

20 Crockpot Freezer Meals for Two People

Recipes and Full Grocery List Shared Below

Recipes Included:

1. Sloppy Joe's
2. Minestrone Soup
3. Italian Wedding Soup
4. Meatball Veggie soup
5. Shredded Beef and Carrots
6. Shredded BBQ Chicken
7. Beef Chili
8. Cranberry Pork Roast with Green Beans
9. Beef and Barley Stew
10. Stuffed Peppers

(I split each recipe into two freezer bags)

Prep Instructions:

You are welcome to prep one meal at a time, but if you are planning to make all of the recipes and want to save time by cleaning and cutting your vegetables at once, here is what you will need to do...

- 7 small yellow onions (about 3 pounds) – peel and chop/dice all of them. Add one cup to each recipe that calls for one onion.
- 5 green bell peppers – dice one and cut four lengthwise.
- 4.5 pounds carrots – peel all of them. Cut two pounds into 1” pieces for recipe #5. Cut remaining 2.5 pounds into slices/dices for soups/stews.
- 3 pounds green beans – cut off ends. Leave one pound whole for recipe #8. Cut remaining two pounds into small pieces for soups.

1. Sloppy Joe's

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 medium-sized green bell pepper, diced
- 15oz can of tomato sauce (about 1.75 cups)
- 2 tablespoons light brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes (optional)

Materials

- 2 gallon-sized plastic freezer bags

Prep

1. Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
2. Split ingredients evenly between two bags.
3. Remove as much air as possible, seal, and freeze.

Cook

1. Thaw overnight in refrigerator.
2. Add to crockpot and cook for 8 hours on "low" setting.
3. Break apart beef and stir to combine.

Serve on sandwich rolls.

2. Minestrone Soup

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three 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
- 2oz fresh baby spinach (about 2 handfuls or 2 cups)
- 1 small yellow onion, peeled and chopped (one cup)
- 4 cloves of garlic, minced
- 15oz can of kidney beans, drained and rinsed
- 15oz can of cannellini beans, drained and rinsed
- 1 teaspoon honey
- 2 tablespoons Italian seasonings
- 2 small bay leaves
- 1/4 teaspoon ground black pepper
- 6 cups chicken broth
- 1 cup uncooked pasta *not needed until day of cooking (I used small shells)

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags. (Omit pasta)
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Add pasta and cook additional 30 minutes.
- Remove bay leaf and serve with crackers or bread.

3. Italian Wedding Soup

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound of frozen small 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
- 6 cups of chicken broth
- 1/2 cup uncooked pasta *not needed until day of cooking (I used small shells)

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags. (Omit pasta)
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Add pasta and cook additional 30 minutes.

Serve with bread.

4. Meatball Veggie Soup

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound frozen small meatballs
- 24oz jar of pasta sauce (about 2.5 cups – we like Prego Traditional)
- 1 pound of carrots, peeled and sliced
- 1 pound of green beans, ends cut off and chopped
- 1 large zucchini, ends cut off and chopped
- 1 small yellow onion, peeled and diced (one cup)
- 4 cups chicken broth

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.

Serve with crackers or bread.

5. Shredded Beef and Carrots

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2lb boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and chopped
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 packet of McCormick Grill Mates Mesquite Seasoning (or three tablespoons of homemade seasoning mix)

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Cut beef roast in half and split all ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Shred beef.

Serve beef on sandwich rolls with a side of the cooked carrots.

6. Shredded BBQ Chicken

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2 pounds of boneless skinless chicken breasts
- 18oz bottle of BBQ sauce

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Shred chicken and mix with sauce in crockpot.

Serve on sandwich rolls.

7. Beef Chili

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 1 pound lean ground beef (at least 85% lean)
- 28oz can tomato sauce
- 2 medium-sized tomatoes, cored, seeds and juice removed, and chopped
- 2 cans kidney beans (15oz each), drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon salt

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Break apart beef and stir.

Serve with shredded cheese and crackers or tortilla chips.

8. Cranberry Pork Roast with Green Beans

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2.5 pound boneless pork shoulder
- 15oz can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion flakes
- 1lb green beans, ends cut off

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Cut pork roast in half and split all ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Shred pork and eat with cooked green beans.

9. Beef and Barley Stew

Modified from: <http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/>

Yields: 6 servings (I split the ingredients below into two separate freezer bags so each one would have three servings)

Ingredients

- 2lb, beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 1/2 pound carrots (about 4 large carrots), peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, peeled and chopped (one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 2 small bay leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearled barley (not quick-cooking)
- 8 cups beef broth

Materials

- 2 gallon-sized plastic freezer bags

Prep

- Label your freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- Split ingredients evenly between two bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Add to crockpot and cook for 8 hours on “low” setting.
- Remove bay leaf and serve with bread.

