

Meal-in-a-Bag System with Seven Printable Recipes



You'll love this Meal-in-a-Bag System that makes your meal prep super easy. You can store your Meals in Bags in your Working Pantry, Refrigerator, Freezer, or a combination of locations in your Four Corners Pantry. And when you're ready to make your meal, pull out your Meal-in-a-Bag, and you'll be able to put a meal on your dinner table in no time!

This packet contains instructions on how to create Meals in Bags and provides you with seven printable recipes so you can prepare a week's worth of meals ahead of time.

Watch my Meals in Bags video and read my accompanying "[How to Make Meal Prep Fast with the Meal-in-a-Bag System](#)" blog post to learn how to use this Meal-in-a-Bag System in your traditional foods kitchen.

Process for Creating Meals in Bags for Meal Prep

- If you have **only non-perishable or only perishable ingredients**, you'll create a *complete Meal-in-a-Bag*.
- If you have a **mix of non-perishable and perishable ingredients**, you'll create two or more *partial Meal-in-a-Bags*.



Creating a Complete Meal-in-a-Bag

1. Choose the recipe you want to prepare and print a copy of the recipe.
2. Gather the ingredients together.
3. Choose a container that will store all of your ingredients.
4. Place the ingredients into your container.
5. Attach the printed recipe to your container.
6. Store your container as appropriate in your Working Pantry, Refrigerator, or Freezer.

Creating a Partial Meal-in-a-Bag

1. Choose the recipe you want to prepare and print two copies of the recipe.
2. Gather the non-perishable ingredients together.
3. Gather the perishable ingredients together.
4. Choose a container that will store all of your non-perishable ingredients.
5. Choose a container that will store all of your perishable ingredients.
6. Place the non-perishable ingredients into the non-perishable container.
7. Place the perishable ingredients into the perishable container.
8. Attach a copy of the printed recipe to each of your containers.
9. Store your non-perishable container in your Working Pantry.
10. Store your perishable container in your Refrigerator or Freezer.

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Chicken Tortilla Soup Meal-in-a-Bag

Ingredients in Bag:

- 2 12-ounce cans chicken meat (or substitute 2 pints home canned chicken)
- 1 15-ounce can dark red kidney beans (or 1 pint home canned kidney beans)
- 1 15-ounce can black beans (or 1 pint home canned black beans)
- 1 15-ounce can corn (or 1 pint of home-canned corn)
- 1 24-ounce jar chunky salsa, mild or medium
- 1 seasoning mix (packed into a small container or plastic bag):
 - 1 teaspoon ground cumin
 - 1 teaspoon ground coriander
- 64 ounces chicken broth (boxes, jars, or home canned)

Ingredients on hand:

- Salt and pepper
- 1 bag tortilla chips

Optional Ingredients from refrigerator, if desired:

- Grated cheese, sharp cheddar, or Monterey Jack
- Sour cream

Directions:

1. Add all the ingredients from the bag into a large soup pot and bring up to a boil over high heat. Turn down to medium, cover, and simmer for 10 minutes until heated through.
2. Taste and adjust with salt and pepper if needed.
3. Ladle soup into bowls.
4. Top with crushed tortilla chips along with grated cheese and a dollop of sour cream, if desired.

Serve and enjoy!

Tomato Pasta Bake Meal-in-a-Bag

Ingredients in Bag:

- 64 ounces chicken broth (boxes, jars, or home canned)
- 2 14.5-ounce cans of Italian diced tomatoes (or substitute 2 pints home-canned tomatoes)
- 1 12-ounce can evaporated milk
- 1 16-ounce box penne pasta
- 2 12-ounce cans chicken meat, rinsed and shredded (or substitute 2 pints home-canned chicken)
- 1 seasoning mix (packed into a small container or plastic bag):
 - 1 1/2 tsp dried Italian seasoning
 - 1/2 tsp garlic powder
- 1 cup seasoned bread crumbs (placed in small container or plastic bag)

Ingredients on hand:

- Salt and pepper

Optional Ingredients from refrigerator, if desired:

- 2 cups grated mozzarella*

Directions:

1. Preheat the oven to 350°F (177°C).
2. In a large saucepan placed on the stovetop, bring the broth up to a boil on high heat. Once it comes up to a boil, turn down the heat to low and add in the tomatoes and the evaporated milk. Stir well, place the lid on the saucepan, and keep warm on low heat.
3. In a 9" x 13" baking dish, add the uncooked pasta, chicken, and Italian seasoning/garlic powder mix and toss. Remove the saucepan from the stovetop and pour the broth/milk mix into the baking dish. Place the baking dish on a sheet pan (to catch any liquid if it bubbles over the rim of the baking dish). Place the sheet pan with the baking dish on the middle rack of the oven and bake for approximately 30 minutes or until the pasta is tender.
4. Sprinkle the pasta with breadcrumbs and turn on the broiler, but watch very closely. Broil for approximately 1 minute until the breadcrumbs appear crisp and toasted.
5. Add salt and pepper to taste.

