

**WHEN YOUR KID TELLS
YOU THEY'RE HUNGRY**

**EVEN THOUGH THEY JUST
ATE DINNER 5 MINUTES AGO**

The Multiply Meals Method™
one batch... endless meals!

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Self-Saucing & Seasoned Beef Mixture for Burritos,
Tacos, Wraps, Bowls & More

one batch... endless meals!

an Eat God's Way student workshop

by Wardee Harmon

Multiply Meals Method™

The Multiply Meals Method™:

[Wardee] When you “multiply meals”, it's not simply addition... as in, double your effort to get double the result.

Nope! We get **even more** out of your efforts. We MULTIPLY them.

You increase the time and effort a little bit (not even double) and get AT LEAST double the results, if not more! It truly is multiplication of your efforts! And if there's anything that busy moms or grandmas need, it's the ability to multiply ourselves, right? ;)

I pursue and implement Multiply Meals opportunities as much as I can, and teach them often to our students. And today, when we make my Self-Saucing & Seasoned Beef Mixture (for burritos, tacos, wraps, bowls & more!).



The goal of Multiply Meals™ is simple: to help you cut your total cooking time down by 25% to 50%... without you needing to find "extra" time for batch cooking or make compromises on healthy ingredients/methods.

If more of this sounds good to you, then I also invite you to check out our full Multiply Meals™ Batch Cooking group class! In 8 weeks, I can show you how to “multiply meals” and spend less time cooking for every healthy meal of the day, and snacks, too!

Go here for more info: <https://traditionalcookingschool.com/rtbz> and if you have any questions or would like to join the next round, text 1-317-434-1180 or email me help@traditionalcookingschool.com.

It Was An Accident!

My Self-Saucing & Seasoned Beef Mixture was an accident!

I made up my usual beef mixture that I turn into meatballs, meatloaf, hamburger patties, and sausage patties. It tastes great and a secret ingredient keeps the grass-fed beef moist (including leftovers!).

I make enough of the mixture to last us a week and I freeze it in meal size portions. Then each evening, I pull out what we need the next day, put it in the fridge, and it's thawed by the next day at dinner time.

But one day, I forgot to thaw the night before. Now a frozen brick can't be shaped into patties or anything else. So I had no choice.

I put it in a pot with some water and broke it up as it thawed and cooked (like crumbled ground beef). Except... because of the secret ingredient plus how I flavored the beef (salt plus my favorite spices), it made its own scrumptious sauce. It was SOOOO good.

My husband said, "Please make our beef this way from now on."

Yeah, so even though I can use that same mixture for meatballs, meatloaf, and patties... most of the time, I just cook it crumbled up in the pan (thawed or frozen).

Because... it makes its own delicious sauce!!!!

I can't wait to show it to you...

Self-Saucing & Seasoned Beef Mixture for Burritos, Tacos, Wraps, Bowls & More

What if one simple batch of ground beef could turn into tacos, burritos, wraps, bowls... even hot meat sandwiches? In this cook-along I'll show you my Self-Saucing Beef Mixture, a happy kitchen accident that stays moist, makes its own sauce, and sets you up with meals for days. Let's see how the Multiply Meals Method™ makes dinner time effortless.

Equipment:

- ▶ large bowl (big enough to hold and mix 4 to 8 pounds of ground meat)
- ▶ freezer containers (I like [ZipTop's U.S.A.-made silicon "bags"](https://traditionalcookingschool.com/ziptop) — get them 15% off with code **TCS** at <https://traditionalcookingschool.com/ziptop>)
- ▶ pot or skillet with lid (big enough to cook 1 to 2 pounds of the mixture)
- ▶ bamboo or wooden spoon
- ▶ serving spoon

Ingredients:

- ▶ 4 pounds ground beef (or any ground meat)
- ▶ 1-1/3 cups flour (any kind: wheat, spelt, rice, oat, etc... preferably sprouted, or if rice, then low arsenic as I taught last week)
- ▶ 1-1/3 tablespoons sea salt
- ▶ 1-1/3 teaspoons cumin*
- ▶ 1-1/3 teaspoons sage*
- ▶ water
- ▶ plus what you want to serve the beef with: rice and beans, in taco shells or tortillas, with fixins' on a sandwich, etc.

*Or, use any of these seasoning blends in place of the cumin and sage (also omit salt, above, if your seasoning mix contains it):

- ▶ 1-1/2 to 2 teaspoons chili powder (up to 2-1/2 teaspoons if mild)
- ▶ 2 teaspoons to 1 tablespoon Italian Seasoning
- ▶ 1-1/2 to 2 teaspoons sausage seasoning

Combine ground meat, flour, salt, cumin, and sage in blender container. Mix well. Divide into meal-size amounts and freeze (I like <https://tradcookschool.com/ZipTop> and use code **TCS** to get 15% off).

