

*Homemade with love*

# POSTPARTUM MEAL PREP



# *nourishing* POSTPARTUM



Hello, fellow homemakers! As life unfolds one of its most beautiful chapters with the arrival of a little one, your home is about to be filled with countless new joys and experiences. Amid the chaos, the sweet baby snuggles, and those sleepless nights, there's one thing that remains constant—the importance of nourishment. Your postpartum journey is a time of transformation, and the meals you prepare are not just sustenance; they're love on a plate.

In this mini recipe book, I have a few of our favorite easy to freeze meal preps made to ensure that your family is well-fed, healthy, and your home is brimming with the comforting aroma of delicious, homemade dishes. So, don your apron, and let's get prepping for this journey that's all about nourishing new beginnings.

THANKFUL HOMEMAKING

# BREAKFASTS



# BREAKFAST BANANA MUFFINS

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## *Ingredients*

1 ½ cups flour	3 ripe bananas, mashed
1 tsp baking soda	½ cup cane sugar
1 tsp baking powder	¼ cup brown sugar
¼ tsp cinnamon	1 egg
½ tsp salt	1/3 cup melted butter

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## *Directions*

1. Preheat oven to 425°F
2. In a large bowl, mix together wet ingredients
3. In a different bowl, mix together dry ingredients
4. Add dry Ingredients Into wet Ingredients and mix until just combined
5. Pour into a ziploc and freeze on a baking sheet.
6. When ready to bake, thaw in fridge overnight.
7. Grease a muffin tin, cut the corner of the ziploc, and fill half way with mix.
8. Bake at 425°F for 5 minutes, then lower oven to 350°F and bake an additional 20-25 minutes

Doing It this way vs. freezing cooked muffins help them to taste moist and fresh still!

# BREAKFAST BLUEBERRY MUFFINS

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## *Ingredients*

3 cups flour	5 tbsp unsalted butter, melted	1 cup milk
3 tsp baking powder	⅓ cup olive/avocado oil	1 tssp vanilla
¼ tsp baking soda	1 cup cane sugar	1½ cup fresh/frozen blueberries
½ tsp ground cinnamon	2 large eggs	
½ tsp salt	⅓ cup sour cream	

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## *Directions*

1. Preheat oven to 425°F
2. In a large bowl, mix together dry ingredients
3. In a different bowl, whisk together melted butter, oil, sugar, and eggs until just combined. Then whisk in the sour cream, milk, and vanilla extract.
4. Add wet ingredients into dry ingredients and mix until just combined
5. Pour into a ziploc and freeze on a baking sheet.
6. When ready to bake, thaw in fridge overnight.
7. Grease a muffin tin, cut the corner of the ziploc, and fill half way with mix.
8. Bake at 425°F for 5 minutes, then lower oven to 350°F and bake an additional 20-25 minutes

Doing it this way vs. freezing cooked muffins help them to taste moist and fresh still!

# BREAKFAST SMOOTHIES

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## *Ingredients*

1 banana

20 frozen strawberries

2 cup milk

4 tbsp peanut butter

2 cup spinach

1 ½ cup vanilla greek yogurt

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## *Directions*

1. Put banana, strawberries, and spinach into a ziploc then freeze. When ready to make, add milk, yogurt, peanut butter, and frozen items into a blender. Blend until smooth, makes approx 4 servings

# STEAK CRUNCHWRAPS

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## *Ingredients*

6 tortillas

6 wedges laughing cow cheese

9 large eggs

fajita steak strips or other meat

shredded mexican cheese

taco seasoning

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## *Directions*

1. In skillet, prepare fajita steak strips until cooked as desired. (I seasoned with taco seasoning)
2. In the same skillet, cook scrambled eggs.
3. Once your eggs and meat are done you can prepare your crunchwraps. Spread 1 wedge of laughing cow cheese all over, making sure you get the edges because this will help seal the tortilla. Top with egg, steak, and shredded cheese or any other desired toppings.
4. Fold up the tortilla and wrap each one in foil to freeze.
5. When ready to re-heat, wrap in a damp paper towel and reheat in the microwave for 2 minutes, OR leave wrapped in foil and warm directly on the oven rack at 400° for approx. 40-45 minutes, then unwrap and put back in the oven for 5-10 minutes to crisp tortilla.

