

# 10 SLOW COOKER FREEZER MEALS IN 2.5 HOURS RECIPES AND GROCERY LIST

## Hamburger Potato Soup

Yields: 6 servings

### Ingredients

- 1/2 pound carrots, peeled and sliced (about 1.5 cups or 4 large carrots)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 1 small onion, diced (1 cup)
- 28oz can of diced tomatoes, undrained
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon Italian seasonings
- 1/4 teaspoon pepper
- 1 pound 85% lean ground beef
- 4 cups of fat-free lower-sodium beef broth\* (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except broth). To keep potatoes from browning, chop them last and add them 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 for up to three months.

### 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 beef broth.
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.

Serve with rolls.

## Slow Cooker Stuff Peppers

<http://newleafwellness.biz/2015/04/08/slow-cooker-stuffed-peppers-freezer-friendly/>

Yields: 4 servings

### Ingredients

- 1lb ground turkey
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)
- 1/2 cup water

### Materials

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

### Prep

1. Label your freezer bag.
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. Add remaining pasta sauce to quart-sized bag. Add water to empty jar and shake it around to get all of the sauce and add to quart-sized bag. Seal.
5. Add bag of sauce to gallon-sized bag and add stuffed peppers. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer for up to three months.

### Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add stuffed peppers to bottom of slow cooker.
3. Cover with sauce.
4. Cook on "low" setting for 6-8 hours or until meat is cooked through and peppers are soft.

Serve with rice.

## Crockpot Mexican Chili with Cornbread Topping

<http://newleafwellness.biz/2014/10/06/crockpot-mexican-chili-cornbread-topping/>

Yields: 3-4 adult sized servings (If you want to double, I would double the filling and keep the cornbread topping the same.)

### Ingredients

- 1 pound 85% lean ground beef
- 1 medium-sized yellow onion, chopped (about one cup)
- 1 small green pepper, chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup (you can also substitute canned tomato sauce)
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)\* not needed until day of cooking
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)\* not needed until day of cooking

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. Add all ingredients to freezer bag except cheese and corn muffin mix.
3. Remove as much air from the bag as possible and freeze for up to three months.

### Cook

1. Thaw overnight before cooking.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours, or until ground beef is cooked through.
3. Break apart beef, and top chili with shredded cheese and cornbread batter.
4. Replace lid and cook for one hour on "high" setting.

Serve plain or with a side salad.

# Asian Chicken Lettuce Wraps

Yields: 6 servings

## Ingredients

- 2 pounds of ground chicken
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Seal and freeze for up to three months.

## Cook

1. Thaw.
2. Cook in slow cooker for 4-6 hours on "low" setting.
3. Break apart chicken and spoon onto lettuce.

Serve on big pieces of iceberg or Boston bibb lettuce.

# Crockpot Cabbage Casserole

<http://newleafwellness.biz/2015/06/08/crockpot-cabbage-casserole/>

Yields 6-8 servings

## Ingredients

- 1 pound of 85% lean ground beef
- 2 medium onions, diced
- 1 medium head of cabbage, chopped
- 2 medium carrots, peeled and thinly sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups beef broth
- 3/4 cup brown rice (uncooked)\* not needed until day of cooking
- Cooking spray\* not needed until day of cooking

## Materials

- 1 gallon-sized plastic freezer bag (NOTE: This meal makes a lot of food so you may want to split it into two freezer bags if your slow cooker isn't at least 6 quarts)

## Prep

1. Label your freezer bag.
2. Brown ground meat and onions. Let cool to room temperature. <- *This step is optional. You can also add items to freezer bag raw. I decided to cook them because I've made this recipe before fresh and it was really good.*
3. Add all ingredients EXCEPT for cooking spray and brown rice to bag.
4. Remove as much air as possible, seal and lay flat in your freezer for up to three months.

## Cook

1. Thaw.
2. Spray crockpot with cooking spray and place rice in the bottom of the slow cooker.
3. Add ingredients from freezer bag.
4. Cook on "low" setting for 4-6 hours.
5. Stir before serving.

Serve with soy sauce.

# Crockpot Thai Peanut Chicken from Mommy's Fabulous Finds

<http://www.mommysfabulousfinds.com/2014/03/crockpot-freezer-meal-recipes.html>

**Yields: 4 servings**

## Ingredients

- 1 pound boneless skinless chicken breasts
- 1 red pepper, diced
- 1 white onion, chopped
- 1/2 cup creamy peanut butter
- 1 lime, juiced
- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1.5 teaspoons cumin
- Crushed peanuts\* not needed until day of cooking
- Chopped scallions\* not needed until day of cooking
- Cilantro\* not needed until day of cooking

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. Add all ingredients to freezer bag, except peanuts, scallions, and cilantro.
3. Seal bag and freeze for up to three months.

## Cook

1. When ready to use, thaw in fridge for 24 hours.
2. Empty thawed contents into slow cooker and cook on low for 4-6 hours.

Top with peanuts, scallions, and cilantro. Serve with rice.

## Crockpot White Wine Chicken with Artichokes

<http://newleafwellness.biz/2015/05/18/crockpot-white-wine-chicken-with-artichokes/>

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, thinly sliced or tenderized
- 1 can of artichokes (14oz), quartered and drained
- 1 can of diced tomatoes (14.5oz), undrained
- Juice of 1 lemon
- 1/2 cup dry white wine
- 3-4 cloves of garlic, sliced or minced
- 1/4 cup butter
- 1 tablespoon capers (optional)
- 1 tablespoon cornstarch\* not needed until day of cooking

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze

1. Label your freezer bag.
2. Add all ingredients EXCEPT for cornstarch to bag.
3. Remove as much air as possible, seal and lay flat in your freezer for up to three months.

