

Foods That Freeze Well

Dish Type	Why It Works	Try These Recipes
Saucy Meat Dishes	Freeze in sauce/gravy to stay juicy	Easy Beef Stew , 15 Minute Chicken & Broccoli
Seafood	Under-cook slightly before freezing	Irish Baked Salmon , Fish Chowder , Salmon Pasta
Pasta Casseroles	Sauce + pasta together stay flavorful	One-Pot Pasta , Tuscan Gnocchi , Italian Mac & Cheese
Soups & Stews	Freeze beautifully, flavors deepen	Gumbo , White Bean Stew , more Soup Recipes
Potato Dishes	Mashed or twice-baked hold up best	Colcannon , Shepherd's Pie Soup
Stuffed Meats	Stuffed chicken or pork freezes well	Baked Chicken Breast
Rice Dishes	Cooks well in paella, jambalaya, pilaf	Jambalaya , Lemon Rice , One Pan Chicken & Rice
Breakfast Burritos	Freeze & reheat easily, great for grab-and-go	Make-Ahead Breakfast Burritos
Mini Frittatas	Perfect single-serve frozen breakfasts	Mini Frittatas in Muffin Tins
Fruit Sauces	Dried fruit or compote freeze well	Apple Butter , Chutney

Note: Avoid dry meats (like broiled or sautéed without sauce), canned veggies, plain boiled potatoes, or fat-free dairy—they don't reheat well.