

MEAT FREE

SLOW COOKER FREEZER MEALS

Introduction	4
Recipes	
1. Black Bean Enchilada Stack	8
2. Cheesy Eggplant Bake	9
3. Mexican Stuffed Peppers	10
4. Potato Corn Chowder	11
5. Thai Pineapple Curry	12
6. Three Bean Chili	13
7. Tuscan Tortellini Soup	14
Nutritional Information	15
Grocery List for All Seven Recipes	17
Printable Labels for Freezer Meals	20

FOR FULL RECIPES, NUTRITIONAL INFORMATION, AND PRINTABLE LABELS, VISIT: <https://newleafwellness.biz/product/meat-free-slow-cooker-freezer-meals-cookbook/>

FREE GROCERY LIST PROVIDED BELOW.

GROCERY

LIST

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

Produce

- 5 oz baby spinach (7)
- 8 large carrots (about one pound) (7)
- 4 stalks celery (4)
- 1 large eggplant (one pound) (2)
- 8 cloves garlic (4, 5, 6)
- 1/2 pound green beans (7)
- 1 lime (3)
- 1 green pepper (5)
- 6 red bell peppers (3)
- 1 pineapple (5)
- 3 pounds red potatoes (about 9 small potatoes) (4)
- 1 pound sweet potatoes (2 medium or 1 large) (5)
- 5 small yellow onions (1, 3, 4, 5, 7)

Dairy/Cold

- 8 oz mozzarella cheese (about 2 cups shredded) (2)
- 1/2 cup Parmesan cheese (2)
- One 15 oz container part skim Ricotta cheese (2)
- 8 oz sharp cheddar cheese (about 2 cups shredded) (1)

Freezer

- One 16 oz bag frozen corn (3, 4)

Italian

- 1/2 cup + 24 oz jar pasta sauce (2)
- One 14.5 oz can diced tomatoes (6)
- One 28 oz can tomato sauce (6)

Canned

- Six 15 oz cans black beans (1, 3, 6)
- One 15 oz can cannellini beans (7)
- One 15 oz can chickpeas (5)
- One 15 oz can pinto beans (6)
- Two 15 oz cans red kidney beans (6)
- Two 10 oz cans diced tomatoes with green chilies (1)
- One 13.5 oz can unsweetened coconut milk (5)

Seasonings

- Chili powder - 4 teaspoons + 2 tablespoons (1, 3, 6)
- Crushed red pepper flakes - 1 teaspoon (3, 5, 6)
- Cumin - 2 teaspoons (6)
- Curry powder - 3 tablespoons (5)
- Dried rosemary - 1 teaspoon (4)
- Garlic salt - 1 ½ teaspoon (1, 3)
- Ground cumin - 6 teaspoons (1, 3)
- Parsley flakes - 1 tablespoon (2)
- Pepper - 1 ½ teaspoons (1, 2, 4)
- Salt - 3 ¼ teaspoons (2, 4, 5)

Baking

- 2 eggs (2)
- Honey - 1 tablespoon (3)
- Light brown sugar - 2 tablespoons (6)

Miscellaneous

- 8 corn tortillas (1)
- 7 gallon-sized plastic freezer bags (1-7)
- 2 quart-sized plastic freezer bags (1, 2)

Not Needed Until Day of Cooking

- One 12 oz can evaporated milk (4)
- One 19 oz bag frozen cheese tortellini (7)
- 8 cups or 2 cartons vegetable broth (4, 7)
- Suggested Toppings and Side Dishes
 - 1) Black Bean Enchilada Stack – Serve plain or with sour cream.
 - 2) Cheesy Eggplant Bake – Serve with garlic bread.
 - 3) Mexican Stuffed Peppers – Top with shredded pepper jack cheese and your favorite taco toppings, like guacamole and salsa. Serve with rice.
 - 4) Potato Corn Chowder - Serve with fresh bread or crescent rolls.
 - 5) Thai Pineapple Curry - Serve with jasmine rice.
 - 6) Three Bean Chili - Top with shredded cheddar cheese and crushed tortilla chips.
 - 7) Tuscan Tortellini Soup - Top with parmesan cheese and serve with a side of garlic bread.