*If you use the mozzarella cheese, place it on top of the pasta and then add the breadcrumbs and proceed with the broiler step.

Serve and enjoy!

Clam Chowder Meal-in-a-Bag

Ingredients in Bag:

- 2 15-ounce cans diced potatoes (or substitute 2 pints home-canned diced potatoes)
- 4 8-ounce bottles clam juice
- 1 14.5-ounce can chicken broth (or substitute 1 pint home-canned chicken broth)
- 1 12-ounce can evaporated milk
- 2 6.5-ounce cans chopped clams with juice
- 1 seasoning mix (packed into a small container or plastic bag):
 - 2 tbsp dried onion
 - 1 tsp dried parsley
 - 1/2 tsp celery salt
- 2 tbsp cornstarch (packed packed into a small container or plastic bag)

Ingredients on hand:

- Salt and pepper
- Soup and Oyster Crackers

Optional Ingredients from refrigerator, if desired:

- None

Directions:

1. Place a large saucepan on the stovetop and add all the ingredients from the bag except the cornstarch and 1/2 cup of the chicken broth. Bring it up to a boil, then turn it down to medium and simmer for 15 minutes. Stir periodically.
2. In a small bowl, combine the cornstarch and the remaining 1/2 cup of chicken broth. Whisk well with a fork to make a slurry. Set aside.
3. After the chowder has simmered for 15 minutes, slowly whisk in the slurry. Once all the slurry has been added to the chowder, continue to whisk until the chowder begins to thicken.
4. Taste the chowder and add salt and pepper to taste, if desired.
5. Immediately ladle into soup bowls and top with the soup and oyster crackers, if desired.

Serve and enjoy!

Chicken Cacciatore Meal-in-a-Bag

Ingredients in Bag:

- 2 12-ounce cans chicken meat (or substitute 2 pints home canned chicken)
- 2 14.5-ounce diced Italian tomatoes
- 2 8-ounce cans tomato sauce
- 1 seasoning mix (packed into a small container or plastic bag):
 - 3 tbsp dried onions
 - 1 tsp garlic powder
 - 1 1/2 tsp dried Italian seasoning
- 1 12-ounce package of pappardelle or egg noodles
- 1/2 cup shelf-stable grated Parmesan-style cheese (packed into a small container or plastic bag)*

Ingredients on hand:

- 6 cups water
- Salt and pepper
- Italian bread

Optional Ingredients from refrigerator, if desired:

- * Alternatively, you can use freshly grated Parmigiano-Reggiano.

Directions:

1. Open the cans of chicken, rinse well, and shred.
2. In a large saucepan placed on the stovetop, combine all of the ingredients (including the rinsed and shredded chicken) except the pappardelle (or egg noodles) and the Parmesan cheese.
3. Bring the mixture to a boil, immediately turn the heat down to medium, and allow it to simmer for 20 minutes.
4. While the Chicken Cacciatore is simmering, place a large stockpot on the stovetop, fill it halfway with water, and bring it to a boil on high heat. Add 1 tablespoon of salt to the water, stir well, and bring the water back up to a boil.
5. Add the pappardelle or egg noodles to the boiling water and cook till al dente, or according to package directions to desired tenderness.
6. Once the pappardelle or egg noodles have cooked, drain them from the water, divide them among serving bowls, and top with the Chicken Cacciatore.
7. Sprinkle the Parmesan cheese on top of each bowl of Chicken Cacciatore.
8. Add a slice of Italian bread to each bowl to sop up the sauce, if desired.

Serve and enjoy!

Chili con Carne Meal-in-a-Bag

Ingredients in Bag:

- 1 24-ounce jar chunky salsa, mild or medium
- 1 15-ounce can tomato sauce
- 1 14.5-ounce can chicken or beef broth (or substitute home canned broth)
- 1 15-ounce can dark red kidney beans (or substitute 1 pint home-canned kidney beans)
- 1 15-ounce can pinto beans (or substitute 1 pint home-canned pinto beans)
- 1 12-ounce can roast beef (or substitute 1 pint home-canned ground beef)
- 1 seasoning mix (packed into a small container or plastic bag):
 - 1 tbsp unrefined whole cane sugar
 - 1 tbsp chili powder of choice (I like ancho)
 - 1 tsp ground coriander
 - 1 tsp ground cumin

Ingredients on hand:

- Tortilla chips
- Salt and pepper

Optional Ingredients from refrigerator, if desired:

- Grated Monterey Jack cheese
- Sour cream
- Sliced green onions

Directions:

1. Open cans of beans and rinse well. Set aside
2. Open can of roast beef and chop the meat into small pieces.
3. Now mix all the bag ingredients, including the beans and meat (or home-canned ground beef), in a large saucepan placed on the stovetop.
4. Bring the mixture up to a boil then turn the heat down to medium and allow the chili to simmer for 15 minutes until completely heated through.
5. You can adjust the consistency of the chili by adding additional broth to thin or tomato sauce to thicken.
6. Taste and adjust seasoning and add salt and pepper, if desired
7. Ladle chili con carne into bowls and top with cheese, sour cream, and green onions, if desired.
8. Place a bowl of tortilla chips on the side.

