

# ORGANIC CROCKPOT FREEZER MEALS FROM COSTCO (10 MEALS IN 60 MINUTES!)

*recipes & grocery list*

## Crockpot Monster Burgers

Modified from: <http://yum.com/recipe/17218/almost-white-castle-sliders-for-a-crowd>

Yields: One gallon-sized bag of burger meat with six servings. (I doubled this recipe and made two bags.)

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### INGREDIENTS

- 2 pounds ground beef
- 1/2 cup dried minced onion flakes
- 2.5 teaspoons Montreal steak seasoning mix
- 4 slices of American cheese \*not needed until day of cooking

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### MATERIALS

- 1 gallon-sized plastic freezer bag

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### 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. To your freezer bag, add all ingredients (except cheese).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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### COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add the meat to your crockpot and smooth it into a flat layer on the bottom of the crock.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through.
4. Top with cheese and replace lid for 10 minutes or until melted.
5. Slice into six burgers and discard grease.

Serve on hamburger buns with a side salad.

# Crockpot Italian Chicken

Yields: One bag of Italian chicken with three servings (I doubled this recipe and made two bags.)

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## 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
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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.

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## 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 Hearty Tomato Vegetable Soup

Yields: One gallon-sized bag of vegetable soup with six servings. (I quadrupled this recipe and made four bags, two with chicken and two with beef.)

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## INGREDIENTS

- 1 pound of meat (ground beef or chicken breasts)
- 2 cans of tomato sauce (15oz each)
- 1.5 cups frozen mixed vegetables
- 2oz fresh baby spinach (about 1 handful)
- 1 small onion, diced (about one cup)
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups of chicken stock \*not needed until day of cooking

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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. To your freezer bag, add all ingredients. Add the meat to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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## 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 with 4 cups of chicken stock.
3. Cook on "low" setting for 8 hours, or until meat is cooked through and vegetables are soft.
4. Break apart ground beef or shred chicken.

Serve with garlic bread.

# Crockpot Asian Chicken and Vegetable Potstickers

Yields: One gallon-sized bag of chicken and potstickers with three servings. (I doubled this recipe and made two bags.)

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## INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 1 pound of frozen vegetable potstickers
- 1 small onion, diced (about 1 cup)
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 2 cloves of garlic, minced
- 1/4 teaspoon crushed red pepper flakes (this adds a little bit of spice to the dish, so omit or decrease if you don't like any kind of spicy food)
- 1/4 teaspoon ground black pepper

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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. 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 for up to three months.

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## 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 6 hours, or until chicken is cooked through.

Serve with steamed broccoli.

# GROCERY LIST FOR ALL 10 MEALS

Note: I bought organic ingredients, but you don't have to.

## PRODUCE

- 8 small onions
- 24oz baby spinach
- 16 cloves of garlic (2 bulbs)

## MEAT

- 6 pounds boneless skinless chicken breasts
- 6 pounds ground beef

## FROZEN

- 2lb bag of vegetable potstickers
- 6 cups frozen mixed vegetables

## SEASONINGS

- 1 teaspoon crushed red pepper flakes
- 2 teaspoons ground black pepper
- 6 tablespoons Italian seasoning
- 3 teaspoons salt
- 1 cup dried minced onion flakes
- 5 teaspoons Montreal steak seasoning mix

## SAUCES

- 1.5 cups honey
- 1 cup soy sauce (I use low sodium)
- 1/2 cup ketchup (I like Simply Heinz)
- 12 cans of tomato sauce (15oz each)

## MISC

- 10 gallon-sized plastic freezer bags
- 12 tablespoons extra virgin olive oil (3/4 cup)

## NOT NEEDED UNTIL DAY OF COOKING

- 12 slices American cheese (for cheeseburgers)
- 4 cartons of chicken stock (4 cups each)
- Suggested side dishes
  - Asian Chicken and Potstickers – fresh broccoli (for two bags)
  - Hearty Tomato Vegetable Soup - 4 loaves of frozen garlic bread
  - Italian Chicken – spaghetti and salad (for two bags)
  - Monster burgers- hamburger buns and salad (for two bags)