Thaw in refrigerator 12 to 24 hours before needed. To cook, choose one of the following methods:

Self-saucing beef: Put your thawed* meal-size amount in a saucepan, along with 1 cup water per pound of meat. Break up with a wooden spoon so that the meat mixture is immersed and "swimming" in the water. The water level should be about the level of the meat. Turn on heat to medium and cover pan.

**If meat is frozen, allow more time for cooking, reduce temperature, and crumble up with a wooden spoon as it thaws.*

When it starts simmering, stir briefly and the meat should be 50% to 60% cooked. Reduce heat and if adding beans (even frozen, batch cooked beans) to the mixture, add now so they can thaw and/or reheat in the sauce. Cover and let the meat finish cooking.

Self-Saucing & Seasoned Beef Mixture

When done cooking, the water should be thickened into a flavorful sauce. If it's too watery, let it simmer uncovered to evaporate some of it; or turn off the heat and cover, and it will get more thick as it sits. If it's too thick, add water to dilute the sauce. Serve as desired in burritos, tacos, wraps, bowls, hot meat sandwich, etc.

Patties: Divide into patties of desired size; I like to make small patties that are 1/8 to 1/4 pound of beef (slider size). Heat 10" or larger stainless steel ([here](#)) or cast iron skillet over medium to medium-high heat. Once hot, put 4 to 5 patties in (or however many you can fit without touching). Turn down heat, if necessary, to prevent burning. After 1-2 minutes or when bottom side is browned, flip. Let bottom side brown 1-2 minutes. Then turn down heat to medium-low and cover to finish cooking, another 1-2 minutes. Transfer patties to covered dish to keep warm and repeat until all patties are cooked. Serve immediately, or store in fridge or freezer. Enjoy!

Sheet pan: Bake patties (or shape into meatballs or logs) on baking trays in 375 degree Fahrenheit oven for 10 to 15 minutes, flipping over halfway through cooking time.

Meatloaf: Use the entire meat mixture, divided in two. Press each section flat in a 9"x13" baking pan. Bake at 375 degrees Fahrenheit for 35 to 40 minutes until top is browned and cooked through.

To reheat (whether fridge or freezer): Put in a covered saucepan with a bit of water and reheat gently until warmed through.

To batch cook and freeze patties: Lay cooked patties in zipper seal freezer bags in flat layers separated by parchment paper. Use within 1 month (or 3 months if double bagged). Or freeze other shaped, as desired.

Homemade Seasoning Mixes

If you'd like to kick up the seasonings even more and do it from scratch, here are seasoning mix recipes for you. You'll not only save money, your results will be more fresh and tasty, too.

Taco Seasoning Mix

Yes, your own taco seasoning mix! Healthier and better-tasting than the flavoring packets. Use much less of the flaked red pepper if you prefer a mild taco seasoning.

I've scaled this recipe up from Kresha Faber's book, "DIY Pantry" TradCookSchool.com/diypantry. If you don't have a local source for bulk, high-quality herbs and spices, check out our recommended online source, Starwest Botanicals, at TradCookSchool.com/starwest.



Yields about 2 cups.

- ▶ 2/3 cup chili powder
- ▶ 2 tablespoons garlic powder
- ▶ 1 tablespoon onion powder
- ▶ 1 tablespoon red pepper flakes (reduce or omit for a non-spicy taco seasoning)
- ▶ 2 tablespoons oregano
- ▶ 2 tablespoons paprika or smoked paprika
- ▶ 6 tablespoons cumin
- ▶ 2 tablespoons sea salt
- ▶ 2 teaspoons white or black pepper

Self-Saucing & Seasoned Beef Mixture

Mix all ingredients together in a small or medium mixing bowl. Using a funnel, transfer to pint-size jar or other storage jar (like a 250mL, 400mL or 500mL lightproof, airtight, screw-top jar from Infinity Jars, TradCookSchool.com/glassjars). Cover. Label jar. Store in dark, cool pantry or cupboard.

To use: Use 1 to 2 tablespoons per pound of ground meat.

Chili Seasoning Mix

Here's another seasoning mix for you ... this time for one of America's favorite dishes: chili! Use much less of the cayenne pepper if you prefer a less spicy chili.

Please note: This recipe does NOT contain salt or pepper, so you need to add that separately to your chili.

If you don't have a local source for bulk, high-quality herbs and spices, check out our recommended online source, Starwest Botanicals, at TradCookSchool.com/starwest.

Yields about 2 cups.

