

Summer Meal
SURVIVAL



GUIDE

@m.beesley91

www.faithfamilyfarmlife.com

What is the Summer Meal Survival Guide?

I'm so glad you asked! The Summer Meal Survival Guide is a compilation of my family and I's favorite quick meals, freezer meals, and snacks! While I always love a quick meal or snack, I especially appreciate them during the busy seasons.

I'm excited to be sharing these with you and on the following pages you'll find recipes that I hope you and your family will love! Most of these meals take 45 minutes or less to bake, and many of them are freezer friendly! The snacks are mostly grab and go, but I do have a couple of things that I make for snacks, too!

Quick Meals

First up, we have my family's favorite quick meals! I'll share the list first, and then the recipes (or guidelines...) will be on the following pages!

- Beef Stroganoff
- Spaghetti or Spaghetti Bake
- Chicken Alfredo
- Shrimp Alfredo
- Egg Roll in a Bowl
- Ham & Cheese Sliders

Here is a short list of some quick meals that we keep in our freezer!

- Chinese Chicken - We usually serve this with rice cooked in the instant pot. The brand of chicken we use takes about the same amount of time to bake as the rice takes to cook in the instant pot.
- Frozen Pizza
- Chicken Strips
- Boxed Mac and Cheese - We will often add protein such as hamburger, sausage or taco meat in our mac and cheese to give it more volume!

Beef Stroganoff

This isn't probably your traditional stroganoff, but it has a whopping 4 ingredients (aside from seasonings) and comes together in about 30 minutes!!

Ingredients:

- 1# Ground Beef
- 2 (10.5oz) Cans Cream of Mushroom Soup OR
2 Cups of Homemade Cream of Mushroom Soup
- 1/2 Cup Sour Cream
- 1# Pasta (We love Rotini or small Macaroni Shells)

Directions:

1. Start boiling water for your pasta while you brown the ground beef. Once your water is boiling, add your pasta and cook that per the package directions.
2. Season the ground beef with whatever you enjoy (I use salt, pepper, garlic powder and onion powder).
3. Once your beef is cooked through, drain any grease from it and then stir in your cream of mushroom soup and sour cream. Mix it well.
4. Once noodles are done, drain them and mix them into your beef mixture. Simmer for a few minutes and then enjoy!

Homemade Cream of Mushroom Soup

This recipe isn't just delicious, it freezes extremely well, too.

Ingredients:

4 TBSP Butter
1# Fresh Mushrooms
1/2 Cup Chopped Onion
12 TBSP Flour
1 tsp Salt
1/4 tsp Pepper
2 (14.5oz) Cans or about 3.5 Cups of Chicken Broth
2 Cups Heavy Whipping Cream

Directions:

1. Chop mushrooms to your desired consistency, I do them in a food processor so they are very fine. Then heat the butter in a large saucepan and sauté the mushrooms and onions until they are tender.
2. Combine flour, salt, pepper, and half of your broth until smooth. Add to the mushroom mixture and stir until combined.
3. Stir in the second half of the broth, bring to a boil and cook while stirring until thickened. This will take a couple of minutes.
4. Lower the heat and stir in the heavy whipping cream. Simmer for 15-20 minutes until flavors are well combined. Make sure you stir occasionally.
5. To freeze for later I allowed the soup to cool before measuring it into 2 cup portions, then lay these flat on cookie sheets to freeze.

Spaghetti Bake

This is another very quick meal that freezes great! I highly recommend making a double batch and freezing half for later!

Ingredients:

1-2# Seasoned, Cooked Ground Beef
24oz Jar Spaghetti Sauce
1# Spaghetti Noodles (cooked)
2 Cups Shredded Cheese

Directions:

1. Preheat oven to 350°F and grease a 9"x13" pan.
2. Combine ground beef, spaghetti sauce, and spaghetti noodles, and spread evenly into the 9x13 pan.
3. Top with cheese.
4. Bake for 25-30 minutes until cheese just starts to brown and sauce is bubbling.

Note: To Freeze: Prepare as if you are going to bake it, and use a freezer safe pan. Cover with foil. To reheat, thaw and bake at 350° until hot and bubbly, usually 30-45 minutes.

Chicken Alfredo

This one is quick and great on those busy summer nights. It reheats well for lunch or supper the next day, too!

Ingredients:

- 1/2-1# Pasta (Penne, Fettuccini, Rotini, Etc.)
- 1-2# Diced, Cooked Chicken
- 1 Jar of Alfredo Sauce or Homemade Alfredo Sauce

Directions:

1. Cook noodles according to package directions and drain.
2. Add in chicken and sauce.
3. Mix well and enjoy.

Note: To make this a freezer meal, you can add all mixed ingredients into a freezer safe pan, top with cheese and freeze. Thaw and bake it at 350° for 30-45 minutes, or until it is bubbly and heated through.

