 8 large tortillas)  
4 cups sharp cheddar cheese, shredded  
1 can black beans (optional) (15 1/4 ounce)  
salsa (optional)  
black olives (optional)  
sour cream (optional)

Original directions:

Combine onion, green chilies, soups, and chicken together in a large bowl.

Place a layer of flour tortillas (1/3 of the total) on the bottom of a 13 x 9 x 2 pan. I use a pizza cutter to cut up the tortillas.

Spread 1/3 of the soup mixture over the top.

Spread 1/3 of the cheese. Layer 1/3 of the black beans, if using.

Repeat two more times.

Bake for 30 minutes at 350 F or until bubbly.

Top with salsa, black olives, and sour cream, if desired.

Great freeze ahead casserole, don't bake first. To use:thaw overnight. Bake for about 30-45 minutes or until bubbly.

For OAMC: Combine 1 cup onions, green chilies, soups, and 4 cups of cooked chicken together in a large bowl. Tear tortillas into bite-sized pieces or use a pizza cutter to do this which is much faster and neater. Grease (2) 8 x 8 aluminum foil pans. Divide 1/3 of the torn tortillas among the 2 pans. Do the same with the soup mixture. Then the shredded cheese. Then divide the black beans, if you are using them. Do this 2 more times. It does not need to be perfect. Cover pans with aluminum foil, then place inside a gallon sized freezer bag for extra protection.

To use on serving day: Thaw casserole overnight in the refrigerator. Remove aluminum foil from top of the pan. Preheat oven to 350°F. Bake on cookie sheet for 30-45 minutes or until bubbly.

### **Poppy Seed Chicken Casserole**

1 package Rice-A-Roni fried rice flavor (6.2 ounces) cooked (I used about 1-2 tsp. olive oil)  
4 cups shredded cooked chicken  
1 cup sour cream  
1 can cream of chicken soup (10.75 ounces)  
36 butter crackers, crushed (Ritz) - 4 ounces  
6 tablespoons butter or margarine  
1 tablespoon poppy seeds

Original directions:

Preheat oven to 375°F.

Spoon the cooked rice in an even layer over the bottom of an 11 by 7 inch glass or ceramic baking dish. Combine the chicken, sour cream and soup in a medium sized bowl. Spoon this evenly over the rice. In the same bowl, combine the crackers and butter. Scatter this over the chicken mixture. Sprinkle the poppy seeds evenly on top.

Bake the casserole until it is bubbling and the crackers have lightly browned, 25-30 minutes. Serve at once.

For OAMC: Prepare rice mix, under cook the rice slightly. Prepare (2) 8 x 8 pans by greasing them. Divide the cooked rice mix between both pans. Then combine the chicken, sour cream, and soup in a medium sized bowl. Divide among both pans. Cover pans with aluminum foil, then place inside a gallon sized freezer bag for extra protection. Reserve the rest of the ingredients for serving day.

To use on serving day: Thaw casserole overnight in the refrigerator. Remove aluminum foil from top of the pan. Preheat oven to 375°F.

Crush up about a 1/2 of a sleeve of crackers about 18 and mix with 3 tablespoons of butter. Scatter over the casserole. Then sprinkle 1 1/2 teaspoons of poppy seeds over the top. Bake on a cookie sheet until the casserole is bubbling and the crackers are of a light brown color, 20-25 minutes.

## **Cooking Directions for Meals**

### **White Chili**

To use for serving day: Let thaw overnight in refrigerator. Empty contents into large pan. Heat through and serve. Additional water may be added for a thinner consistency chili, if desired.

### **Crockpot Taco Soup**

To use for serving day: Let thaw overnight in refrigerator. Empty contents into large pan. Heat through and serve. You can add additional water if desired for a thinner soup.

### **Crazy Lemon Marinade Chicken**

To use for serving day: Take out bag at least one day before cooking, let thaw in refrigerator. Meat will marinate as it thaws. Then grill, bake, or broil chicken. Pour remaining marinade into small saucepan and bring to a boil for a minute to kill any bacteria. Use to baste meat when cooking. If grilling 6-8 minutes per side. Baking takes about 30-45 minutes at 350°F. Make sure to reach the recommended internal temperature.

### **Souperior Meatloaf**

To use for serving day: Take out a meatloaf the day before to allow it to thaw completely in refrigerator. Remove plastic wrap and aluminum foil. Preheat oven to 350°F. Place meatloaf on rimmed baking. Bake for 45-60 minutes or until meat loaf tests done. You could also divide the meat loaf into a standard muffin tin and bake for 15 -20 minutes and make meatloaf muffins.

### **Easy Pizza Pasta Casserole**

To use for serving day: Thaw in refrigerator overnight. Remove aluminum foil from pan. Preheat oven to 350°F. Place pan on cookie sheet and bake for 30-40 minutes or until hot.

### **Golden Baked Macaroni and Cheese**

To use for serving day: Let thaw overnight. Preheat oven to 375°F. Pour macaroni and cheese into a greased 2 quart baking dish or greased 8 x 8 pan. Top with 1 cup of cheese. Bake for 35-40 minutes or until hot and bubbly. Let stand 10 minutes before serving.

### **Hash Browns Casserole**

To use on serving day: Thaw casserole overnight in refrigerator. Preheat oven to 350°F. Pour contents into a greased 8 x 8 pan. Top with 1 cup crushed cornflakes and drizzle 2 tablespoons of melted butter over the top. Cover with aluminum foil and bake for 35-40 minutes or until bubbly. Remove foil during last 10 minutes of baking.

### **Simple Chicken Enchilada Casserole**

To use on serving day: Thaw casserole overnight in the refrigerator. Remove aluminum foil from top of the pan. Preheat oven to 350°F. Bake on cookie sheet for 30-45 minutes or until bubbly.

### **Poppy Seed Chicken Casserole**

To use on serving day: Thaw casserole overnight in the refrigerator. Remove aluminum foil from top of the pan. Preheat oven to 375°F. Crush up about a 1/2 of a sleeve of crackers about 18 and mix with 3 tablespoons of butter. Scatter over the casserole. Then sprinkle 1 1/2 teaspoons of poppy seeds over the top. Bake on a cookie sheet until the casserole is bubbling and the crackers are of a light brown color, 20-25 minutes.