# BUTTERMILK WAFFLES

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## *Ingredients*

2 cups flour  
2 tbsp sugar  
2 tsp baking powder  
1 tsp baking soda  
½ tsp salt

2 cups buttermilk  
⅓ cup butter, melted  
2 eggs  
1 tsp vanilla extract

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## *Directions*

1. In a medium bowl, whisk together flour, sugar, baking powder, baking soda, and salt.
2. In another medium bowl, whisk together buttermilk and butter. Add eggs and stir until combined.
3. Add dry ingredients to wet ingredients and whisk until just combined. Fold in vanilla.
4. Let batter rest for 10 minutes while you preheat your waffle iron
5. Pour batter into the waffle iron and cook until ready.
6. Top with syrup or toppings of choice

### *make ahead-*

Double the recipe and freeze some! I use an eggo sized waffle maker, slightly undercook them, and then freeze on parchment lined baking sheet to prevent sticking. Once frozen, transfer to a ziploc and just pull out and toast like normal eggos when you need them.

[click here for eggo sized waffle maker](#)

# ENGLISH MUFFIN BREAKFAST SANDWICHES

Makes 6 sandwiches

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## *Ingredients*

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6 slices bacon or other protein  
½ yellow onion , diced  
4-5 handfuls spinach  
5 large eggs  
1 ½ cups egg whites

½ cup milk  
½ teaspoon salt  
¼ teaspoon pepper  
6 slices cheese  
6 english muffins

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## *Directions*

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1. Pre-heat oven to 350°. Grease a 13x9 baking dish, set aside.
2. Cook bacon or other protein and set aside.
3. In the same pan, cook the diced onions over medium heat until translucent & soft, about 5-8 minutes. Add in the spinach and cook until wilted. Set this aside to cool.
4. In a medium bowl, whisk eggs, egg whites, milk salt, and pepper until combined. Add spinach/onions once it has cooled. Pour the mixture into the greased baking dish. Bake in the oven for 20-25 minutes, until eggs are set. Once finished, remove from oven and allow to cool completely before cutting.
5. Once eggs have cooled, cut them into 6 rounds using a biscuit cutter. Layer egg, bacon, and cheese on english muffin, and any other toppings you want.
6. Wrap Individual sandwiches In foil and freeze.
7. When you are ready to re-heat, set the oven to 425 and bake it for 20 minutes from frozen. Unwrap it and put back in the oven open-faced and broil for 3-5 minutes so it toasts the muffin and gets nice and hot.

# FRENCH TOAST STICKS

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## *Ingredients*

4 large eggs

½ cup whole milk

1 tsp vanilla

1 ½ tsp cinnamon

8 slices of bread

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## *Directions*

1. Pre-heat griddle to 350°.
2. In a shallow bowl or pie plate, mix eggs, milk, vanilla, and half the cinnamon. Whisk until combined.
3. Slice your bread into 2-3 sticks.
4. Butter the griddle then dip bread slices into the mixture letting any excess drip off. Cook for 2-3 minutes on all sides. Add remaining cinnamon once your egg mixture needs it.
5. Let them cool on a parchment lined baking sheet, then freeze to prevent sticking. Once frozen, transfer to ziploc bag.
6. When ready to re-heat, place on a baking sheet in the oven at 350° for 7-10 minutes or until thawed and warm.

# LUNCH/DINNERS



# TOMATO BASIL SOUP

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## *Ingredients*

9 roma tomatoes sliced lengthwise	1 tbsp sugar	4 minced garlic cloves
3 tbsp olive oil / avocado oil	2 cups chicken stock	1 tsp dried thyme
2 tbsp unsalted butter	⅔ cup heavy cream	1 tsp salt
½ yellow onion, minced		1 cup basil, fresh chopped
1- 28oz can san marzano tomatoes, crushed		

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## *Directions*

1. Preheat oven to 375°F.
2. Spread tomato halves on a baking sheet. Drizzle with olive oil, and then sprinkle with salt and black pepper.
3. Roast tomatoes for 1 hour. Remove from oven and set aside.
4. Heat 2 tbsp oil, or butter, in a large pot (or Dutch oven) over medium-high heat.
5. Add onion, and saute for about 5 minutes.
6. Stir in the garlic, thyme, salt, and pepper. Sauté for another minute.
7. Add crushed tomatoes, basil, and sugar to the pot. Lower the heat and simmer for about 10 minutes.
8. Add the stock and the roasted tomatoes into the pot. Simmer for 30 minutes, stirring every now and then.
9. Use a blender or food processor to purée. This would most likely need to be done in a couple batches. Return the soup to the pot.
10. Stir in the cream.
11. To freeze- let cool then portion out into ziploc baggies and freeze. To reheat, thaw overnight then reheat in a pot until warm.

