**Slow Cooker Chicken Curry**

USE BY:

 / /2015

Yields: 8 servings

*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

• 1 teaspoon crushed red pepper

*Directions*

1. In a bowl, combine tomato sauce, garlic, honey, and seasonings. Set aside.

2. Add the rest of the ingredients to your slow cooker. Cover with the tomato sauce/seasoning mixture.

3. Cook on low 8 hours.

Serve with white or brown rice, and enjoy!

**Honey Dijon Chicken**

USE BY:

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Yields: 6 servings

*Ingredients*

• 2 pounds boneless, skinless chicken breasts, fat trimmed

• ¼ cup honey

• 2 tablespoons Dijon mustard

• 2 teaspoons black pepper

• ½ teaspoon salt

• ½ teaspoon ground thyme

• ½ cup water \*not needed until day of cooking

*Directions*

1. Cook on “low” setting for 4-6 hours or until chicken is cooked through and tender.

Serve with steamed broccoli and brown rice.

**Slow Cooker Cranberry Pork Roast**

USE BY:

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Yields: 5 servings

*Ingredients*

• 2 1/2 lb bone-in pork shoulder (sometimes labeled “Boston butts” or “pork butts.”)

• 1 can whole berry cranberry sauce

• 1/4 cup honey

• 1/4 cup dried minced onion

*Directions*

1. Add pork roast to your slow cooker.

2. In a medium-sized bowl, combine the cranberry sauce, honey, and minced onion. Pour over pork roast.

3. Cook on low for 8-10 hours or until pork falls off the bone.

4. Remove the bones, shred meat, and serve with cranberry sauce mixture.

Serve with brown rice and roasted green beans.

**Asian Chicken Lettuce Wraps**

USE BY:

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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

*Directions*

1. Cook in slow cooker for 4-6 hours on “low” setting.

2. Break apart chicken and spoon onto lettuce. Serve on big pieces of iceberg or Boston Bibb lettuce.

**Slow Cooker Turkey Black Bean Chili**

USE BY:

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*Ingredients*

• 1 pound of ground turkey

• 2 cans of tomato sauce (14.5oz each)

• 2 cans black beans (15oz each), drained and rinsed

• 14.5oz can petite diced tomatoes, undrained

• 1 and 2/3 cup frozen corn

• 2 large cloves of garlic, minced

• 1 tablespoon paprika

• 1 tablespoon chili powder

• 2 teaspoons ground cumin

• 1.5 teaspoons ground oregano

• 1/4 teaspoon crushed red pepper flakes

*Directions*

1. Brown ground turkey in a pan.

2. Pour 2 cans of tomato sauce into a bowl and add garlic and seasonings. Stir to combine.

3. Add cooked turkey, seasoned tomato sauce, black beans, petite diced tomatoes, and corn to your slow cooker.

4. Cook on low 4-8 hours. Cook until turkey is cooked through and corn is tender. Break apart turkey.

Serve with shredded cheese and chips!

**Slow Cooker Shredded BBQ Chicken**

USE BY:

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Yields: 7 servings (1/3 cup each)

*Ingredients*

• 1 pound boneless, skinless chicken breasts

• 1 cup ketchup (I like Simply Heinz)

• 2 tablespoons Worcestershire Sauce

• 1 tablespoon + 1 teaspoon brown sugar

• 1 tablespoon chili powder

• 1.5 teaspoons hot sauce

• 1.5 teaspoons curry powder

*Directions*

1. Create homemade BBQ sauce by combining ketchup, Worcestershire sauce, brown sugar, chili powder, hot sauce, and curry powder.

2. Add chicken breasts to your slow cooker and top with BBQ sauce.

3. Cover, and cook on “low” for 8 hours.

4. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

Serve on hamburger buns with a side salad.

**Slow Cooker Meatball Veggie Soup**

USE BY:

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*Ingredients*

• 1 pound frozen small meatballs

• 24oz jar of pasta sauce (about 2.5 cups)

• 1 pound carrots, peeled and chopped

• 3 cups green beans, ends cut off and cut into bite-sized pieces

• 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces

• 1 small yellow onion, diced (about 1 cup)

• 4 cups low sodium chicken broth \*not needed until day of cooking

*Directions*

1. Add all items to slow cooker with chicken broth. Cook on “low” setting for 8 hours or until veggies are soft.

This soup tastes great with a piece of crusty bread on the side. Enjoy!

