

5 CROCKPOT FREEZER MEALS MADE FROM ITEMS IN YOUR FRIDGE

RECIPES & GROCERY LIST

Salsa Pork

Yields: 6 servings

INGREDIENTS & MATERIALS

- 2 pound boneless pork shoulder roast (mine was called a “chef’s prime roast)
- 1 cup salsa
- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the 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 8 hours or until meat is tender.
3. Shred meat and serve with rice and a salad or steamed broccoli. (This would also make delicious pork tacos!)

BBQ Chicken

Yields: 6 servings

INGREDIENTS & MATERIALS

- 2 pounds boneless skinless chicken breasts
- 1 cup BBQ sauce
- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the 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 6 hours or until meat is tender.
3. Shred meat and serve on rolls with a side salad.

Italian Chicken

Yields: 6 servings

INGREDIENTS & MATERIALS

- 2 pounds boneless skinless chicken breasts
- 1 cup Italian dressing
- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the 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 6 hours or until meat is tender.
3. Serve chicken with brown rice and steamed broccoli. (The leftover chicken also tastes delicious shredded and served on top of salads.)

“Party” Beef Roast

This recipe includes the word “party” in its name because the sauce is similar to what people use to make cocktail meatballs.

Yields: 6 servings

INGREDIENTS & MATERIALS

- 2 pounds boneless beef chuck shoulder roast (no substitutions! This is the best cut of beef for the crockpot.)
- 1 cup grape jelly
- 1 cup ketchup
- 1/4 teaspoon ground allspice
- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the 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 8 hours or until meat is tender.
3. Shred meat and serve with rice and a salad or steamed broccoli.

Mississippi Roast

Yields: 6 servings

INGREDIENTS & MATERIALS

- 2 pounds boneless beef chuck shoulder roast
- 1/2 cup pickle juice
- 1 dry au jus gravy packet
- 1 dry ranch seasoning packet
- 1 stick unsalted butter
- 1 gallon-sized plastic freezer bag

(optional: you can add 1-2 pounds of peeled and chopped carrots to the bag.)

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the 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 8 hours or until meat is tender.
3. Shred meat and serve with crescent rolls and carrots.

GROCERY LIST FOR ALL FIVE MEALS

MEAT

- 4 pounds boneless skinless chicken breasts
- 2-pound boneless beef chuck shoulder roast x2
- 2-pound boneless pork shoulder roast (mine was called a "chef's prime roast")

COLD

- 1 stick unsalted butter

SEASONINGS

- 1/4 teaspoon ground allspice
- 1 dry au jus seasoning packet
- 1 dry ranch seasoning packet

MISC

- 1 cup BBQ sauce
- 1 cup Italian dressing
- 1 cup grape jelly
- 1 cup ketchup
- 1 cup salsa
- 1/2 cup pickle juice
- 5 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
 - I serve my salsa pork as pork tacos with tortillas, lettuce, and shredded cheese
 - I serve my BBQ chicken on rolls with a side salad
 - I serve my Italian chicken with brown rice and steamed broccoli
 - I serve my Party beef with rice and a salad or steamed broccoli
 - I serve my Mississippi roast with crescent rolls and carrots (I usually add the carrots to the crockpot while cooking the roast)