### Cook

1. When ready to cook, thaw, pour the contents of freezer bag into crockpot and cook on "low" setting for 4-6 hours.
2. Stir cornstarch into mixture and cook an additional 1/2 hour on "low" setting.

Serve over a bed of sautéed spinach, angel hair pasta, or both!

## Crockpot Italian Chicken

<http://newleafwellness.biz/2015/03/30/organic-crockpot-freezer-meals-from-costco-10-meals-in-60-minutes/>

Yields: three servings

### INGREDIENTS

- 1 small onion, diced
- 4oz fresh baby spinach (about 2 handfuls)
- 2 cans of tomato sauce (15oz each)
- 2 cloves of garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts

### MATERIALS

- 1 gallon-sized plastic freezer bag

### 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.

### 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.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Serve with spaghetti and a salad.



## Crockpot Apricot-Ginger Chicken with Green Beans

<http://newleafwellness.biz/2015/01/07/make-ahead-crockpot-apricot-ginger-chicken-with-soy-sauce/>

### Ingredients

- 1 pound boneless, skinless chicken thighs
- 2/3 cup apricot jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated (If you buy a large root, you can freeze whatever is leftover. I place the leftover root whole in my freezer.)
- 3 cloves garlic, peeled and minced
- 1 pound frozen green beans (You can sub fresh)

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. Combine all ingredients in gallon-sized plastic freezer bag.
3. Remove as much air as possible, seal, and lay flat in the freezer for up to 3 months.

### Cook

1. Thaw overnight in refrigerator.
2. Dump into crockpot and cook on "low" setting for 4-6 hours or until chicken is cooked through.

Serve with quinoa, brown rice, or potatoes.

# Chicken Curry

<http://newleafwellness.biz/2013/03/11/slow-cooker-chicken-curry-recipe/>

## Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Seal and freeze for up to three months.

## Cook

1. Thaw.
2. Add to slow cooker and cook on low setting for 6-8 hours.

Serve with white or brown rice, and enjoy!

## Grocery list for all 10 meals

### PRODUCE

- 2 small potatoes
- 7 small-medium sized onions
- 18 garlic cloves (bulbs typically have 10-12 cloves)
- 5 small green bell peppers
- 2 medium-sized red bell peppers
- 1 medium head of cabbage
- 8 carrots (1 pound)
- 1 lemon
- 4oz fresh baby spinach (about 2 handfuls)
- 1 lime
- 1-inch fresh ginger root

### MEAT

- 3 pounds 85% lean ground beef
- 2 pounds of ground chicken
- 1 pound ground turkey
- 6 pounds boneless skinless chicken breasts
- 1 pound boneless, skinless chicken thighs

### SEASONINGS

- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 2 teaspoons salt
- 3/4 teaspoon pepper
- 1.5 teaspoons cumin
- 2 tablespoons Italian seasonings
- 2 tablespoons curry powder

### FROZEN

- 1 cup frozen corn
- 1 pound frozen green beans (You can sub fresh)
- 2 cups of frozen peas

### COLD

- 1/4 cup butter

### ITALIAN

- 28oz can of diced tomatoes
- 24oz jar of your favorite pasta sauce
- 1 can of diced tomatoes (14.5oz)
- 3 cans of tomato sauce (15oz each)
- 6oz can of tomato paste

### CANNED

- 10.75oz can of condensed tomato soup (you can substitute canned tomato sauce)
- 1 can of quartered artichokes (14oz)
- 1 can of coconut milk (13.5oz)

## MISC

- 3 tablespoons extra virgin olive oil
- 1/2 cup + 1 tablespoon low-sodium soy sauce
- 1/4 cup ketchup
- 1/2 cup honey
- 2/3 cup apricot jam
- 1/2 cup creamy peanut butter
- 1/2 cup chicken broth
- 3 cups beef broth
- 1/2 cup dry white wine
- 1 tablespoon capers (optional)
- 10 gallon-sized plastic freezer bags
- 1 quart-sized plastic freezer bag

## NOT NEEDED UNTIL DAY OF COOKING

- 4 cups of fat-free lower-sodium beef broth
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)
- Cooking spray
- 3/4 cup brown rice (uncooked)
- Crushed peanuts
- Chopped scallions
- Cilantro
- 1 tablespoon cornstarch

## Suggested Side Dishes

1. Hamburger Potato Soup – serve with rolls
2. White Wine Chicken with Artichokes – serve over a bed of sautéed spinach, angel hair pasta, or both.
3. Asian Chicken Lettuce Wraps – serve on big pieces of iceberg or Boston bibb lettuce.
4. Apricot-Ginger Chicken with Green Beans – Serve with quinoa, brown rice, or potatoes.
5. Crockpot Cabbage Casserole – serve with soy sauce.
6. Stuffed Peppers – serve with rice.
7. Mexican Chili with Cornbread Topping- serve plain or with a side salad.
8. Thai Peanut Chicken- Serve with rice.
9. Italian Chicken- serve with spaghetti and a salad.
10. Chicken Curry – Sere with white or brown rice.