# SPINACH TURKEY MEATBALLS

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## *Ingredients*

2 lbs ground turkey	2 cloves minced garlic	1 ½sp salt
6oz chopped spinach	1 egg	½ cup breadcrumbs
1 small onion, minced	½ cup mozzarella cheese	

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## *Directions*

1. Preheat the oven to 400°F. Line a baking sheet with foil or parchment paper.
2. In a large bowl, combine all ingredients
3. Take the meat mixture by a heaping tablespoon, roll into meatballs and put on a baking sheet in a single layer.
4. Put the turkey spinach meatballs in the oven and bake for 25 minutes.
5. Let cool then freeze on parchment lined baking sheet to prevent sticking then transfer to a ziploc.
6. When ready to re-heat, place frozen meatballs in a baking dish and cover with foil. Bake at 300°F for 30 minutes or until fully thawed.
7. Serve with jasmine rice and basil pesto or sauce of choice.

# ITALIAN CHICKEN CROCKPOT PASTA

Serves: 8

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## *Ingredients*

4 chicken breasts

16oz rotini noodles

1 packet of zesty Italian dressing mix

2 cups shredded cheddar cheese

8oz cream cheese

21oz cream of chicken soup

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## *Directions*

1. Add chicken, Italian mix, cream cheese, and chicken soup into a crockpot. Cook on low for 4 hours
2. Let it cool then portion out into ziploc to freeze.
3. When ready to re-heat, let thaw overnight.
4. Cook Rotini noodles until al dente and warm chicken mixture in a pot.
5. Mix together noodles and chicken mixture. Top with shredded cheese, and serve.

# CHILI

Serves: 8-12

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## Ingredients

2 tbsp olive oil		3 cups beef broth
1 medium yellow onion -diced	2 tbsp tomato paste	2 (15 oz.) can petite diced tomatoes
2 lb lean ground beef	2 tbsp garlic powder	2 (16 oz.) can red kidney beans, drained and rinsed
5 tbsp chili powder	3 tsp salt	2 (8 oz.) can tomato sauce
4 tbsp ground cumin	1 tsp ground black pepper	
4 tbsp pure cane sugar	½ tsp ground cayenne pepper	

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## Directions

1. Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
4. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
6. Let cool completely then portion into ziplocs to freeze.
7. When ready to re-heat, let thaw overnight in the fridge then reheat in large pot on the stove until warm.

# CHICKEN TORTILLA SOUP

Serves: 8-12

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## Ingredients

3 tablespoons butter	14 oz red enchilada sauce	1 ½ cups heavy cream
1 yellow onion minced	2 tsp cumin	3 ½ cups chicken broth
1 red pepper diced	1 tsp chili powder	2-3 tablespoons flour
1 yellow pepper diced	1 tsp oregano	1 can pinto beans drained
2 cloves garlic, minced	1 tbsp taco seasoning	1 can dark red kidney beans, drained/rinsed
2 tsp salt		1 can black beans drained, rinsed
2 lbs boneless skinless chicken breast		1 ½ cups frozen corn

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## Directions

1. Melt butter in a saute pan over medium heat. Season peppers, onion, and garlic with 1 teaspoon of salt and saute until they are tender. Add to the slow cooker.
2. Place chicken breasts in the slow cooker on top of the vegetables. Then add chicken broth, enchilada sauce, cumin, chili powder, oregano, taco seasoning, and remaining 1 tsp salt.
3. Cook on high for 3-4 hours or until the chicken reaches an internal temperature of 165°.
4. Remove cooked chicken and shred or chop, then place back into the soup. At this point, add any of the optional ingredients that you wish to use such as corn or beans.
5. If you'd like a creamier soup, add 1-2 cups of heavy cream now. For a thicker soup, whisk 2-3 tablespoons of flour or cornstarch to the heavy cream before stirring into the soup. Cook on high for another 1 hour.
6. Let cool completely then portion into ziplocs to freeze.
7. When ready to re-heat, let thaw overnight in the fridge then reheat in large pot on the stove until warm.