**White Chicken Chili**

USE BY:

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Yields: 4 servings

*Ingredients*

• 2 15.5oz cans of Great Northern beans, rinsed and drained

• 8oz can of chopped mild green chilies (or 10oz can of diced tomatoes and green chilies)

• 1and 2/3 cups of frozen corn (1/2 of a 1lb bag)

• 1 tablespoon extra-virgin olive oil

• 1small yellow onion, chopped (about one cup)

• 2 garlic cloves, minced

• 2 teaspoons ground cumin

• 1 teaspoon ground oregano (or dried oregano leaves)

• ¼ teaspoon ground cloves

• ¼ teaspoon pepper

• ¼ teaspoon red pepper flakes

• 1 pound boneless, skinless chicken breasts

• 4 cups low sodium chicken broth \* (not needed until day of cooking)

*Directions*

1. Cook on “low” setting for 6 hours or until chicken is cooked through.

2. Shred chicken and serve.

Serve with shredded cheddar cheese and tortilla chips.

**Crockpot Chicken Fajitas**

USE BY:

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Yields: 6 servings

*Ingredients*

• 2 pounds boneless, skinless chicken breasts, sliced

• 2 red bell peppers, sliced

• 1 small onion, peeled and sliced

• 2 cloves of garlic, minced

• 1 tablespoon honey

• The juice from 1 lime

• 1 tablespoon chili powder

• 2 teaspoons cumin

• 1 teaspoon paprika

• 1/4 teaspoon crushed red pepper flakes

*Directions*

1. Cook on “low” setting for 4-6 hours or until chicken is cooked through.

Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

**Freezer Crockpot Beef and Barley Stew**

USE BY:

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Yields: 6-8 servings

*Ingredients*

• 2lb beef chuck roast, fat-trimmed and cut into bite-sized pieces

• 3 carrots, peeled and chopped

• 2 celery ribs, chopped

• 1 small yellow onion, chopped

• 2 teaspoons dried ground thyme

• 1 teaspoon dried rosemary

• 1 bay leaf

• ½ teaspoon salt

• ¼ teaspoon pepper

• ½ cup pearled barley (not quick-cooking)

• 7 cups beef broth \*not needed until day-of cooking

*Directions*

1. Add all ingredients to crockpot with beef broth and cook on "low" setting for 8 hours or until carrots are soft.

2. Remove the bay leaf and enjoy!

Serve with crusty bread.

**Crockpot Chicken Philly Cheesesteaks**

USE BY:

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Yields: 6 servings

*Ingredients*

• 3 tablespoons corn starch

• 1 cup chicken broth

• 2 pounds boneless skinless chicken breasts, cut into strips

• 1 small yellow onion, sliced

• 3 red bell peppers, cut into strips

• 1/2 teaspoon black pepper

• 1 clove of garlic, minced

• 6 slices of provolone cheese \*not needed until day of cooking

*Directions*

1. Mix corn starch into chicken broth.

2. Place all ingredients EXCEPT for cheese in crockpot.

3. Cook on “low” setting for 6 hours, or until chicken is cooked through and peppers are soft.

4. Lay cheese over mixture.

5. Cook on “low” for additional 10 minutes or until cheese is melted.

6. Serve on a fresh, hot roll.

You can use as much or as little of the sauce as you would like, depending on how soggy you like your roll.

I also like to serve it on the side and use it as a dip. Best served with sweet potato fries!

**Crockpot Red Pepper Chicken Recipe**

USE BY:

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Yields: 3 servings

*Ingredients*

• 1 pound boneless, skinless chicken breasts, fat trimmed

• 1 medium-sized red bell pepper, sliced (about 1.5 cups)

• 1/4 cup extra virgin olive oil

• 4 large garlic cloves, minced

• 1 small onion, diced (about one cup)

• 1 teaspoon crushed red pepper flakes

• 1/2 teaspoon black pepper

• 1/4 teaspoon salt

*Directions*

• Cook for 3-6 hours, or until chicken is cooked through and tender.

Serve with brown rice and broccoli or a salad. You can also shred the chicken and serve on a tortilla with cheddar cheese.

