

Casserole Ingredients Freezing Tips

Ingredients That Freeze Well

Proteins

- Cooked chicken, turkey, ground beef
- Sausage, ham

Carbs & Bases

- Pasta (slightly undercook before freezing)
- Rice (especially in saucy dishes)
- Quinoa

Vegetables (best when cooked first)

- Carrots
- Peas
- Corn
- Green beans
- Broccoli (lightly blanched)

Dairy (in moderation)

- Shredded cheeses (cheddar, mozzarella)
- Cream-based sauces (hold up okay if well mixed)

Sauces

- Tomato-based sauces (freeze very well)
- Broths and gravies

Ingredients That Can Be Tricky

- Milk, sour cream, cream cheese may separate.
- Potatoes can become grainy unless mashed with butter or cream.
- **Pasta can get mushy if overcooked before freezing.**

Ingredients to Avoid Freezing

- Raw potatoes
- Lettuce or fresh greens
- Cucumbers or raw zucchini
- Fried toppings (add after reheating)
- Egg-based sauces (can curdle)

Best Types of Casseroles to Freeze

- Baked ziti
- Enchilada casseroles
- Shepherd's pie
- Breakfast casseroles (baked first)

General Freezing Tips

- Cool completely before freezing to prevent ice crystals and sogginess.
- Use freezer-safe containers such as foil pans or airtight containers.
- Wrap tightly using two layers plastic wrap and foil or a sealed lid to prevent freezer burn.
- Label with the name and date (best used within 2–3 months).
- **Freeze before baking** when possible for better texture.

Reheating Tips

- Bake covered at 350°F until heated through.
- Add a splash of broth or milk if dry.
- Remove foil at the end to crisp the top.
- Add fresh toppings after reheating.