# BEEF STEW

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## *Ingredients*

2 1oz packages dry onion soup

½ tsp paprika

2lbs beef stew meat

5 medium potatoes, peeled/diced

7 cups beef broth

12-3 cups baby carrots

2 celery stalks, chopped

1 tsp thyme

1 tsp rosemary

1 tsp salt

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## *Directions*

1. Chop up all your veggies, potatoes and beef
2. Add chopped items and spices into ziploc and freeze
3. When ready to use, thaw overnight in fridge. Dump contents into crockpot with 7 cups beef broth. Cook on low for 8 hours.

# HONEY GARLIC CHICKEN

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## *Ingredients*

2-4 boneless chicken breasts

3 cloves minced garlic

1 tsp dried basil

1/2 cup soy sauce

1/2 cup ketchup

1/3 cup honey

2 cups baby carrots

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## *Directions*

1. Place all Ingredients In a ziploc aand freeze
2. When ready to use, thaw overnight In fridge.
3. Dump contents Into crockpot and cook on low for 6-7 hours.

# CHICKEN VEGGIE SHEET PAN

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## *Ingredients*

4 boneless chicken breasts, diced  
2 zucchini , chopped  
3 cups broccoli florets  
1 red bell pepper, chopped

1 yellow bell pepper, chopped  
2 packets Zesty Italian dressing  
seasoning mix

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## *Directions*

1. Place all Ingredients In a ziploc aand freeze
2. When ready to use, thaw overnight In fridge.
3. Dump contents onto baking sheet and bake at 375° for 20 minutes.

# GARLIC CHICKEN ALFREDO

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## *Ingredients*

4 boneless chicken breasts  
2 - 15oz jars of alfredo sauce  
1- 14.5oz can diced tomatoes  
2 tsp garlic powder

1 tsp Italian seasoning  
1 cup parmesan cheese  
1 tbsp minced garlic  
1 bunch of spinach  
16oz penne pasta

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## *Directions*

1. Combine all ingredients in a gallon-size ziploc except for salt, pepper, spinach, and pasta. And Freeze.
2. When ready to use, thaw freezer meal in the fridge overnight. Dump ingredients into crockpot and cook on low for 6-7 hours.

# WHITE CHICKEN ENCHILADAS

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## *Ingredients*

4 skinless boneless chicken breasts, cooked and shredded  
8 flour tortillas  
3/4 onion, diced  
2 tbsp butter  
3 tbsp flour  
2 cups chicken broth  
1 cup sour cream  
1 can green chilies  
2 cups shredded mexican cheese

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## *Directions*

1. Using a pan on the stove, melt butter over medium heat and stir in flour and cook until color starts browning.
2. Add broth and whisk until combined and smooth. Continue cooking until thick and bubbling.
3. Turn down the heat to medium-low and stir in the chilies and sour cream. Cook for one minute and set aside
4. In a bowl combine the chicken, diced onion and 1 1/2 cups of the shredded cheese
5. Scoop 1 cup of the sauce into an aluminum foil baking pan or other preferred storage container.
6. Using a large serving spoon, scoop some of the mixture onto each tortilla and roll, and place side by side into a baking dish, seams down.
7. Pour remaining sauce over the tortilla rolls, then top with remaining cheese
8. Wrap the pan in two layers of plastic wrap and a layer of aluminum foil to prevent freezer burn.
9. When ready to use, bake from frozen at 350F covered with foil for 30 minutes, then uncover and bake another 20 minutes or until the cheese is golden and bubbling.

# MEXICAN RICE

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## *Ingredients*

2 cups rinsed jasmine rice  
2 ½ cup water  
1 tsp knorr caldo de tomate seasoning

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## *Directions*

1. Place rice in a bowl, fill with water and swish. Once cloudy, drain. Repeat 2 - 3 more times until water is pretty clear - it will never be completely clear.
2. Drain rice in a colander, transfer to saucepan with water and seasoning, and stir together.
3. Bring to rapid simmer with NO LID on medium high.
4. Turn down to low or medium low so it's simmering gently, then place lid on.
5. Cook 12 minutes or until water is absorbed by rice.
6. Keep the lid on then remove from heat. Stand 10 minutes, fluff with rubber spatula or rice paddle.
7. Let it cool completely before freezing, portion out and freeze.
8. When ready to reheat, thaw in fridge overnight then reheat in microwave or on stovetop until warm.

