



8 CROCKPOT FREEZER MEALS IN 35 MINUTES FROM

WHOLE FOODS

FREE PRINTABLE RECIPES AND SHOPPING LIST INCLUDED

8 Crockpot Freezer Meals in 35 Minutes from Whole Foods

Free printable recipes and grocery list below!

Recipe List

1. Chicken Teriyaki (2x Bags)
2. Chicken Chili (2x Bags)
3. Honey Dijon Pork and Green Beans
4. Hot Pepper Pork and Butternut Squash
5. Beef Fajitas
6. Pepperoncini Shredded Beef

Chicken Teriyaki

(2x Freezer Meal Bags)

1

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 5oz teriyaki sauce (about 2/3 cup - I used a soy ginger sauce from Whole Foods)
- 16 oz bag of frozen stir fry vegetables

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. The night before cooking, move frozen bag to your refrigerator to thaw.
4. Cook on low setting for 6-8 hours or until chicken is tender.

Serve with rice..

Chicken Chili

(2x Freezer Meal Bags)

2

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 15oz can of tomato sauce
- 15oz can of diced tomatoes (I split a 28oz can between my two freezer bags)
- 15oz can of black beans
- 15oz can of kidney beans
- 1 and 2/3 cup frozen "fire roasted" corn (I split a one pound bag between two bags)
- 2 cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 6-8 hours.
4. Shred chicken and return to crockpot.

Serve with cheddar cheese and tortilla chips or potatoes.

Honey Dijon Pork and Green Beans

3

Yields: 4 servings

Ingredients

- 1 pound pork sirloins
- 16oz bag of frozen green beans (you can sub fresh)
- 1/4 cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water* (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 6-8 hours or until pork is tender.

Serve with rice.

Hot Pepper Pork and Butternut Squash

4

Yields: 4 servings

Ingredients

- 1 pound pork sirloins
- 16oz bag of frozen butternut squash (you can sub fresh)
- 8oz jar of hot pepper jelly

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 6-8 hours or until pork is tender.

Serve with rice.

Beef Fajitas

5

Yields: 6 servings

Ingredients

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” setting for 8 hours or until beef is tender.
4. Shred beef

Serve with with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

Pepperoncini Shredded Beef

6

Yields: 6 servings

Ingredients

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 12oz jar of pepperoncinis
- 6 cloves of garlic, peeled
- 1/2 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 8 hours, or until meat shreds easily.

Serve on rolls with a side salad (or serve the shredded meat right on top of a salad instead!).

Grocery List for All 8 Meals

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 small yellow onion
- 2 red bell peppers
- 12 cloves garlic

Meat

- 2 pounds pork sirloins
- 4 pounds boneless skinless chicken breasts
- 2 pound boneless beef chuck shoulder roast (x2)

Frozen (You can sub fresh vegetables if you want)

- 16oz bag organic butternut squash
- 16oz bag of organic “fire roasted” corn
- 16oz bag of organic stir fry vegetables (x2)
- 16oz bag of organic green beans

Canned/Dried

- 15oz can of tomato sauce (x2)
- 15oz can of diced tomatoes (x2) - **or 28oz can**
- 15oz can of organic black beans (x2)
- 15oz can of organic kidney beans (x2)

Spices and Seasonings

- 2 tablespoons plus
- 1 teaspoon paprika
- 3 tablespoons chili powder
- 2 tablespoons plus
- 2 teaspoons cumin
- 3 teaspoons ground oregano
- 3/4 teaspoon crushed red pepper flakes
- 2.5 teaspoons pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme

Miscellaneous

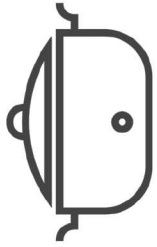
- 8oz jar hot pepper jelly
- 10oz jar of teriyaki sauce (I used soy ginger)
- 1/4 cup plus
- 1 tablespoon honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 1 tablespoon apple cider vinegar
- 12oz jar of pepperoncinis

Materials

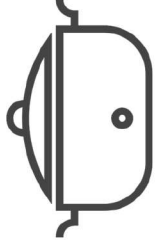
- 8 gallon-sized plastic freezer bags

Suggested Side Dishes

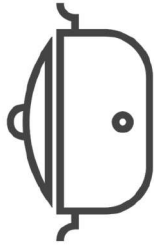
1. Chicken Teriyaki (2x Bags) - Serve with rice.
2. Chicken Chili (2x Bags) - Serve with cheddar cheese and tortilla chips or potatoes.
3. Honey Dijon Pork and Green Beans - Serve with rice.
4. Hot Pepper Pork and Butternut Squash - Serve with rice.
5. Beef Fajitas - Serve with with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)
6. Pepperoncini Shredded Beef - Serve on rolls with a side salad or serve the shredded meat right on top of a salad.



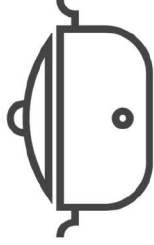
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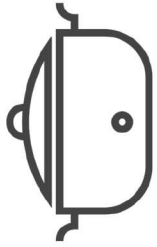


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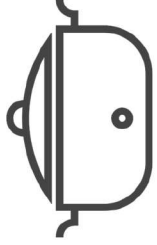


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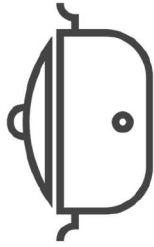




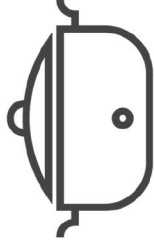
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