

# 12 CROCKPOT FREEZER MEALS FROM COSTCO GROCERY LIST & RECIPES

## RECIPE LIST

Three freezer bags of Crockpot Turkey and Black Bean Chili  
Three freezer bags of Crockpot Tomato Turkey and Veggie Soup  
Three freezer bags of Crockpot Red Pepper Chicken  
Three freezer bags of Crockpot Honey Sesame Chicken

## GROCERY LIST FOR ALL 12 MEALS

### MEAT

- 9 pounds of boneless, skinless chicken breasts (You can sub chicken thigh, which are cheaper and more juicy, but my husband doesn't like them)
- 6 pounds of ground turkey

### PRODUCE

- 9 small onions
- 6 red peppers (I used a mix of red, orange, and yellow peppers)
- 12 garlic cloves
- 3 pounds of carrots
- 3 pounds of zucchini (about 8 small zucchinis)

### FROZEN

- 1 pound bag of frozen corn

### SEASONINGS

- 3 tablespoons paprika
- 3 tablespoons chili powder
- 3 tablespoons ground cumin
- 3 tablespoons Italian seasonings
- 4.5 teaspoons ground oregano
- 4.5 teaspoons crushed red pepper flakes
- 3 teaspoons black pepper
- 2.25 teaspoons salt
- One jar of minced garlic (You need 15 teaspoons. You can also sub 30 fresh cloves or 2.25 teaspoons dried garlic powder)

## CANNED

- 28oz can of tomato sauce x6 (I bought a box of 12 cans, 15oz each)
- 15oz can of black beans x6
- 15oz can of cannellini beans x3

## MISC

- 1.5 cups honey
- 1.5 cups low sodium soy sauce
- .75 cup ketchup
- 1.5 cups and 1 tablespoon extra virgin olive oil
- 12 teaspoons chicken bullion granules
- 12 gallon-sized plastic freezer bags

## ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (For example, I bought frozen garlic bread and microwaveable organic brown rice quinoa mix at Costco.)

# RECIPES

## Crockpot Turkey and Black Bean Chili

Yields: One bag of Turkey and Black Bean Chili with six servings (I tripled this recipe and made three bags)

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### INGREDIENTS

- 1 pound ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1.25 cups frozen corn (I split a one pound bag between the 3 bags)
- 1 teaspoon of minced garlic (I used jarred minced garlic, but you can sub 2 minced fresh cloves or 1/4 teaspoon garlic powder)
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

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### MATERIALS

- 1 gallon-sized plastic freezer bag

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### PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the turkey to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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### COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8 hours, or until
3. Break apart ground turkey and serve!

# Crockpot Tomato Turkey and Veggie Soup

Yields: One bag Tomato Turkey and Veggie Soup with six servings (I tripled this recipe and made three bags)

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## INGREDIENTS

- 1 pound ground turkey
- 28oz can of tomato sauce (I used two 15oz cans)
- 1 can of cannellini beans (15oz), drained and rinsed
- 3 large carrots, peeled and sliced (I split 2 pounds between 3 bags)
- 1 lb zucchini, cut into bite-sized pieces (3-4 small zucchinis)
- 1 small onion, diced (about one cup)
- 1 tablespoon extra virgin olive oil
- 1 teaspoon of minced garlic (I used jarred minced garlic, but you can sub 2 minced fresh cloves or 1/4 teaspoon garlic powder)
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 teaspoons chicken bullion granules
- 4 cups of water \*not needed until day of cooking

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. To save time, cut all carrots and zucchinis at once and split between bags. (No need to measure – just split as evenly as possible.) Add the turkey to the bag last, so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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## COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with four cups of water and cook on "low" setting for 8 hours, or until carrots are soft.
3. Break apart ground turkey and serve!

# Crockpot Red Pepper Chicken

Yields: One bag of Red Pepper Chicken with four servings (I tripled this recipe and made three bags)

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## INGREDIENTS

- 1.5 pounds boneless, skinless chicken breasts
- 2 medium-sized red bell peppers, sliced (about 3 cups)
- 1/4 cup extra virgin olive oil
- 2 teaspoons of minced garlic (I used jarred minced garlic, but you can sub 4 minced fresh cloves or 1/2 teaspoon garlic powder)
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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## COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 4-6 hours, or until chicken is cooked through.
3. Serve!

# Crockpot Honey Sesame Chicken

*Modified from Damn Delicious*

<http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesame-chicken/>

Yields: One bag of Honey Sesame Chicken with four servings (I doubled this recipe and made two bags.)

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## INGREDIENTS

- 1 small onion, diced (about 1 cup)
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 1 teaspoon of minced garlic (I used jarred minced garlic, but you can sub 2 minced fresh cloves or 1/4 teaspoon garlic powder)
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 1.5 pounds boneless, skinless chicken breasts
- Sesame seeds, optional (not needed until day of cooking)

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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## COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.
4. Top with sesame seeds.

More info can be found on <http://www.NewLeafWellness.biz>