**Mushroom Spinach Crockpot Stroganoff**

Yields: 6 servings

USE BY:

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*Ingredients*

• 1 tablespoon butter

• 10oz baby Portobello mushrooms; quartered

• 12oz white mushrooms; quartered

• 1 small yellow onion; diced

• 2 cloves of garlic; minced

• 1/2 cup chicken broth

• 8oz sour cream (1 cup)

• 2 tablespoons ketchup

• 1 teaspoon Worcestershire sauce

• 1/2 teaspoon black pepper

• 1.5 teaspoons paprika

• 2.5oz fresh baby spinach (about 4 cups)

• 8oz cream cheese \*not needed until day of cooking

*Directions*

1. Place butter, mushrooms, onion, garlic, and spinach in crockpot.

2. In a separate bowl, mix together broth, sour cream, ketchup, Worcestershire sauce, black pepper, and paprika.

3. Pour mixture over mushrooms.

4. Cook on “low” for 7 1/2 hours.

5. Add cream cheese.

6. Cook on “low” for 1/2 hour or until everything is heated through.

Serve your mushroom spinach crockpot stroganoff with egg noodles.

**Chicken Teriyaki**

USE BY:

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Yields: 3-4 servings

*Ingredients*

• 1 pound boneless skinless chicken breasts

• 5oz teriyaki sauce (about 2/3 cup – or a soy ginger sauce)

• 16oz bag of frozen stir fry vegetables

*Directions*

1. Cook on low setting for 6-8 hours or until chicken is tender.

Serve with rice.

**Greens & Beans**

USE BY:

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Yields: 6 servings

*Ingredients*

• 8oz dried cannellini beans, rinsed

• 32oz chicken broth (4 cups) \*not needed until day of cooking

• 32oz water (4 cups) \*not needed until day of cooking

• 1 tablespoon extra-virgin olive oil

• 5 cloves of garlic, sliced or minced

• 1/2 teaspoon salt

• 1/2 teaspoon black pepper

• Pinch of sugar

• 1 head of escarole, chopped

• 1/2 head of kale, chopped

*Directions*

1. Cook on “low” setting for 6-8 hours, or until beans are tender.

Serve in soup bowls and top with freshly grated Parmesan cheese and crusty bread.

**Crockpot Cranberry Chicken**

USE BY:

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Yields: 6 servings

*Ingredients*

• 1 small onion, diced

• 14oz can whole cranberry sauce

• 2 cloves garlic, minced

• 2 tablespoons honey

• 2 tablespoons balsamic vinegar

• 2 tablespoons extra virgin olive oil

• ¼ teaspoon crushed red pepper flakes

• ¼ teaspoon ground black pepper

• 2 pounds boneless, skinless chicken breasts

*Directions*

1. Cook on “low” setting for 4-6 hours, or until chicken is cooked through.

Serve with green beans.

**Crockpot Thai Peanut Chicken**

USE BY:

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Yields: 4 servings

*Ingredients*

• 1 pound boneless skinless chicken breasts

• 1 red pepper, diced

• 1 small yellow 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

*Directions*

1. Cook on low for 4-6 hours.

Top with peanuts and serve with rice.

**Slow Cooker Stuffed Peppers**

USE BY:

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Yields: 4 servings

*Ingredients*

• 1lb ground beef

• 1 small yellow 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

*Directions*

1. In large bowl, mix ground beef, onion, garlic, and 2 tablespoons of pasta sauce.

2. Separate mixture into four equal parts and firmly stuff into peppers.

3. 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.

4. Add bag of sauce to gallon-sized bag and add stuffed peppers. Cook

*Cook*

1. The morning of cooking, add stuffed peppers to bottom of slow cooker.

2. Cover with sauce.

3. Cook on “low” setting for 6-8 hours or until meat is cooked through and peppers are soft.

Serve with rice.

**Turkey, White Bean, and Kale Soup**

USE BY:

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Yields: Six servings of soup

*Ingredients*

• 1 small onion, diced

• 1 pound carrots, peeled and cut into bite-sized pieces

• 1/2 bunch of kale, washed and sliced

• 1 can cannellini beans (white kidney beans), washed and drained

• 2 tablespoons of Italian seasonings

• 1 pound ground turkey

• 8 cups chicken broth \*not needed until day of cooking

*Directions*

1. Combine all ingredients in crockpot and cook on “low” setting for 8 hours, or until carrots are soft. Break apart turkey and serve.

Serve with garlic bread.