10. Stuffed Peppers

Yields: 4 servings (I split the ingredients below into two separate freezer bags so each one would have two servings)

Ingredients

- 1.5 pounds of lean ground beef (at least 85% lean)
- 1 small yellow onion, peeled and diced (one cup)
- 1 garlic clove, minced
- 4 green bell peppers, cut lengthwise and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T – we like Prego Traditional sauce)

Materials

- 2 gallon-sized plastic freezer bags
- 2 quart-sized plastic freezer bags

Prep

- Label your gallon-sized freezer bags with the name of the recipe, use-by date (3 months from the prep day), and cooking instructions.
- In a large bowl, combine ground beef, onion, garlic, and 2 tablespoons of pasta sauce.
- Stuff beef mixture into peppers.
- Split remaining pasta sauce evenly between two quart-sized plastic freezer bags (Each bag gets about 1.25 cups). Place quart sized bags into gallon-sized bags.
- Add stuffed peppers to gallon-sized bags.
- Remove as much air as possible, seal, and freeze.

Cook

- Thaw overnight in refrigerator.
- Pour pasta sauce into crockpot.
- Add stuffed peppers and cook for 8 hours on “low” setting.

Serve with rice.

Grocery List for all 10 Recipes

(split into 20 freezer bags)

Note: the number(s) next to each ingredient corresponds to its recipe number.

Produce

- 7 small yellow onions (about 3 pounds) (1, 2, 3, 4, 7, 9, 10)
- 5 green bell peppers (1, 10)
- 4.5 pounds carrots (2, 3, 4, 5, 9)
- 3 pounds green beans (2, 4, 8)
- 2oz fresh baby spinach (2)
- 7 cloves garlic (2, 7, 10)
- 1 head escarole (3)
- 1 large zucchini (4)
- 2 medium-sized tomatoes (7)
- 2 ribs of celery (9)

Meat

- 3.5 pounds lean ground beef – at least 85% lean (1, 7, 10)
- 2 boneless beef chuck shoulder roasts, 2lbs each (5, 9)
- 2 pounds boneless skinless chicken breasts (6)
- 2.5 pound boneless pork shoulder roast (8)

Freezer

- 2 pounds frozen small meatballs (3, 4)

Italian

- 2 cans of tomato sauce – one 15oz can and one 28oz can (1, 7)
- 28oz can diced tomatoes (2)
- 2 jars of pasta sauce, 24oz each – we like Prego Traditional (4, 10)

Canned

- 15oz can cannellini beans
- 3 cans kidney beans, 15 oz each (2, 7)
- 15oz can whole berry cranberry sauce (8)

Seasonings

- 4 small bay leaves (2, 9)
- 1T + 2 tsp chili powder (1, 7)
- 2 tsp ground cumin (7)
- 1/2 tsp garlic powder (1)
- 1 tsp garlic salt (3)
- 2T Italian seasonings (2)
- 1 packet McCormick Grill Mates Mesquite Seasoning (or 3T homemade seasoning mix) (5)
- 1/4 cup dried minced onion flakes (8)
- 1 tsp Montreal Steak seasonings (3)
- 1 .5 tsp salt (1, 7, 9)
- 1 tsp onion powder (3)
- 1 tsp pepper (1, 2, 9)
- 1/4 tsp crushed red pepper flakes, optional (1)
- 1 tsp dried rosemary (9)
- 2 tsp dried thyme (9)

Baking

- 2T light brown sugar (1)
- 1/4 cup + 1 tsp honey (2, 8)
- 3T olive oil (5)

Misc

- 20 gallon-sized plastic freezer bags (1-10)
- 2 quart-sized plastic freezer bags (10)
- 2T Worcestershire sauce (1, 3)
- 16 cups chicken broth (128oz or 4 cartons) (2, 3, 4)
- 8 cups beef broth (64oz) (9)
- 18oz bottle BBQ sauce (6)
- 2T red wine vinegar (5)
- 1/2 cup pearled barley – not quick-cooking (9)

Not Needed Until Day-Of Cooking

- 2 cups uncooked pasta, about 1/2 of 1lb box – I used small shells (2, 3)

Suggested Side Dishes

1. Sloppy Joe's – sandwich rolls
2. Minestrone Soup – crackers or bread
3. Italian Wedding Soup - bread
4. Meatball Veggie soup – crackers or bread
5. Shredded Beef and Carrots – sandwich rolls
6. Shredded BBQ Chicken – sandwich rolls
7. Beef Chili – shredded cheese and crackers or bread
8. Cranberry Pork Roast with Green Beans- none
9. Beef and Barley Stew - bread
10. Stuffed Peppers - rice