

Dinner

Freezer Friendly Dinners

Cook once, cool promptly, and package for another evening



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Chicken Broccoli Rice Bake 5

Turkey Lentil Shepherd’s Pie 7

Edition, use and support 9

Typeface license 10

Make this kitchen yours

A freezer meal begins with a good dinner, then a careful cooling and packaging plan. This book freezes cooked food in household portions rather than asking you to guess whether a large raw casserole will bake safely from frozen. Sauces protect meat, individual portions cool faster than deep dishes, and flat packages use less freezer space. Label each container with the recipe, date, portion count, and reheating instructions before filling it. The suggested freezer periods describe quality, and the refrigerator guidance remains separate. Choose two recipes you would happily eat on different weeks and make room for their containers before you start cooking. Several dishes pair a frozen sauce with a freshly prepared starch, keeping pasta and potatoes at their best. Thaw food overnight in the refrigerator when directed and reheat cooked leftovers throughout to 165°F. The chicken rice bake uses a conservative one-day refrigerator window because it contains cooked rice. Junction Table by CrownThrive, LLC presents this as a recipe development edition; these recipes have not been kitchen-tested. Read the entire recipe before starting, use the stated pan size or appliance capacity, and check doneness rather than relying only on the clock. Cooking times are estimates because equipment, ingredient size, and starting temperature vary. Taste before adding final salt, and use the substitution note to make one practical change at a time.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Chicken Broccoli Rice Bake - AI-generated realistic food artwork, not a photograph or tested result.

Chicken Broccoli Rice Bake

6 servings | Prep: 25 minutes | Cook: 40 minutes

Ingredients

- 2 cups cooked long-grain rice
- 1 pound boneless skinless chicken breasts, diced
- 1 tablespoon olive oil
- 1 pound broccoli, cut into small florets
- 2 tablespoons butter
- 2 tablespoons flour
- 1½ cups milk
- ½ cup low-sodium chicken broth
- 1 cup shredded cheddar
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper

Method

1. Heat the oven to 375°F. Cook chicken in oil in a skillet 8–10 minutes until it reaches 165°F; transfer to a bowl. Steam broccoli 4 minutes until nearly tender.
2. Melt butter in a saucepan, whisk in flour for 1 minute, then slowly whisk in milk and broth. Simmer 3 minutes until thickened; add salt, pepper, and half the cheese.
3. Fold chicken, rice, and broccoli into sauce. Spread in a 2-quart baking dish, top with remaining cheese, and bake 20–25 minutes until the center reaches 165°F.
4. For freezing, portion the cooked bake into shallow containers rather than freezing the hot deep dish. Thaw refrigerated portions overnight and reheat covered at 350°F until 165°F.

Cook's tip

Portion promptly; use freshly cooked or safely chilled rice.

Substitution

Use cauliflower florets instead of broccoli, steaming them until nearly tender.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat rice-containing portions within 1 day or freeze airtight up to 2 months. Thaw refrigerated; reheat to 165°F.

Ingredient allergen notes

wheat, milk

Turkey Lentil Shepherd's Pie

6 servings | Prep: 30 minutes | Cook: 40 minutes

Ingredients

- 1 pound ground turkey
- 1 cup cooked brown lentils
- 1 onion, diced
- 2 carrots, diced
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- 1 cup low-sodium chicken broth
- 1 cup frozen peas
- 2 pounds potatoes, peeled and cubed
- ½ cup milk
- 2 tablespoons butter
- 1 teaspoon kosher salt

Method

1. Heat the oven to 375°F. Boil potatoes in water until tender, 15-18 minutes; drain and mash with milk, butter, and half the salt.
2. Cook turkey, onion, and carrots in oil for 10 minutes until turkey reaches 165°F. Stir in paste, broth, lentils, peas, and remaining salt; simmer 5 minutes.
3. Spread filling in a 2-quart baking dish and cover with mashed potatoes. Bake 20-25 minutes until the center reaches 165°F and potato ridges begin to brown.
4. Cool individual portions in shallow containers before freezing. Thaw overnight in the refrigerator and reheat covered at 350°F, uncovering near the end, until the center reaches 165°F.