# BAKED ZITI

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## Ingredients

10oz ziti or penne pasta

1 tbsp olive oil

3 garlic cloves , minced

1 small onion, finely chopped

1 lb ground beef

28 oz tomato puree

1 cup ricotta

1 cup grated mozzarella cheese

1 cup parmesan , freshly grated

½ cup water

1 tsp dried basil

1 tsp oregano

1 tsp sugar

seasonings for meat-

2 tsp fennel seeds

1 tbsp paprika

1/4 tsp cayenne pepper

2 tsp onion powder

1 tsp EACH salt and black pepper

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## Directions

1. Cook ziti for the recommended cooking time. Drain, then return to pot.
2. Heat oil in a large skillet over high heat. Add onion and garlic and cook for 2 minutes or until onion is translucent.
3. Add meat and cook, breaking it up as you go. When it is cooked, add Seasonings and cook for 2 minutes.
4. Add tomato puree, water, basil, oregano and sugar. Bring to simmer, reduce heat to low and cook for 10 minutes. Adjust salt and pepper to taste.
5. Pour about 2 cups of sauce into the pot with the ziti and mix together.
6. Spread ziti into foil baking dish or other freezer friendly storage. Dollop with ricotta. Pour over remaining sauce. Let it cool, then top with cheese and parmesan before freezing.
7. When ready to bake, defrost in the fridge overnight and bake at 350F for 30 minutes covered, and 10 minutes uncovered.

# HERB ROASTED CHICKEN + VEGGIES

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## *Ingredients*

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2 lbs. bone-in chicken pieces: thighs, breasts, and/or drumsticks (we used 8 drumsticks)  
1 pound baby red potatoes, diced  
½ pound carrots, peeled and sliced into large chunks  
1 onion, chopped into large chunks  
1 tablespoon olive oil

1 teaspoon each of-  
onion powder  
dried basil  
dried parsley  
garlic powder  
salt

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## *Directions*

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1. Cut veggies and prep chicken
2. Drizzle everything with oil, sprinkle with herbs and salt, and toss to coat. Place everything in a foiled baking pan or preferred freezer friendly storage.
3. Cover tightly with plastic wrap and foil; freeze until ready to bake.
4. When ready to bake, thaw the dish in the refrigerator overnight.
5. Remove the cover and bake in a 375-degree oven for 60 minutes. Check to see if the chicken is cooked through. Return to the oven, if necessary, until the chicken is done and the vegetables are tender.

# LASAGNA

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## *Ingredients*

1 lb lean ground beef	2-28 ounce cans crushed tomatoes	2 large eggs lightly beaten
1 yellow onion, minced	28 ounce can diced tomatoes drained	1/4 tsp salt
6 cloves garlic minced	1 tablespoon Italian seasoning	1/4 tsp pepper
1 tsp salt	1 teaspoon dried sweet basil	12 no-boil lasagna noodles
1/2 tsp pepper	1¾ cups whole-milk ricotta cheese	5 cups shredded mozzarella cheese
1/4 cup heavy cream	1¼ cups grated Parmesan cheese divided	

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## *Directions*

1. Brown ground beef, Drain, and set aside In separate dish.
2. Cook onion until softened in same pan, about 2 minutes.
3. Add garlic, salt, and pepper and cook until fragrant. Then add cream and simmer until liquid cooks down by half, about 2-3 minutes.
4. Stir in cooked meat, crushed tomatoes, diced tomatoes, and seasonings. Bring to simmer. Reduce heat to low and simmer for 3-5 minutes.
5. Remove pot from heat, cool sauce until it reaches room temperature.
6. Mix ricotta, 1 cup Parmesan, eggs, salt, and pepper in a large bowl.
7. Spread 1/4 cup meat sauce over bottom of foil baking pan. Place 3 noodles crosswise on top of sauce, evenly space 9 tablespoons ricotta mixture over noodles, and sprinkle evenly with 1¼ cups mozzarella; spoon 1½ cups sauce over cheese.
8. Repeat layering of noodles, ricotta mixture, mozzarella and sauce two more times. Place 3 remaining noodles on top and spread with remaining sauce. Cover with remaining 1¼ cups mozzarella and remaining ¼ cup Parmesan.
9. Let cool to room temperature then wrap with plastic wrap, and cover tightly with a layer of foil to freeze.
10. When ready to reheat, pre-heat oven to 375F. Remove plastic wrap, and re-cover lasagna with foil. Bake 1 hour and 15 minutes, then remove foil. Continue baking until cheese is golden brown in spots and sauce is bubbling, about 30 minutes.

