

Eight Crockpot Freezer Meals in 35 Minutes

GROCERY LIST FOR ALL 8 MEALS

MEAT

- 5 lbs boneless, skinless chicken breasts
- 2 lb bone-in pork shoulder x2 (also called "Boston Butt" or "Pork Butt") (note: this is my favorite cut of pork for the crockpot, but boneless pork prime roasts were BOGO at the grocery store so I used them instead)
- 2 lb boneless beef chuck shoulder roast
- 2 lbs boneless pork ribs
- 1 lb ground beef

PRODUCE

- 2 small yellow onions
- 4 cloves garlic

FROZEN

- 2 pounds frozen green beans (you can sub fresh)
- 1 bag frozen corn (16 oz)
- 1 bag frozen stir fry veggies with peppers and onions (14 oz)

SEASONINGS

- 2 teaspoons dried oregano
- 1 teaspoon dried parsley
- 2 teaspoons salt
- 4.5 teaspoons ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon ground thyme
- 2 packages of taco seasoning mix (or this 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)
- 2 packages of onion soup mix (or this homemade mix: 1/2 cup dried onion flakes, 2 tbsp beef bullion granules, and 1/2 tsp of the following: onion powder, parsley flakes, celery seed, paprika, and pepper)

MISC

- 15 oz can whole cranberry sauce x2
- 28oz can diced tomatoes x2
- can of condensed tomato soup x2
- 1 cup honey
- 4 tablespoons Dijon mustard
- 4 tablespoons extra virgin olive oil
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 1/2 pound cheese (about 2 cups shredded) for Chili – I use cheddar or pepper jack (Note: you can buy this ahead of time, shred and freeze)
- 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 microwaveable organic brown rice for the cranberry and honey dijon meals and spaghetti for the Italian meals. I will also serve with a fresh vegetable or salad.)

RECIPES

Crockpot Cranberry and Green Beans

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with chicken and one with pork)

INGREDIENTS

- 1 pound frozen green beans (You can sub fresh)
- 15oz can of whole cranberry sauce
- 1 packet of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 1 tbsp beef bullion granules, and 1/4 tsp of the following: onion powder, parsley flakes, celery seed, paprika, and pepper)
- 2 pounds of meat (I used chicken breasts for one bag and a pork roast in the second bag)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the meat 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.
3. Cook on "low" setting for 4-6 hours (chicken), or 8 hours (pork).
4. If using bone-in pork, remove bone and shred meat.
5. Serve meat with green beans and cranberry sauce.

Crockpot Mexican Chili with Cornbread Topping

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags – one with chicken and one with ground beef.)

INGREDIENTS FOR PREP DAY

- 1/2 bag of frozen stir fry vegetables (You can sub a fresh pepper and onion, diced)
- 1/2 bag of frozen corn
- 1 package of store-bought taco seasoning or 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon 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 of meat (I used 1 lb chicken breasts for one bag and 1 lb ground beef for the second bag)

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 meat 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 (chicken) or 8 hours (ground beef).
3. Shred chicken or break apart ground beef.
4. Top 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.

Crockpot Italian Chicken/Beef

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with chicken and one with beef.)

INGREDIENTS

- 1 small onion, diced
- 28oz can diced tomatoes
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds of meat (I used chicken breasts in one bag and a boneless beef chuck shoulder roast in the second bag)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add the meat 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.

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 (chicken) or 8 hours (beef).
4. If using beef, shred with a fork.
5. Serve with sauce in crockpot.

Crockpot Honey Dijon Pork

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with a pork roast and one with boneless pork ribs)

INGREDIENTS

- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 3 pounds of meat
- 1/2 cup water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except water. (Add the meat 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 add 1/2 cup of water.
3. Cook on "low" setting for 8 hours or until meat is tender.
4. Serve with sauce in crockpot.

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