Pre-Baby Freezer Meals - Part One

15 Beef and Pork Crockpot Freezer Meals

1. Beef Chili
2. Mexican Black Bean Chili
3. Sloppy Joe’s
4. BBQ Baby Back Ribs
5. Sweet and Sour BBQ Meatballs
6. Stuffed Peppers
7. Beef Roast with Carrots
8. Mississippi Roast with Carrots
9. Pot Roast with Carrots and Potatoes
10. Cranberry Pork Roast
11. Beef Barley Stew
12. Sausage Spinach Tomato Soup
13. Meatball Vegetable Soup
14. Italian Wedding Soup
15. Meatball Minestrone Soup

Full recipes and grocery list included below.
1. Beef Chili

Yields: 6 servings

Ingredients
- 1 pound 85% lean ground beef
- 1 small yellow onion, peeled and chopped (1 cup)
- 2 cans kidney beans, drained and rinsed
- 28oz can tomato sauce
- 14.5oz can diced tomatoes, undrained
- 4 large cloves of garlic, minced
- 2 tablespoons light brown sugar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/4 teaspoon crushed red pepper flakes
- 1 cup water *not needed until day of cooking (you can also substitute beer)

Materials
- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except water.
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with water.
3. Cook on “low” setting for 8 hours.
4. Break apart beef.

Serve with shredded cheese and chips.

For more info visit www.NewLeafWellness.biz
2. Mexican Black Bean Chili

Yields: 4 servings

Ingredients
• 1 pound 85% lean ground beef
• 1 small yellow onion, peeled and chopped (1 cup)
• 1 medium-sized green bell pepper, chopped
• 1 cup frozen corn
• 2 cans black beans
• 28 oz can tomato sauce
• 1 taco seasoning packet (or 3T homemade mix)

Materials
• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.
4. Break apart beef.

Serve with shredded cheese and chips.

For more info visit www.NewLeafWellness.biz
3. Sloppy Joe’s

Yields: 6 servings

Ingredients
- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (1 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
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes

Materials
- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.
4. Break apart beef.

Serve on rolls with a salad.

For more info visit www.NewLeafWellness.biz
4. BBQ Baby Back Ribs

Yields: 5 servings

Ingredients

- 3 lbs baby back ribs, cut to fit in crockpot
- 1 cup ketchup
- 1/4 cup light brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon curry powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

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 slow cooker.
3. Cook on “low” setting for 6-8 hours or until ribs are cooked through and tender.
4. Pour ribs onto a cookie sheet covered with aluminum foil. Bake for 15 minutes at 350 degrees F.

Serve with extra BBQ sauce and corn on the cob.

For more info visit www.NewLeafWellness.biz
5. Sweet and Sour BBQ Meatballs

Yields: 6 servings

**Ingredients**
- 2 pounds of meatballs
- 1 sweet onion, cut into chunks
- 1 green pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of spicy BBQ sauce

**Materials**
- 1 gallon-sized plastic freezer bag

**To Freeze and Cook Later**
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

**To Cook**
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.

Serve with rice.

For more info visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)
6. Stuffed Peppers

Yields: 4 servings

Ingredients
- 1 pound 85% lean ground beef
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

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

To Freeze and Cook Later
1. Label your gallon-sized plastic 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 and seal. Place inside gallon-sized bag with stuffed peppers.
5. Remove as much air as possible, seal and lay flat in your freezer for up to three months.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add stuffed peppers to crockpot and cover with sauce.
3. Cook on “low” setting for 8 hours.

Serve with rice.

For more info visit www.NewLeafWellness.biz
7. Beef Roast with Carrots

Yields: 4 servings

Ingredients
• 2-pound boneless beef chuck shoulder roast
• 2 pounds carrots, peeled and chopped into bite-sized pieces
• 3 tablespoons extra virgin olive oil
• 2 tablespoons red wine vinegar
• One seasoning packet (We love the McCormick Grill Mates mesquite or chipotle seasoning)

Materials
• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

To Cook
4. Thaw overnight in refrigerator or in water.
5. Add to crockpot.
6. Cook on “low” setting for 8 hours.
7. Shred beef.

Serve with rice.
8. Mississippi Roast with Carrots

Yields: 4 servings

Ingredients

• 2-pound boneless beef chuck shoulder roast
• 2 pounds carrots, peeled and chopped into bite-sized pieces
• 4 pepperoncini peppers with a couple of tablespoons of juice from the jar
• 1 packet dry ranch dressing mix
• 1 packet dry au jus seasoning
• 1 stick unsalted butter

Materials

• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.
4. Shred beef.