# TERIYAKI CHICKEN

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## *Ingredients*

1 1/2 lbs boneless skinless chicken breasts	2 tbsp rice vinegar
1/2 cup sliced carrots	2 tbsp brown sugar
1/4 cup soy sauce	2 tsp jarred minced garlic
1/4 cup honey	1/4 tsp ground ginger
1/4 cup chicken broth	2 tbsp cornstarch mixed with 2 tablespoons water until smooth

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## *Directions*

1. Add all ingredients to freezer bag and shake to combine
2. Remove air and seal
3. Store in fridge up to 3 days for freezer up to 3 months
4. Thaw overnight in fridge before cooking
5. Add thawed contents of bag to slow cooker
6. Set to high for 3-4 hours or low for 6-8

# “UNCRUSTABLES”

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## *Ingredients*

12 slices sandwich bread  
peanut butter  
jelly of choice

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## *Directions*

1. Spread peanut butter in a circle on both slices of bread.
2. Spread jelly in a circle on top of the peanut butter of either one or both slices of bread
3. Put the sandwich together and then use a sandwich cutter to slice out the center of the bread and press the edges.
4. Place sandwiches on parchment lined baking sheet and freeze to prevent sticking.  
Transfer to ziploc bag.
5. Grab and eat frozen or thaw first.

[click here for uncrustable cutter](#)

# SNACK / BREADS



# PEANUT BUTTER OATMEAL BITES

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## *Ingredients*

3 cups rolled oats

1/2 cup vanilla protein powder

1 cup peanut butter

1/2 cup maple syrup

1/4 cup chocolate chips

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## *Directions*

1. In a large mixing bowl, mix oats and protein powder until combined. Add your peanut butter and syrup and mix well. Fold in chocolate chips.
2. Lightly wet your hands or use a cookie scoop and form 20-24 balls onto a parchment lined baking sheet. Freeze and once frozen transfer to ziploc bags.
3. Thaw/store in the fridge as needed or eat from frozen.

# SOFT BUTTERMILK DINNER ROLLS

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## *Ingredients*

1 cup buttermilk, warm not hot  
½ cup milk, warm not hot  
2 teaspoon active dry yeast  
¼ cup granulated sugar

1 teaspoon salt  
½ teaspoon baking powder  
4 cups all-purpose flour

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## *Directions*

1. In the bowl of your mixer, add warm milk and the yeast. Do not make it too hot or the yeast will not activate. Let sit to allow yeast activation - about 10-15 minutes.
2. Add warm buttermilk, sugar and salt to the yeast mixture. Turn the mixer on medium speed with the dough hook attached. Add 2 cups of flour and baking powder. Knead dough for 3 minutes. Add remaining 2 cups of flour and knead approx. 2 minutes, or until a smooth and soft ball forms.
3. Place ball of dough in a lightly oiled bowl and cover with a towel for about 1-2 hours or until dough doubles in size.
4. Roll the dough into a long log about 12 inches long. Cut 12 equal pieces from the log and pull sides over one another forming into a smooth ball. Transfer to a parchment paper lined baking sheet. Cover with a towel and let rise 1 hour.
5. Preheat oven to 375 degrees.
6. Place rolls in the preheated oven and bake for 13-15 minutes until tops are golden. When done, transfer rolls to a cooling rack, rub with butter, and let cool completely.
7. Portion into ziploc bags and freeze. Set out to thaw 1-2 hours before needing.

# SOURDOUGH DISCARD SANDWICH BREAD

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## *Ingredients*

200grams sourdough discard  
500grams water  
1000grams all-purpose flour

20 grams salt  
40 grams sugar  
120 grams melted unsalted butter  
14grams active dry yeast

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## *Directions*

1. Combine the sourdough discard, water and flour into a bowl and mix with your hands until it comes together. Let the dough sit covered for 30 minutes.
2. Add the salt, sugar, butter and yeast to the bowl and knead the dough for 5 minutes, adding flour as necessary.
3. Let it rise for 1 hour or until doubled
4. Turn dough onto counter, cut into two, and shape into two loaves. Put into bread pans.
5. Cover with a tea towel to rise for another 30 minutes and preheat your oven to 350
6. Bake for 40 minutes, rotating the loaves at the 20 minute mark.
7. Remove and place on wire cooling rack, rub a little butter on the tops.
8. Let cool completely and slice.
9. Store in a bread bag then freeze. Pull out loaves as needed.