

# MAKE AHEAD CROCKPOT MEALS

## RECIPES & GROCERY LIST

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### Crockpot Meatball Vegetable Soup

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

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#### INGREDIENTS

- 4 cups frozen mixed vegetables (I used a mix of carrots/peas/corn/green beans)
- 1 small onion, diced (about one cup)
- 24oz jar of pasta sauce (I used 1/2 of a 45oz container)
- 4 teaspoons beef bullion granules\*
- 1 pound frozen meatballs
- 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 (except water).
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 add water.
3. Cook on "low" setting for 8 hours, or until vegetables are tender.

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

# Crockpot Sweet and Sour Meatballs

Modified from: <http://onceamonthmeals.com/gluten-free-dairy-free-sweet-and-sour-meatballs/>

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

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## INGREDIENTS

- 1 pound frozen meatballs
- 1/2 fresh pineapple, cut into 1-inch chunks
- 3 sweet peppers, roughly chopped
- 1 small yellow onion, sliced
- 1/2 cup ketchup
- 1/2 cup vinegar (cider or white)
- 2 tablespoons cornstarch
- 2 tablespoons low sodium soy sauce
- 1/2 cup brown sugar

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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 for 6-8 hours on low setting or until peppers and onions are tender.

# Crockpot Meatballs

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

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## INGREDIENTS

- 1 pound frozen meatballs
- 45oz jar of pasta sauce

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized 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 gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hour or until meatballs are heated through and tender.

# GROCERY LIST FOR ALL SIX MEALS

## PRODUCE

- 4 small yellow onions
- 6 sweet peppers (I used 2 orange, 2 red, and 2 yellow)
- 1 pineapple

## FROZEN

- 6 pounds meatballs
- 8 cups of frozen mixed vegetables (I bought a bag of mixed organic carrots/corn/peas/green beans)

## MISC

- 45 oz container pasta sauce x3
- 1 cup ketchup
- 1 cup vinegar (white or apple cider)
- 4 tablespoons cornstarch
- 4 tablespoons low sodium soy sauce
- 1 cup brown sugar
- 8 teaspoons beef bullion granules (If you want, you can sub 8 cups beef broth or chicken broth)
- 6 gallon-sized plastic freezer bags

## ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
  - I serve the sweet and sour meatballs with a microwave pouch of organic quinoa and brown rice.
  - I serve the meatball veggie soup with rolls or garlic bread.
  - I serve the meatballs with spaghetti and a salad or as meatballs subs.