- ▶ 1 cup paprika or smoked paprika
- ▶ 5 tablespoons + 1 teaspoon oregano
- ▶ 1 tablespoons + 1 teaspoon cumin
- ▶ 1/4 cup (4 tablespoons) garlic powder
- ▶ 2 tablespoons onion powder
- ▶ 1 tablespoon + 1 teaspoon ground cayenne pepper (reduce or omit for a non-spicy chili seasoning)

Mix all ingredients together in a small or medium mixing bowl. Using a funnel, transfer to pint-size jar or other storage jar (like a 250mL, 400mL or 500mL lightproof, airtight, screw-top jar from Infinity Jars, TradCookSchool.com/glassjars). Cover. Label jar. Store in dark, cool pantry or cupboard.

To use: Use 1 to 2 tablespoons chili seasoning mix per pound of ground meat.

Sage Sausage Seasoning Mix

I love sage sausage! Yes, you can add other ingredients to your sausages, such as marjoram, red peppers and more ... but my favorite flavor for a homemade sausage is simply sage, salt and pepper!

This is the mix I make in our home and the one I'm thrilled to share with you.

If you don't have a local source for bulk, high-quality herbs and spices, check out our recommended online source, Starwest Botanicals, at TradCookSchool.com/starwest.

Yields about 1 cup.

- ▶ 1 cup sage
- ▶ 1/4 cup (4 tablespoons) sea salt
- ▶ 2 teaspoons white or black pepper



Self-Saucing & Seasoned Beef Mixture

Mix all ingredients together in a small or medium mixing bowl. Using a funnel, transfer to pint-size jar or other storage jar (like a 250mL, 400mL or 500mL lightproof, airtight, screw-top jar from Infinity Jars, [TradCookSchool.com/glassjars](https://tradcookingschool.com/glassjars)). Cover. Label jar. Store in dark, cool pantry or cupboard.

To use: Use 1 to 3 teaspoons per pound of ground meat (to taste).

Italian Seasoning

And finally... homemade Italian seasoning! Enjoy this one, too. :)

- ▶ 2 tablespoons dried basil
- ▶ 2 tablespoons dried oregano
- ▶ 1 tablespoon dried rosemary
- ▶ 1 tablespoon dried thyme
- ▶ 1 tablespoon dried marjoram
- ▶ 1 teaspoon garlic powder (optional)
- ▶ 1 teaspoon onion powder (optional)
- ▶ 1/2 teaspoon red pepper flakes (optional, for a slight kick)

Mix all ingredients together in a small or medium mixing bowl. Using a funnel, transfer to pint-size jar or other storage jar (like a 250mL, 400mL or 500mL lightproof, airtight, screw-top jar from Infinity Jars, [TradCookSchool.com/glassjars](https://tradcookingschool.com/glassjars)). Cover. Label jar. Store in dark, cool pantry or cupboard.

To use: Use 1 to 2 tablespoons per pound of ground meat.

Helpful Links

Looking for more info on anything mentioned today? Here you go!

- ▶ Multiply Meals Batch Cooking course info: <https://traditionalcookingschool.com/rtbz>
- ▶ Multiple Meals Batch Cooking course: <https://members.traditionalcookingschool.com/courses/batch-cooking-ecourse/>
- ▶ Low Arsenic Rice Flour: <https://traditionalcookingschool.com/officehoursrecordings> (see 9/29/25) or <https://members.traditionalcookingschool.com/lessons/lesson-03-storage-milling-sifting/>
- ▶ ZipTops freezer storage (made in U.S.A.; BPA-free): <https://traditionalcookingschool.com/ziptop> — use code TCS for 15% OFF
- ▶ Infinity Jars (airtight, lightproof): <https://traditionalcookingschool.com/glassjars>
- ▶ All Clad Stainless Steel Cookware: <https://traditionalcookingschool.com/allclad>

Want More Help with Multiply Meals Batch Cooking?

We are tired and there's always too much to do. What's the answer? Throw in the towel? Many people do, and it's to their family's detriment. If you want to overcome the challenges of busy-ness while still feeding your family healthy meals, I can help you in our Multiply Meals online group class: <https://traditionalcookingschool.com/rtbz>

You'll see that it's possible to multiply your efforts and end up with meals and meal components (like frozen self-saucing beef mixture!) on hand so you can whip together healthy and inexpensive meals in 30 minutes or less! Plus, most of our students save 25% to 50% on groceries (that's \$400+ per month), too! Oh, and their families

Self-Saucing & Seasoned Beef Mixture

get healthier, too — balancing blood sugar and hormones, healing allergies, improving sleep, losing weight, fixing their digestion, and getting their energy back.

If all this sounds good to you, then I also invite you to check out our full Multiply Meals™ Batch Cooking group class! In 8 weeks, I can show you how to “multiply meals” and spend less time cooking for every healthy meal of the day, and snacks, too! You can get started for just \$28.

If you'd like more info on how the Multiply Meals™ Batch Cooking class works or how it might help you, just email help@traditionalcookingschool.com or text at 1-317-434-1180 so we can talk over your situation with you and/or give advice on the best place for you to start or continue your journey with Eat God's Way. I'll be praying for you! God bless you!



Wardee