Serve with corn muffins.

For more info visit www.NewLeafWellness.biz
9. Classic Pot Roast with Carrots and Potatoes

Yields: 4 servings

Ingredients
- 2 pound boneless beef chuck shoulder roast, fat trimmed
- 1 pound russet potatoes (4 small), washed and cut into 1” pieces
- 1 pound carrots (8 large), peeled and cut into 1” pieces
- 1 packet onion soup mix
- 1 cup water *not needed until day of cooking

Materials
- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients. (Chop and add potatoes to freezer bag last so they are not exposed to air for very long.)
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.
4. Shred beef.

Serve with cooked carrots and potatoes in crockpot.

For more info visit www.NewLeafWellness.biz
10. Cranberry Pork Roast

Yields: 4 servings

Ingredients
- 2.5 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion

Materials
- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot.
3. Cook on “low” setting for 8 hours.
4. Remove bones and shred meat.

Strain the cranberry sauce in crockpot and serve with the meat. Serve with sides of greens, beans and stuffing.
11. Beef Barley Stew

Recipe modified from: http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/

Yields: 6 servings

Ingredients
• 2lb, boneless 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 onion, diced (about one cup)
• 2 teaspoons dried thyme
• 1 teaspoon dried rosemary
• 1 bay leaf
• 1/2 teaspoon salt
• 1/4 teaspoon pepper
• 1/2 cup pearled barley
• 8 cups beef broth *not needed until day-of cooking

Materials
• 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except beef broth.
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with beef broth.
3. Cook on “low” setting for 8 hours.
4. Remove bay leaf.

Serve with fresh bread.
12. Sausage Spinach Tomato Soup

Yields: 6 servings

Ingredients

- 1 pound ground spicy Italian sausage
- 24 oz jar of pasta sauce (about 2.5 cups)
- 1 can cannellini beans, drained and rinsed
- 2oz fresh baby spinach (about 2 handfuls or 2 cups)
- 1/2 pound carrots (about 4 large), peeled and diced
- 1 small yellow onion, diced (one cup)
- 1 cup uncooked elbow macaroni *not needed until day of cooking
- 4 cups chicken broth *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except pasta and broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with chicken broth.
3. Cook on “low” setting for 8 hours.
4. Add pasta and cook for additional 30 minutes on “high” setting.

Serve with fresh bread.
13. Meatball Vegetable Soup

Yields: 6 servings

Ingredients
- 1 pound frozen meatballs
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans (about 1 pound), ends cut off and cut into bite-sized pieces
- 1 large zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (1 cup)
- 4 cups chicken broth *not needed until day of cooking

Materials
- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except broth.
3. Remove as much air as possible, seal, and freeze.

To Cook
1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with chicken broth.
3. Cook on “low” setting for 8 hours.

Serve with garlic bread.
14. Italian Wedding Soup

Yields: 6 servings

Ingredients

- 1 pound frozen meatballs
- 1 small onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 2oz fresh baby spinach (about 2 cups or 2 handfuls)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 8 cups chicken broth *not needed until day of cooking
- 1/2 cup uncooked pasta *not needed until day of cooking (I use acini de pepe or small shells)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except pasta and broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with chicken broth.
3. Cook on “low” setting for 8 hours.
4. Add pasta and cook for additional 30 minutes on “high” setting.

Serve with fresh bread or rolls.
15. Meatball Minestrone Soup

Yields: 8 servings

Ingredients

- 1 pound frozen meatballs
- 28oz can of diced tomatoes, undrained
- 1/2 pound of carrots (about 4 large carrots), peeled and sliced
- 3 cups of fresh green beans (about 1 pound), ends cut off and chopped
- 1oz fresh baby spinach (about 1 handful or 1 cup)
- 1 small onion, peeled and chopped (1 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
- 1 bay leaf
- 1/4 teaspoon ground black pepper
- 8 cups low-sodium chicken broth *not needed until day of cooking
- 1 cup uncooked elbow macaroni *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by date” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except pasta and broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with chicken broth.
3. Cook on “low” setting for 8 hours.
4. Add pasta and cook for additional 30 minutes on “high” setting.

Serve with garlic bread.

