

Six Cheap Freezer Crockpot Meals in 50 Minutes

Two freezer bags of Crockpot Shredded BBQ Chicken
Two freezer bags of Crockpot Mexican Chicken Chili with Cornbread Topping
Two freezer bags of Crockpot Beef and Lime Chili

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds of boneless skinless chicken breasts
- 2 pounds of lean ground beef

PRODUCE

- 2 limes
- 4 small yellow onions
- 2 peppers (any color – I used green)
- 4 large cloves of garlic

FROZEN

- 4 cups of frozen corn

SEASONINGS

- 4 tablespoons chili powder
- 2 tablespoons curry powder
- 4 teaspoons ground cumin
- 2 packages of taco seasoning mix or 5 tablespoons homemade mix (2tbsp chili powder, 2 tsp pepper, and 1tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food.)

CANNED

- 15oz can of black beans x4
- 10.75oz can of condensed tomato soup x2
- 14.5oz can of petite diced tomatoes x2 (I split a 28oz can between the two recipes)
- 15oz can of tomato sauce x2

MISC

- 4 cups ketchup
- 1/2 cup Worcestershire sauce
- 2 tablespoons hot sauce (like Frank's red hot)
- 6 tablespoons light brown sugar
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

ITEMS NEEDED FOR DAY-OF COOKING

- 1/2 pound cheese (about 2 cups shredded) for Chicken Chili – I use cheddar or pepper jack
- 2 boxes of Jiffy corn muffin mix plus the ingredients listed on the box (one egg and 1/3 cup milk per box)
- Side dishes, optional (I bought chips and cheese for the chili. Buns and corn on the cob for the shredded BBQ chicken.)

RECIPES

Crockpot Beef and Lime Chili

Yields: One bag of chili with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 cup of frozen corn
- 15oz can tomato sauce
- 14.5oz can of petite diced tomatoes
- Two 15oz cans of black beans, drained and rinsed
- 1 small onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- The juice from one lime
- 1 pound lean ground beef

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label freezer bag.
2. To your freezer bag, add all ingredients. (Add the ground beef 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.

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 slow cooker crockpot and cook on "low" setting for 8 hours, or until beef is cooked through and tender.
3. Break beef apart with a large spoon and serve.

Crockpot Mexican Chicken Chili with Cornbread Topping

Yields: One gallon-sized bag of Chicken Chili with six servings (I doubled this recipe and made two bags)

INGREDIENTS FOR PREP DAY

- 1 medium-sized yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 1 package of store-bought taco seasoning or 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1tbsp chili powder, 1 tsp pepper, and 1/2 tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food)
- 10.75oz can of condensed tomato soup
- 1 pound boneless, skinless chicken breasts

INGREDIENTS FOR DAY OF COOKING

- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients from the “prep day” list. (Add the chicken 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.

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 and tender.
3. Shred chicken with a fork.
4. Top chicken chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on “high” setting for one hour or until cornbread topping is cooked through.

Note: If you want to have everything prepped ahead of time, you can shred and freeze the cheese in a plastic bag. Cook the corn muffin mix as muffins, flash freeze, and serve as side dish with chili instead of as a topping.

Crockpot Shredded BBQ Chicken

Yields: One bag of BBQ chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 2 cups ketchup (I like Simply Heinz)
- 1/4 cup Worcestershire sauce
- 3 tablespoons light brown sugar
- 2 tablespoon chili powder
- 1 tablespoon hot sauce
- 1 tablespoon curry powder
- 2 pounds boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

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

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 4-8 hours, or until chicken is cooked through.
3. Shred chicken and mix with remaining BBQ sauce in slow cooker.
4. Serve!

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