

SEVEN ITALIAN CROCKPOT FREEZER MEALS

RECIPES & GROCERY LIST

Freezer to Crock Pot Stuffed Peppers

Yields 4 servings

Ingredients

- 1 pound ground beef (or turkey)
- 1 small onion, diced (about one cup)
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off and cleaned out
- 24oz jar of pasta sauce (2.5 cups), 2 tablespoons reserved
- 1 tablespoon extra virgin olive oil *not needed until day of cooking

Materials

- 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. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Pour remaining sauce into freezer bag (I also added the tops of the peppers, stems removed).
5. Place peppers inside bag, remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, coat crockpot with 1 tablespoon of olive oil and add sauce and peppers from bag.
3. Cook on “low” setting for 6-8 hours or until meat is cooked through and peppers are tender.

Serve with pasta and a fresh garden salad!

Simple Slow Cooker Lasagna Soup

Yields: 6 servings

Ingredients

- 24oz jar of pasta sauce (2.5 cups)
- 4 teaspoons of chicken bullion granules
- 15oz can of cannellini beans, drained and rinsed
- 2.5oz of fresh baby spinach (about 3 cups or 3 handfuls) - this looks like a lot, but it cooks down in the broth
- 4 cups of water *not needed until day of cooking
- 3 uncooked lasagna noodles, broken into small pieces *not needed until day of cooking

Materials

- 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 pasta sauce, bullion, beans, and spinach to freezer bag.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 4 cups of water.
3. Cook for 6-8 hours on "low" setting.
4. Add broken lasagna noodles and cook for an additional 30 minutes.

Serve with fresh-baked garlic bread.

Italian Wedding Soup

Yields: 6 servings

Ingredients

- 12oz bag of frozen mini meatballs
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 1 small onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 1 head of escarole, thinly sliced
- 8 teaspoons of chicken bullion granules
- 8 cups of water *not needed until day of cooking
- 1/2 cup uncooked pasta *not needed until day of cooking (I use acini de pepe, ditallini, or small shells)

Materials

- 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 ingredients except water and pasta.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 8 cups of water.
3. Cook for 6-8 hours on "low" setting or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

Serve with fresh-baked garlic bread.

Slow Cooker Sausage Tomato Tortellini Soup

Yields: 6 servings

Ingredients

- 1 pound of ground spicy Italian sausage (Note: If you can only find sausage links, remove the casing.)
- 24oz jar of pasta sauce (2.5 cups)
- 15oz can of cannellini beans, drained and rinsed
- 2.5oz of fresh baby spinach (about 3 cups or 3 handfuls)
- 1 pound of carrots (8 large carrots), peeled and sliced
- 1 small onion, chopped (about one cup)
- 4 teaspoons of chicken bullion granules
- 4 cups of water *not needed until day of cooking
- 19oz bag of frozen cheese tortellini *not needed until day of cooking

Materials

- 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 ingredients except water and tortellini.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 4 cups of water.
3. Cook for 6-8 hours on "low" setting or until sausage is cooked through and carrots are soft.
4. Add pasta and cook for an additional 30 minutes.
5. Break apart sausage and serve.

Serve with fresh-baked garlic bread.

Slow Cooker Italian-Style Pot Roast

Yields: 6 servings

Ingredients

- 1 small onion, chopped (about one cup)
- 28oz can of diced tomatoes, undrained
- 2 cloves of 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-pound boneless beef chuck shoulder roast

Materials

- 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 ingredients to bag.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot.
3. Cook for 8 hours on "low" setting or until beef is cooked through and shreds easily with a fork.
4. Shred meat and serve with sauce in crockpot.

Serve with spaghetti and a salad.

Italian Sausage Subs

Yields: 5 servings

Ingredients

- 1 pound of spicy Italian sausage
- 2 small green bell peppers, seeds removed and sliced
- 1 small onion, peeled and sliced
- 24oz jar of pasta sauce

Materials

- 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 ingredients to bag.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot.
3. Cook for 6-8 hours on "low" setting or until sausage is cooked through.

Serve sausage, peppers, onions and sauce on submarine rolls with a salad.

Minestrone Soup

Modified from: <http://www.cookingclassy.com/2013/11/olive-garden-copycat-minestrone-soup-slow-cooker/>

Yields: 6 servings

Ingredients

- 28oz can of diced tomatoes, undrained
- 1/2 pound of carrots (about 4 large carrots), peeled and sliced
- 1 pound of fresh green beans, ends cut off and chopped into 1-inch pieces
- 2oz fresh baby spinach (about 2 handfuls)
- 1 small onion, peeled and chopped
- 4 cloves of garlic, minced
- 15oz can of kidney beans, drained and rinsed
- 15oz can of cannellini beans, drained and rinsed
- 1 teaspoon dried parsley
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried crushed rosemary
- 2 bay leaves
- 1/2 teaspoon sugar
- 1/4 teaspoon ground black pepper
- 4 teaspoons chicken bullion granules
- 5.5 cups water *not needed until day of cooking (this is not a typo, it's 5.5 cups)
- 1 cup uncooked pasta *not needed until day of cooking (I like ditallini or elbow)

Materials

- 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 ingredients except water and pasta.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.

2. The morning of cooking, add contents of freezer bag to crockpot with 5.5 cups of water.
3. Cook for 6-8 hours on "low" setting or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

Top with Parmesan cheese and serve with crusty bread.

GROCERY LIST FOR ALL 7 MEALS

PRODUCE

- 6 small onions
- 7 cloves of garlic
- 6 small green bell peppers
- 7oz of fresh baby spinach
- 2 pounds of carrots
- 1 head of escarole
- 1 pound of fresh green beans

MEAT

- 1 pound ground beef (or turkey)
- 1 pound of spicy Italian sausage
- 1 pound of ground spicy Italian sausage (Note: If you can only find sausage links, remove the casing.)
- 2-pound boneless beef chuck shoulder roast

FROZEN

- 12oz bag of frozen mini meatballs

SEASONINGS

- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 2 teaspoons dried oregano
- 1.5 teaspoons dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 teaspoons dried basil
- 1/2 teaspoon dried crushed rosemary
- 2 bay leaves

CANNED

- 3 cans of cannellini beans (15oz each)
- 1 can of kidney beans (15oz)
- 2 cans of diced tomatoes (28oz each)
- 4 jars of pasta sauce (24oz each)

MISC

- 1/2 teaspoon sugar
- 1 tablespoon Worcestershire sauce
- 7 gallon-sized plastic freezer bags
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 container of chicken bullion granules (You need 20 teaspoons) – Note: I use bullion granules because I like to freeze them with my meals and add water the day of cooking, but you can omit them and add homemade or store-bought chicken broth the day of cooking if you want.

NOT NEEDED UNTIL DAY OF COOKING

- 1 tablespoon extra virgin olive oil
- 3 uncooked lasagna noodles
- 1/2 cup uncooked pasta for wedding soup (I use acini de pepe, ditallini, or small shells)
- 1 cup uncooked pasta for minestrone soup (I like ditallini or elbow macaroni)
- 19oz bag of frozen cheese tortellini
- Suggested side dishes
 - Stuffed peppers- Serve with pasta and a fresh garden salad
 - Lasagna soup- Serve with fresh-baked garlic bread.
 - Italian wedding soup- garlic bread
 - Sausage tomato tortellini soup – garlic bread
 - Italian-style pot roast – spaghetti and a salad
 - Sausage subs- serve on submarine rolls with a salad
 - Minestrone soup – top with parmesan cheese and serve with crusty bread