For more info visit www.NewLeafWellness.biz
Grocery List for all 15 Crockpot Freezer Meals

Note: The number(s) next to each recipe corresponds to its recipe number

MEAT
- 4 pounds 85% lean ground beef (1, 2, 3, 6)
- 4 boneless beef chuck shoulder roasts (2 pounds each) (7, 8, 9, 11)
- 3 lbs baby back ribs (4)
- 1 pound ground spicy Italian sausage (12)
- 2.5 pound bone-in pork shoulder (10)

PRODUCE
- 10 onions (1, 2, 3, 5, 6, 11, 12, 13, 14, 15) (I bought three 12oz bags of frozen diced onions to save time)
- 1 red pepper (5)
- 1 pineapple (5)
- 9 garlic cloves (one bulb) (1, 6, 15)
- 7 green bell peppers (2, 3, 5, 6)
- 8 lbs carrots (7, 8, 9, 11, 12, 13, 14, 15)
- 1 pound russet potatoes (9)
- 6 cups of fresh green beans (about 2 pounds) (13, 15) (I bought two bags of frozen)
- 5 oz fresh baby spinach (12, 14, 15)
- 2 celery ribs (11) (I bought pre-chopped)
- 1 zucchini (13)

FROZEN
- 5 pounds frozen meatballs (5, 13, 14, 15)
- 1 cup frozen corn (2)

COLD
- 1 stick unsalted butter (8)

CANNED TOMATOES
- Two 28oz cans tomato sauce (1, 2)
- 15oz tomato sauce (3)
- 28oz diced tomatoes (15)
- 14.5oz diced tomatoes (1)

BEANS
- 3 cans of kidney beans (1, 15)
- 2 cans of black beans (2)
- 2 cans of cannellini beans (12, 15)
SEASONINGS

- 2 bay leaves (11, 15)
- 2 T and 2 tsp chili powder (1, 3, 4)
- 2 tsp cumin (1)
- 1 tsp curry powder (4)
- 1/2 crushed red pepper flakes (1, 3)
- 1 tsp garlic powder (3, 4)
- 1 tsp garlic salt (14)
- 2 T Italian seasonings (15)
- 1 tsp Montreal Steak Seasoning (14)
- 1.5 tsp onion powder (4, 14)
- 1 tsp paprika (4)
- 1 tsp pepper (3, 4, 11, 15)
- 1 tsp dried rosemary (11)
- 1 tsp salt (3, 11)
- 2 tsp dried thyme (11)
- 1 packet McCormick Grill Mates seasoning mix – we like chipotle or mesquite (7)
- 1 packet dry ranch dressing mix (8)
- 1 packet dry au jus mix (8)
- 1 packet onion soup mix (9)
- 1 packet taco seasoning mix (2)
- 1/4 cup dried minced onion (10)

MISC

- 15 gallon-sized plastic freezer bags (1-15)
- 1 quart-sized plastic freezer bag (6)
- 18oz spicy BBQ sauce (5)
- Three 24oz jars of pasta sauce (6, 12, 13)
- 15oz can whole berry cranberry sauce (10)
- 3T extra virgin olive oil (7)
- 2T red wine vinegar (7)
- 1/2 cup pearled barley (not quick-cooking) (11)
- 1/4 cup + 1 tsp honey (10, 15)
- 1 cup ketchup (4)
- 1/2 cup light brown sugar (1, 3, 4)
- 4T Worcestershire sauce (3, 4, 14)
- 4 pepperoncini peppers with juice from the jar (8)

NOT NEEDED UNTIL DAY OF COOKING

- 8 cups beef broth (64 oz or two cartons) (11)
- 24 cups chicken broth (192 oz or six cartons) (12, 13, 14, 15)
- 2 cups uncooked elbow macaroni (12, 15)
- 1/2 cup uncooked pasta (acini de pepe or small shells) (14)
• Suggested Side Dishes
  1. Beef Chili – shredded cheese and tortilla chips
  2. Mexican Black Bean Chili – shredded cheese and tortilla chips
  3. Sloppy Joe’s – sandwich buns and a salad
  4. BBQ Baby Back Ribs – extra BBQ sauce and corn on the cob
  5. Sweet and Sour BBQ Meatballs – rice
  6. Stuffed Peppers – rice
  7. Beef Roast with Carrots – rice
  8. Mississippi Roast with Carrots – corn muffins
  9. Pot Roast with Carrots and Potatoes - none
 10. Cranberry Pork Roast – green beans and stuffing
 11. Beef Barley Stew – fresh bread
 12. Sausage Spinach Tomato Soup – fresh bread
 13. Meatball Vegetable Soup – garlic bread
 14. Italian Wedding Soup – fresh bread or rolls
 15. Meatball Minestrone Soup – garlic bread