Tips For Freezing Your Favorite Comfort Foods

If you want to make a big wholesome, home-cooked meal for your family, but are concerned about the time it tastes, never fear! There are quite a few comfort foods you can make ahead of time and freeze, then enjoy when the time is right.

**Know What Not to Freeze**

Before you freeze any of your home-cooked comfort dishes, make sure you are aware of what you can and can’t freeze. Let’s start with the foods that don’t freeze very well. This ensures you aren’t ruining ingredients that could have otherwise have been used for some tasty dishes. For starters, you should never freeze plain cream-based ingredients, such as milk or sour cream, yogurt, or cottage cheese. It is not going to defrost well. If you are freezing cream-based soups, be careful with how it tastes when it is reheated. You also want o avoid certain fruits and vegetables, including citrus fruit, cucumbers, watermelon, and lettuce. Cooked eggs also don’t freeze very well, as well as potato chunks that are frozen. If you want to freeze potatoes, they should either be raw or be mashed potatoes.

**Learn How Long to Freeze Foods**

The next important thing you should understand when you intend to freeze food is know the approximate storage time. Most things do have an expiration date even while in the freezer. While the food might not be spoiled, it definitely will decrease in quality and flavor if you go past the recommended times. Food that tends to last the longest in the freezer is uncooked poultry and uncooked wild game, which should be fine for 9-12 months. After that, poultry parts, roast, steak, and other meat that is uncooked will freeze the longest, usually between 3 and 12 months, depending on what it is. Soup, stew, and casserole can be frozen for about 2-3 months. Luncheon meats, hot dogs, bacon, and ham can be frozen for about 1-2 months.

**Take Up as Little Space as Possible**

If you are freezing a lot of foods and ingredients, you are going to take up too much space in your freezer and run out of room. A better idea is to try to stack freezer bags, which take up a lot less space, but can still be labeled and organized. For example, if you have soup or chili, let it cool off after cooking, then pour it in freezer plastic bags. Let them lay flat, then place them in the freezer. No matter what you store food in, make sure it is labeled.