**Salsa Verde Crockpot Chicken Recipe**

USE BY:

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Yields: 6 servings

*Ingredients*

• 2lbs boneless chicken breasts

• 15oz can black beans, drained and rinsed

• 15oz can corn, drained and rinsed

• 16oz jar salsa verde

• 8oz package cream cheese \*not needed until day of cooking

*Directions*

1. Place chicken breasts in crockpot. Add black beans, corn, and salsa verde.

2. Cook in crockpot on “low” for 6 hrs or until chicken is cooked through.

3. Add cream cheese (just throw it on top) and let sit for about 1/2 hour.

Serve with Spanish rice and a salad.

**BBQ Chicken Cornbread Casserole**

USE BY:

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Yields: 4 servings

*Ingredients*

• 1lb boneless, skinless chicken thighs

• 1 small green pepper, diced (about one cup)

• 1 small yellow onion, diced (about one cup)

• 1 cup BBQ sauce

• 1/4lb sharp cheddar cheese, shredded (about one cup) \*not needed until day of cooking

• 1 box Jiffy corn muffin mix + the necessary ingredients listed on the box (one egg and 1/3 cup milk) \*not needed until day of cooking

(If you decide to make cornbread mix from scratch instead, Jiffy yields 6 muffins.)

*Directions*

1. Add chicken thighs, green pepper, onion, and BBQ sauce to slow cooker.

2. Cover, and cook on “low” for 3-6 hours, until chicken is cooked through and onions and peppers are soft.

3. Shred chicken and return to slow cooker. Cover with cheddar cheese.

4. In a bowl, prepare corn muffin mix according to directions on package. Pour corn muffin mix into slow cooker.

5. Add lid and cook on “high” setting for one hour or until cornbread is cooked through.

This BBQ chicken cornbread casserole tastes great by itself. Or add a salad on the side.

**Crockpot Sweet and Sour Meatballs**

USE BY:

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Yields: 4 servings

*Ingredients*

• 1 pound frozen meatballs

• 1 fresh pineapple, cut into 1-inch chunks

• 2 red 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

*Directions*

1. Cook on “low” for 6-8 hours or until peppers and onions are tender.

Serve with rice.

**Crockpot Ham & Potato Soup**

USE BY:

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Yields: 4 servings

*Ingredients*

• 4 carrots, peeled and diced (about 1.5 cups or ½ pound)

• 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)

• 2 ribs celery, diced (about 2/3 cup)

• 1 small onion, diced (about one cup)

• 2 garlic cloves, minced (one teaspoon)

• ½ cup uncooked medium barley (not quick cooking)

• ¼ teaspoon pepper

• ¼ teaspoon ground thyme

• 8oz bone-in ham steak, cut into ½ inch pieces (about 1 cup diced)

• 6oz evaporated milk (I split 12oz can into two freezer bags)

• 4 cups of chicken broth \*(not needed until day of cooking)

*Directions*

1. To your gallon-sized freezer bag, add all ingredients (except evaporated milk and chicken broth). To keep potatoes from browning, chop them last and add them to the top of your freezer bag.

2. Add evaporated milk to a quart-sized plastic freezer bag. Seal, and add to gallon-sized bag.

*Cook*

1. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add chicken broth. Keep bag of evaporated milk in the refrigerator.

2. Cook on “low” setting for 8 hours, or until carrots and potatoes are soft. Stir in evaporated milk and leave lid open a crack. Continue to cook 15 minutes or until heated through.

Serve with crusty bread or crescent rolls.

**Slow Cooker Beef Roast and Carrot Recipe**

USE BY:

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Yields: 4 servings

*Ingredients*

• 2-pound boneless beef chuck shoulder roast

• 2 pounds of carrots, peeled and chopped into bite-sized pieces

• 3 tablespoons extra virgin olive oil

• 2 tablespoons red wine vinegar

• One packet of McCormick mesquite seasoning

*Directions*

1. Cook on “low” setting for 8-10 hours until beef shreds easily with a fork.

Serve with rice, biscuits, or a big side salad.

**Slow Cooker Ginger-Peach Chicken**

USE BY:

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Yields: 3 servings

*Ingredients*

• 1lb boneless, skinless chicken thighs

• 1 cup peach jam

• 1 tablespoon low sodium soy sauce

• 1-inch fresh ginger root, peeled and grated

• 3 cloves garlic, peeled and minced

*Directions*

1. Add chicken thighs to your slow cooker.

2. In a medium-sized bowl, create sauce by adding peach jam, soy sauce, grated ginger, and minced garlic. Stir to combine.