Serve and enjoy!

Chicken Tetrazzini Meal-in-a-Bag

Ingredients in Bag:

- 1 one-pound box angel hair pasta
- 1 4-ounce can mushrooms
- 2 12-ounce cans chicken meat (or substitute 2 pints home canned chicken)
- 1/4 cup ghee (packaged in small jar with tight-fitting lid)
- 1/4 cup all-purpose flour (packaged in small container or plastic bag)
- 1 seasoning mix (packed into a small container or plastic bag):
 - 1/2 cup shelf-stable grated Parmesan-style cheese
 - 1 tsp salt
 - 1/2 tsp garlic powder
- 32 ounces chicken broth (box, jar, or home canned)
- 1 12-ounce can evaporated milk
- 1 cup seasoned bread crumbs (placed in small container or plastic bag)

Ingredients on hand:

- Additional salt
- Black pepper
- Italian bread

Optional Ingredients from refrigerator, if desired:

- None

Directions:

1. Preheat the oven to 350°F (177°C).
2. Break the angel hair pasta into approximately 2-inch pieces and add to a 9" x 13" baking dish.
3. Open the can of mushrooms and drain. Add them to the baking dish.
4. Open the cans of chicken, rinse well, and shred. Add the chicken to the baking dish.
5. Toss the pieces of angel hair pasta with the mushrooms and chicken until well-mixed. Set aside.
6. In a large saucepan placed on the stovetop, add the ghee and allow it to melt over medium heat.
7. Once the ghee has melted, sprinkle it with the flour and sauté for 2 minutes.
8. After two minutes, add the seasoning mix to the saucepan and stir well to incorporate.

9. Add the broth and the evaporated milk to the saucepan and whisk well to ensure there are no lumps.
10. Bring the mixture up to a boil and stir well to prevent it from burning. As it begins to thicken, immediately remove it from the heat.
11. Pour the mixture from the saucepan into the baking dish. Mix well until all the pasta, mushrooms, and chicken are well coated.
12. Place the baking dish on a sheet pan (to catch any liquid, if it bubbles over the rim of the baking dish). Place the sheet pan with the baking dish on the middle rack of the oven and bake for approximately 30 minutes or until the pasta is tender.
13. Sprinkle the Chicken Tetrazzini with the breadcrumbs and turn on the broiler, but watch very closely. Broil for approximately 1 minute until breadcrumbs appear crisp and toasted.
14. Spoon Chicken Tetrazzini into bowls and add salt and pepper to taste.
15. Add a slice of Italian bread on the side.

Serve and enjoy!

Sweet and Sour Orange Chicken Meal-in-a-Bag

Ingredients in Bag:

- 2 cups white basmati rice
- 64 ounces chicken broth (boxes, jars, or home canned)
- 1 20-ounce can pineapple chunks, in juice
- 1 13-ounce jar orange marmalade
- 1/4 cup dried chopped sweet bell peppers
- 1 seasoning mix (packed into a small container or plastic bag):
 - 2 tsp dried onions
 - 1 tsp salt
 - 1/4 tsp crushed red pepper flakes, optional (adds a bit of spiciness)
- 1 liquid seasoning mix (poured into a small glass bottle with a tight-fitting lid):
 - 2 tbsp apple cider vinegar
 - 1 tbsp soy sauce
- 2 12-ounce cans chicken meat (or substitute 2 pints home canned chicken)
- 4 tbsp cornstarch (packed into a small container or plastic bag)

Ingredients on hand:

- Additional salt
- Additional soy sauce
- Additional vinegar
- Black pepper

Optional Ingredients from refrigerator, if desired:

- Sliced green onions

Directions:

1. Place rice in a medium saucepan on the stovetop or in a rice cooker with 3 cups chicken bone broth and cook according to package directions.
2. Into a large saucepan set to medium heat on the stovetop, empty the can of pineapple chunks, juice, marmalade, bell peppers, dry seasoning mix, liquid seasoning mix, and 4 cups of chicken broth and stir well to combine.
3. Simmer the mixture in the large saucepan for 15 minutes, stirring periodically to prevent sticking or burning.
4. Open the cans of chicken, rinse well, and then shred. Add to the large saucepan and mix well until thoroughly combined.

5. In a small bowl, mix the cornstarch with the remaining chicken broth to make a slurry.
6. Add the slurry to the large saucepan and stir well. Bring the entire mixture to a boil in a large saucepan and continue to stir. Once the mixture begins to thicken, immediately turn off the heat. Taste and adjust seasonings, including salt and pepper, if needed.
7. Divide the cooked rice among serving bowls and ladle portions of the Sweet and Sour Orange Chicken on top of the rice.
8. Sprinkle sliced green onions on the chicken, if desired.

Serve and enjoy!