Homemade Alfredo Sauce

If you want to try your hand at a homemade Alfredo sauce, this is a good one!!

Ingredients:

1/2 Cup Butter
1.5 Cups Heavy Whipping Cream
2 tsp Minced Garlic
1/2 tsp Italian Seasoning
1/2 tsp Salt
1/4 tsp Pepper
2 Cups Fresh Grated Parmesan Cheese
or 1.5-2 Cups Grated Parmesan Cheese (not fresh)

Directions:

1. In a skillet on low heat, combine butter and whipping cream.
2. Bring to a simmer and simmer for approximately 2 minutes.
3. Whisk in seasonings and simmer for another minute.
4. Whisk in the parmesan cheese until it is all melted.
5. It is now ready to serve immediately.

Hamburger Biscuit Bake

If you need supper in a hurry, this four ingredient recipe is for you! The best part is that it can be a one dish meal if you use a big cast iron skillet to make it!

Ingredients:

1# Ground Beef
8oz Cream Cheese
1 (10.5oz) can Cream of Mushroom Soup
1 Can Biscuits
Seasonings of choice for ground beef.

Directions:

1. Cook and season ground beef. We just season ours with salt, pepper, garlic and onion powder. Drain any excess fat.
2. Stir in cream cheese and cream of mushroom soup until well combined.
3. Top with biscuits. You may have to break some of them up to get them to fit.
4. Bake at 375° for 15-18 minutes or until the biscuits are cooked.

Egg Roll in a Bowl

This recipe is simple with only a handful of ingredients! I love starting a batch of rice in the Instant Pot while I make this, as they get done pretty close to the same time!

Ingredients:

1# Ground Pork (Not Sausage!)

Salt & Pepper to Taste

1# Package Coleslaw Mix (do not use the sauce!) or Shredded Cabbage

1tsp Minced Garlic

1/4 Cup Soy Sauce

1tsp Ground Ginger

1TBSP Sesame Oil

Directions:

1. In a large skillet, brown the ground pork and season with salt and pepper. Drain off any fat.
2. In a small bowl, combine minced garlic, soy sauce, ground ginger, and sesame oil.
3. Add sauce and coleslaw mix or cabbage to the ground pork skillet.
4. Sauté it all together until the cabbage has cooked down to the tenderness that you prefer.
5. Serve over rice.

Ham and Cheese Sliders

There are so many ways to make these sliders! You can use your favorite meat(s) and cheese(s) to make them just how your family loves them! They also freeze well!

Ingredients:

12 Hawaiian Rolls
Miracle Whip or Mayo
8oz Deli Meat
10-12 Slices of Cheese
1/4 Cup Butter (melted)

Directions:

1. Slice rolls in half and place into a 9x13 pan.
2. Spread Miracle Whip or Mayo on top and bottom half of the rolls.
3. Place deli meat evenly across the bottom half of the rolls.
4. Add cheese on top of the deli meat.
5. Place top of rolls back on. Brush melted butter on top.
6. Bake at 350° for 15-20 minutes or until the cheese is melted and rolls are just started to brown a bit.

To Freezer: I prefer to leave the butter off, top with foil, then thaw them, add the butter and bake!

You can also switch up the Miracle Whip/Mayo for honey mustard or other sandwich spreads that you and your family enjoy!

Delicious, but Less Quick Meals

Now... on to the less quick but delicious meals and our favorite side dish! The best part about these is that most of them freeze extremely well and my secret is to make them ahead of time and pop them in the freezer so I will have them ready when we need them!

You'll find the recipes on the following pages!

- Bonus less quick, but delicious meals & sides:
- BBQ Meatballs
- Chicken and Rice Casserole
- Cream Cheese Chicken Enchiladas
- Cheesy Potatoes

BBQ Meatballs

We love these enchiladas! If you keep cooked chicken on hand (I like to keep baked and chopped or shredded chicken thighs in the freezer!) they don't take much time to whip up! They also freeze extremely well!!

Ingredients:

Meatballs:

1-13oz Can Evaporated Milk
3# Ground Beef
2C Quick Oats
2 Eggs
1C Chopped Onion
1/2t Garlic Powder & Pepper
2t Salt & Chili Powder

Sauce:

2C Ketchup
1.5C Brown Sugar
2T Liquid Smoke
1/2t Garlic Powder
1/2C Chopped Onions

Directions:

1. Preheat oven to 350°F and grease 2 - 9"x13" pan.
2. Combine all meatball ingredients together until combined, but do not over mix.
3. Shape into walnut sized balls (or use a medium cookie scoop), and line single file into your pans.
4. In a large bowl, combine all sauce ingredients until the brown sugar is dissolved.
5. Pour sauce over meatballs evenly.
6. Bake for one hour and enjoy!

You can also make smaller meatballs, they do take less time to bake, so I recommend checking them at 30 minutes, and in 5 minute increments thereafter.