3. Spoon sauce over chicken.

4. Cook on “low” setting for 3-6 hours or until the chicken shreds

5. Shred chicken and return to slow cooker to mix with juice.

Serve with brown rice and roasted green beans.

**Slow Cooker Southwestern Pork Chili**

Yields: 6 servings

USE BY:

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*Ingredients*

• 1 pound lean ground pork

• 2 onions, peeled and chopped (about two cups)

• 2 ribs of celery, chopped (about one cup)

• 1 large carrot, peeled and diced

• 1 red pepper, chopped

• 14.5oz can of tomato sauce

• 15oz can of black beans, drained and rinsed

• 1 cup frozen corn

• 2 tablespoons light brown sugar

• 1 cup chicken broth

• 3 cloves of garlic, minced

• 2 teaspoons chili powder

• 1 teaspoon ground oregano

• 1/2 teaspoon salt

• 1/4 teaspoon pepper

*Directions*

1. Add all ingredients to slow cooker and cook on “low” for 6-8 hours.

Serve with shredded cheese and tortilla chips.

**Freezer-to-Slow Cooker Italian Wedding Soup**

Yields: 6 servings

USE BY:

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*Ingredients*

• 1 pound frozen mini meatballs

• 1 small onion, diced (one cup)

• 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced

• 1 head of escarole, thinly sliced

• 1 tablespoon Worcestershire sauce

• 1 teaspoon onion powder

• 1 teaspoon garlic salt

• 1 teaspoon Montreal steak seasoning

• 8 cups of chicken broth \*not needed until day of cooking

• 1/2 cup uncooked pasta \*not needed until day of cooking (ditallini)

*Directions*

1. The morning of cooking, add contents of freezer bag to crockpot with 8 cups of chicken broth.

2. Cook for 6-8 hours on “low” setting or until carrots are soft.

3. Add pasta and cook for an additional 30 minutes.

Serve with garlic bread.

**Honey Sesame Chicken**

USE BY:

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Yields: 6 servings

*Ingredients*

• 1 small onion, diced

• 2 cloves garlic, minced

• 1/2 cup honey

• 1/2 cup soy sauce

• 1/4 cup ketchup

• 2 tablespoons vegetable oil

• 1/4 teaspoon crushed red pepper flakes

• 2 pounds boneless, skinless chicken thighs

• 1/4 teaspoon salt

• 1/4 teaspoon pepper

*Directions*

1. Cook on “low” setting for 3 hours and 30 minutes.

2. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes. Serve immediately.

Garnish with 1 green onion (thinly sliced) and sesame seeds. Serve with brown rice and broccoli.

**Crockpot Cabbage Casserole**

USE BY:

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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)

• Cooking spray\* not needed until day of cooking

*Directions*

1. Spray crockpot with cooking spray and place rice in the bottom of the slow cooker.

2. Add ingredients from freezer bag.

4. Cook on “low” setting for 4-6 hours.

5. Stir before serving.

Serve with soy sauce.

**Cheesy Chicken Tater Tot Casserole**

USE BY:

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Yields: 4 servings

*Ingredients*

• 32oz bag frozen tater tots

• 3oz bag bacon pieces

• 1 pound boneless skinless chicken breasts, cut into bite-sized pieces

• 8oz cheddar cheese, shredded (2 cups)

• 3/4 cup 2% milk

• 1/4 teaspoon salt

• 1/4 teaspoon pepper

*Directions*

1. Cook on “low” setting for 4-6 hours or until chicken is cooked through.

Top with sour cream and serve with peas.

**Slow Cooker Hawaiian Pork Chops**

USE BY:

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Yields: 3-4 servings

*Ingredients*

• 1lb boneless, pork chops

• 1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces

• 2 tablespoons light brown sugar

• 2 tablespoons low sodium soy sauce

*Directions*

1. Cook on “low” setting for 6 hours, or until pork is cooked through and tender.

Serve with brown rice.

INSTRUCTIONS

1. Label your freezer bag

2. Combine all ingredients (leaving out \*exceptions) in a gallon-sized plastic freezer bag, adding the meat to the bag last so it's the first ingredient poured into the crockpot.

3. Remove as much air as possible, seal, and freeze for up to three months. Indicate “use by date” on label.

4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.

5. Add to crockpot with broth and cook on "low" setting for indicated time.