

MAKE AHEAD CROCKPOT MEALS

RECIPES & GROCERY LIST

Crockpot Hamburger Vegetable Soup

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

INGREDIENTS

- 4 carrots, peeled and sliced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 1 small onion, diced (about one cup)
- 28oz can of diced tomatoes
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon Italian seasonings
- 1/4 teaspoon pepper
- 4 teaspoons beef bullion granules*
- 1 pound ground beef
- 4 cups of 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). To keep potatoes from browning, chop them last and add the to the top of your freezer bag.
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 water.
3. Cook on "low" setting for 8 hours, or until beef is cooked through and carrots are soft.
4. Break apart beef, stir, and serve.

**Note: If desired, you can replace beef bullion and water with four cups of store-bought or homemade beef broth. Add it the day of cooking.*

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

Crockpot White Chicken Chili

Modified from: <http://moneysavingmom.com/2013/12/white-chicken-chili.html>

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2 15.5oz cans of Great Northern beans, rinsed and drained
- 8oz can of chopped mild green chilies (ALDI didn't have these so I subbed a 10oz can of diced tomatoes and green chilies)
- 1 and 2/3 cups of frozen corn (1/2 of a 1lb bag)
- 4 teaspoons chicken bullion granules*
- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, chopped (about one cup)
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground oregano (I used dried oregano leaves)
- 1/4 teaspoon ground cloves
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes
- 1 pound boneless, skinless chicken breasts
- 4 cups 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 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 add 4 cups of water.
3. Cook on "low" setting for 6 hours or until chicken is cooked through.
4. Shred chicken and serve.

**Note: If desired, you can replace chicken bullion and water with four cups of store-bought or homemade chicken broth. Add it the day of cooking.*

Crockpot Ham & Potato Soup

Modified from: <http://onceamonthmeals.com/canadian-bacon-potato-chowder/>

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

INGREDIENTS

- 4 carrots, peeled and diced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 2 ribs celery, diced (about 2/3 cup)
- 1 small onion, diced (about one cup)
- 2 garlic cloves, minced (one teaspoon)
- 1/2 cup uncooked medium barley (not quick cooking)
- 1/4 teaspoon pepper
- 1/8 teaspoon ground thyme
- 4 teaspoons chicken bullion granules*
- 8 oz bone-in ham steak, cut into 1/2 inch pieces (about 1 cup diced)
- 6oz evaporated milk (I split a 12 oz can between two bags)
- 4 cups of water* (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except evaporated milk and water). To keep potatoes from browning, chop them last and add them to the top of your freezer bag.
3. Add evaporated milk to a quart-sized plastic freezer bag. Seal, and add to gallon-sized bag.
4. Remove as much air from the gallon-sized 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 gallon-sized freezer bag into your crockpot and add water. Keep bag of evaporated milk in the refrigerator.
3. Cook item in crockpot on "low" setting for 8 hours, or until carrots and potatoes are soft. Stir in evaporated milk and leave lid open a crack. Continue to cook 15 minutes or until heated through.

**Note: If desired, you can replace chicken bullion and water with four cups of store-bought or homemade chicken broth. Add it the day of cooking.*

GROCERY LIST FOR ALL SIX MEALS

MEAT

- 2 lbs boneless, skinless chicken breasts
- 2 lbs ground beef
- 1 lb bone-in ham steak

PRODUCE

- 6 small yellow onions
- 12 cloves garlic
- 2 pounds carrots
- 8 small potatoes
- 4 ribs celery

FROZEN

- 1 bag frozen corn (16 oz)

SEASONINGS

- 4 teaspoons ground cumin
- 2 teaspoons ground oregano
- 1/2 teaspoon ground cloves
- 1/2 teaspoon red pepper flakes
- 1.5 teaspoons pepper
- 2 tablespoons Italian seasonings
- 1/4 teaspoon ground thyme

MISC

- 16oz can of great northern beans x4
- 8oz can of diced green chilies x2 (I subbed 2 cans of diced tomatoes and green chilies – 10oz each)
- 16 teaspoons chicken bullion granules
- 8 teaspoons beef bullion granules
- 1 cup medium barley (not quick cooking)
- 12oz can evaporated milk
- 28oz can diced tomatoes x2
- 4 tablespoons extra virgin olive oil
- 6 gallon-sized plastic freezer bags
- 2 quart-sized freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (I bought biscuits and crescent rolls for the soups, and chips and Monterey jack cheese for the chili.)