Cook's tip

Drag a fork over the potato topping to create ridges that brown attractively.

Substitution

Use lean ground beef instead of turkey and cook it to 160°F before assembling.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3-4 days or freeze airtight up to 2 months for quality. Thaw refrigerated; reheat to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Edition, use and support

One household recipient may keep, download and print this edition for personal household use. You may cook and adapt the recipes. Do not resell, redistribute, upload the book publicly or sublicense its text, layouts or files. Copyright and other rights are not transferred. Online access follows the published refund and dispute policy.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Typeset in DejaVu Serif and DejaVu Sans. Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain. The embedded font software is supplied under the Bitstream Vera font license; see FONT-LICENSE.txt in the download.

Gretna Junction - CrownThrive, LLC - Go Flipbooks publishing lane. Support and corrections: contact@crownthrive.com. <https://gretnajunction.com/support>

<https://gretnajunction.com/support>

Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

Typeface license

DejaVu font software

Copyright: Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain.

Bitstream Vera font license Permission is hereby granted, free of charge, to any person obtaining a copy of the fonts accompanying this license ("Fonts") and associated documentation files (the "Font Software"), to reproduce and distribute the Font Software, including without limitation the rights to use, copy, merge, publish, distribute, and/or sell copies of the Font Software, and to permit persons to whom the Font Software is furnished to do so, subject to the following conditions:

The above copyright and trademark notices and this permission notice shall be included in all copies of one or more of the Font Software typefaces.

The Font Software may be modified, altered, or added to, and in particular the designs of glyphs or characters in the Fonts may be modified and additional glyphs or characters may be added to the Fonts, only if the fonts are renamed to names not containing either the words "Bitstream" or the word "Vera".

This License becomes null and void to the extent applicable to Fonts or Font Software that has been modified and is distributed under the "Bitstream Vera" names.

The Font Software may be sold as part of a larger software package but no copy of one or more of the Font Software typefaces may be sold by itself.

THE FONT SOFTWARE IS PROVIDED "AS IS", WITHOUT WARRANTY OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND NONINFRINGEMENT OF COPYRIGHT, PATENT, TRADEMARK, OR OTHER RIGHT. IN NO EVENT SHALL BITSTREAM OR THE GNOME FOUNDATION BE LIABLE FOR ANY CLAIM, DAMAGES OR OTHER LIABILITY, INCLUDING ANY GENERAL, SPECIAL, INDIRECT, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER IN AN ACTION OF CONTRACT, TORT OR OTHERWISE, ARISING FROM, OUT OF THE USE OR INABILITY TO USE THE FONT SOFTWARE OR FROM OTHER DEALINGS IN THE FONT SOFTWARE.

Except as contained in this notice, the names of Gnome, the Gnome Foundation, and Bitstream Inc., shall not be used in advertising or otherwise to promote the sale, use or other dealings in this Font Software without prior written authorization from the Gnome Foundation or Bitstream Inc., respectively. For further information, contact: fonts at gnome dot org.

Make tonight's work feed another evening.

A useful freezer meal starts with a dinner you want to eat and a clear plan for cooling, portions, and reheating. Freezer Friendly Dinners brings together twelve cooked meals and sauces, from Chicken Broccoli Rice Bake to Salmon Dill Cakes and Pork Tomato Ragu. Learn when to freeze a complete portion and when to keep the sauce separate from a freshly cooked starch. The techniques explain shallow-container cooling, practical packaging, and refrigerator thawing. Two menus and a consolidated shopping list for the first menu help organize your next cooking session. Each recipe includes storage guidance and a substitution. Original recipe development edition; not kitchen-tested.

- Cooked casseroles, patties, stews, and sauces with explicit freezing and reheating directions.
- Practical portions for baking dishes, sheet pans, a skillet, or a Dutch oven.
- Two menus, a first-menu shopping list, and cooling, packaging, and thawing techniques.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Pork Tomato Ragu

AI-generated realistic food artwork