Chicken and Rice Casserole

Try not to panic when you see how long this one takes to bake! This is one that I will prepare, put in the oven and then set a timer on my phone so I can go enjoy outside time with my family!

Ingredients:

- 1.5# Cooked or Raw Chicken (I prefer using cubed, cooked chicken!)
- 1.5 Cups Uncooked Rice
- 1 (10.5 oz) Can Cream of Celery Soup
- 1 (10.5oz) Can Cream of Mushroom Soup
- 2.25 Soup Cans of Water
- 1 Packet French Onion Soup Mix

Directions:

1. Place chicken evenly in the bottom of a 9x13 pan.
2. Sprinkle rice evenly over the top of the chicken.
3. In a medium bowl, mix the cream soups and water. Pour over the chicken and rice.
4. Sprinkle the onion soup mix on top.
5. Bake at 350°F, uncovered, for 2 hours until rice is cooked through and chicken is tender (if using raw chicken)

Cream Cheese Chicken Enchiladas

We love these enchiladas! If you keep cooked chicken on hand (I like to keep baked and chopped or shredded chicken thighs in the freezer!) they don't take much time to whip up!

They also freeze extremely well!!

Ingredients:

1# to 2# Cooked, Shredded Chicken
8oz Cream Cheese, Softened
Taco Seasoning to Taste
Salt & Pepper To Taste
Soft Tortillas - I Use Mission Burrito Tortillas
Shredded Cheese to Taste
1 - 10oz can Enchilada Sauce (Red or Green)

Directions:

1. Preheat oven to 350°F and grease a 9"x13" pan.
2. Mix chicken, cream cheese and seasonings together until well combined.
3. Place a hearty spoonful (or two) of chicken mixture into tortilla, spread evenly, and roll tortilla. Repeat until mixture is gone, placing each enchilada into your greased pan.
4. Cover enchiladas with sauce and top with cheese.
5. Bake for 25-30 minutes until cheese just starts to brown and sauce is bubbling.
6. Serve with your favorite toppings and enjoy!

Cheesy Potatoes

These are a family favorite around here! They are quick to toss together, take a little bit to bake, but are worth the wait!
They are another recipe that freezes great!

Ingredients:

30oz Frozen Shredded Hashbrowns
1/4 Cup Melted Butter
2 Cups Sour Cream
1 (10.5oz) Can Cream of Chicken Soup
1/3 Cup Chopped Onion
1.5 Cups Shredded Cheese

Directions:

1. Combine butter, sour cream and cream of chicken soup until well blended.
2. Stir in onions and half of the cheese.
3. Stir in hashbrowns and mix well. Then transfer them to a greased 9x13" pan.
4. Top with remaining cheese.
5. Bake a 350°F for 45 minutes.

Snack Time

Here is a list of our favorite quick snacks! The recipe for the chocolate chip oatmeal bars and our favorite smoothie are on the next couple of pages!

- Beef Sticks
- String Cheese
- Chocolate Chip Oatmeal Bars
- Nutrigrain Bars
- Cinnamon Toast
- Fruit Cups
- Fresh Fruit
- Fresh Veggies
- Yogurt - Great Value Honey Vanilla Greek is everyone's top pick!
- Smoothies

Chocolate Chip Oatmeal Bars

Riley and I love these oatmeal bars! They are great for breakfasts or snacks. Once they are baked and cooled, I cut them into squares and put them in the freezer!

Ingredients:

1 Cup Room Temp Butter
1 Cup Brown Sugar (packed)
1/2 Cup Granulated Sugar
2 Eggs
2 tsp Vanilla Extract
1/2 tsp salt
1 tsp Baking Soda
1 tsp Baking Powder
1.5 Cups Flour
2 Cups Old Fashioned Oats
1.5 Cups Chocolate Chips

Directions:

1. In a large bowl, beat the butter and sugars together until they are smooth.
2. Add in the eggs individually, mixing after each egg. Mix in the vanilla.
3. In another bowl, combine the flour, oatmeal, salt, baking powder and baking soda.
4. Add dry mixture to the wet mixture until they are combined then mix in the chocolate chips.
5. Press into a lightly greased 9x13 pan and bake at 350°F for 25-30 minutes or until it turns golden brown.
6. Cool completely before cutting.

Fruity Kefir Smoothies

These haven't grown on Riley, yet, but Rae and I love them!

Ingredients:

8oz Kefir (We love Strawberry or Blueberry)

1/2-1 Cup Fresh Fruit

1/4-1/2 Cup Greek Yogurt (We use Honey Vanilla)

Directions:

1. Place all ingredients in a blender, blend until smooth and enjoy!

Thank You!

I hope you've found a few recipes and snack ideas that will help make your summer meal times less crazy!

If you would like more tips for quick meals, saving money on groceries, meal planning, or stocking your pantry, feel free to follow along on Instagram (@m.beesley91) or check out my e-book [Mealtime Mastery!!](#)

With love,
Matraca