

130+ Souper Cube Ideas

For Getting Started With Your Freezer Cubes

COOK IT

FREEZE IT

REHEAT IT

Breakfast

- ☐ Breakfast Burritos
- ☐ Frittata Bites
- ☐ Granola Bars
- ☐ Oatmeal/Porridge
- ☐ Scrambled Eggs
- ☐ Smoothie Blocks
- ☐ Steel Cut Oats
- ☐ Zucchini Slice

Side Dishes

- ☐ Brown Rice
- ☐ White Rice
- ☐ Couscous
- ☐ Green/Brown Lentils
- ☐ Pearl Barley
- ☐ Quinoa
- ☐ Baked Beans
- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Refried Beans
- ☐ White Beans
- ☐ Mushy Peas
- ☐ Yellow Split Peas
- ☐ Brussel Sprouts
- ☐ Bubble & Squeak
- ☐ Buttered Cabbage
- ☐ Carrot & Swede Mash
- ☐ Carrots
- ☐ Cauliflower Cheese
- ☐ Creamed Corn
- ☐ Green Bean Casserole
- ☐ Mashed Potatoes
- ☐ Potatoes & Carrots
- ☐ Root Vegetable Mash
- ☐ Stuffing
- ☐ Sunday Vegetables
- ☐ Wilted Spinach

Soups

- ☐ Broccoli Soup
- ☐ Butternut Squash Soup
- ☐ Carrot Soup
- ☐ Cauliflower Soup
- ☐ Cream Of Chicken Soup
- ☐ French Onion Soup
- ☐ Lentil Soup
- ☐ Mushroom Soup
- ☐ Pumpkin Soup
- ☐ Tomato Soup
- ☐ Vegetable Soup

Easy Dinners

- ☐ Bangers & Mash
- ☐ Beef Burritos
- ☐ Beef Stew
- ☐ Beef Stroganoff
- ☐ Chicken Casserole
- ☐ Chicken Curry & Rice
- ☐ Chicken Pot Pie
- ☐ Chickpea Curry
- ☐ Chilli Con Carne
- ☐ Enchiladas
- ☐ Fish Pie
- ☐ Goulash
- ☐ Lasagne
- ☐ Lentil Dal
- ☐ Macaroni Cheese
- ☐ Mousakka
- ☐ Paella
- ☐ Pasta Bake
- ☐ Pork Casserole
- ☐ Risotto
- ☐ Sausage Casserole
- ☐ Swedish Meatballs & Mash
- ☐ Vegetable Stew

Purees & Pastes

- ☐ Chipotle Paste
- ☐ Coriander & Lime
- ☐ Garlic & Onion
- ☐ Garlic Butter
- ☐ Ginger Paste
- ☐ Lemongrass Paste
- ☐ Mint & Garlic
- ☐ Pesto
- ☐ Sundried Tomato Paste

Protein

- ☐ Beef Fajitas
- ☐ Bolognese
- ☐ Brisket & Gravy
- ☐ Chicken & Gravy
- ☐ Chicken Curry
- ☐ Chicken Shawarma
- ☐ Diced Cooked Chicken Breast
- ☐ Jerk Chicken
- ☐ Keema Curry
- ☐ Meatloaf
- ☐ Paprika Chicken
- ☐ Pasty/Pie Fillings
- ☐ Pulled Pork
- ☐ Shepherds Pie Filling
- ☐ Shredded Beef
- ☐ Shredded Chicken
- ☐ Shredded Lamb
- ☐ Sloppy Joes
- ☐ Steak Pie Filling
- ☐ Taco Beans
- ☐ Taco Meat

Stocks, Sauces & Dips

- ☐ Beef Stock
- ☐ Chicken Stock
- ☐ Fish Stock
- ☐ Vegetable Stock
- ☐ Mirepoix Mix
- ☐ Apple Sauce
- ☐ Cheese Sauce
- ☐ Chinese Curry Sauce
- ☐ Cranberry Sauce
- ☐ Enchiladas Sauce
- ☐ Katsu Curry Sauce
- ☐ Red Pepper Sauce
- ☐ Teriyaki Sauce
- ☐ Thai Curry Sauce
- ☐ Tikka Masala Curry Sauce
- ☐ Tomato Sauce
- ☐ Onion Gravy
- ☐ Guacamole
- ☐ Salsa

Baking

- ☐ Apple Crumble
- ☐ Banana Bread
- ☐ Blueberry Muffins
- ☐ Buttercream
- ☐ Cinnamon Rolls
- ☐ Cookie Dough
- ☐ Cornbread
- ☐ Courgette Bread
- ☐ Custard
- ☐ Fruit Coulis
- ☐ Jam/Jelly
- ☐ Lemon Drizzle Cake
- ☐ Pancake Batter
- ☐ Peach Cobbler
- ☐ Pizza Dough
- ☐ Pumpkin Puree
- ☐ Rice Pudding

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club.com**