# 25 Crockpot Freezer Recipes with Five Ingredients or Less

Free printable recipes and grocery list provided below

# Recipe List:

- 1. Salsa Verde Chicken
- 2. Lime Shredded Pork
- 3. Stuffed Peppers
- 4. Macaroni and Cheese
- 5. Shredded Beef and Carrots (our favorite!)
- 6. Lasagna Soup
- 7. Party Pork Roast
- 8. Chicken Tacos
- 9. Lemon Pepper Chicken
- 10. Ginger Peach Chicken
- 11. Hawaiian Chicken
- 12. Basic Pot Roast
- 13. Sausage-Stuffed Mini Sweet Peppers
- 14. <u>Meatball and Veggie Soup</u> (you can replace the bullion + water with broth)
- 15. Pork and Sauerkraut
- 16. Banana Pepper Shredded Beef
- 17. Cranberry Chicken with Green Beans
- 18. Cranberry Pork Roast \*
- 19. Mississippi Roast from Table for Two (I omit the water)
- 20. Pepperoncini Shredded Beef
- 21. Chicken Teriyaki
- 22. Hot Pepper Pork Sirloins and Butternut Squash
- 23. <u>Pot Roast with Green Beans</u> (you can add chopped carrots and potatoes)
- 24. Mexican Chili with Cornbread
- 25. Ham and Pinto Bean Soup

# 1. Salsa Verde Crockpot Chicken Recipe

Yields: 6 servings

# **Ingredients**

- 2 pounds boneless, skinless 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)

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- To your freezer bag, add all ingredients except cream cheese. Add chicken 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.

#### 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 in crockpot on "low" for 6 hours or until chicken is cooked through.
- 4. Add cream cheese (just throw it on top) and let sit for about 1/2 hour.

Serve with Spanish rice and a big, green salad!

\*If you're in a pinch, regular tomato salsa will do...BUT green salsa REALLY gives it a kick!

#### 2. Lime Shredded Pork

Yields: 4-6 servings

# **Ingredients**

- 2½ pound bone-in pork shoulder roast (sometimes labeled as a "Boston butt" or "pork butt")
- The juice from two limes
- 1 tablespoon honey
- 1/2 teaspoon ground cayenne red pepper
- 1/4 teaspoon salt

#### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

### 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 8-12 hours or until pork is cooked through and falls off the bone.
- 4. Remove pork meat from the bone.
- 5. Shred and serve.

Serve on tortillas or rice and top with your favorite taco toppings, like shredded lettuce, cheese, and tomatoes.

# 3. Stuffed Peppers

Yields: 4 servings

# **Ingredients**

- 1lb lean ground beef (at least 85%)
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small 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

# Prep

- 1. Label your gallon-sized freezer bag with name of the meal, cooking instructions, and "use by" date.
- 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 sauce to quart-sized bag, seal, and add to gallon-sized bag with stuffed peppers.
- 5. Remove as much air as possible, seal, and lay flat in your freezer.

#### Cook

- 1. The night before, move to refrigerator to thaw.
- 2. Place peppers in slow cooker and cover with sauce.
- 3. Cook in slow cooker on "low" setting for 6-8 hours.

Serve with rice.

#### 4. Macaroni and Cheese

Recipe modified from: Thirty Handmade Days

Yields: 4 servings

# **Ingredients**

- 4 1/2 c. elbow macaroni, uncooked
- 8oz cheddar cheese\*, grated (about 2 cups)
- (1) 8oz package cream cheese, cut into cubes
- 4 cups milk
- salt and pepper to taste

#### Materials

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your gallon-sized freezer bag with name of the meal, cooking instructions, and "use by" date.
- 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.

### Cook

- 1. Thaw.
- 2. Add all ingredients to slow cooker. Cover and cook on low for 3-4 hours.
- 3. Stir throughout cooking time to combine ingredients.

<sup>\*</sup>You can add more grated cheese for a cheesier version. Up to 4 cups.

#### 5. Beef Roast and 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
- 1 seasoning packet (We love the McCormick Grill Mates mesquite or chipotle seasonings) OR 3 tablespoons of your favorite homemade seasoning mix such as <a href="https://homemade.com/homem

# **Materials**

1 gallon-sized plastic freezer bag

### Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients. Add beef 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.

#### 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 8 hours until beef shreds easily with a fork.

Serve with rice or corn muffins.

# 6. Lasagna Soup

Recipe Modified from: Thirty Handmade Days

Yields: 6 servings

# **Ingredients**

24oz jar of pasta sauce

- 15oz can of cannellini beans, drained and rinsed
- $2\frac{1}{2}$  oz fresh baby spinach (about 3 cups) this looks like a lot, but it cooks down in the broth
- 4 cups of chicken broth (not needed until day of cooking)
- 3 uncooked lasagna noodles, broken into small pieces (not needed until day of cooking)

#### **Materials**

• 1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients, except chicken broth and lasagna noodles.
- 3. Seal and freeze for up to three months.

#### Cook

- 1. Thaw.
- 2. Add contents of freezer bag to your slow cooker and add chicken broth.
- 3. Cover and cook for 6-8 hours on "low" setting.
- 4. Add noodles and cook for an additional 30 minutes.

Top with shredded parmesan cheese and serve with garlic bread.

NOTE: You can also add 1 pound frozen meatballs for a heartier soup.

### 7. Party Pork Roast

Yields: 4 servings

# **Ingredients**

- 2 ½ pound bone-in pork shoulder (sometimes labeled as a "Boston butt" or "pork butt")
- 1 cup grape jelly
- 1 cup ketchup (I like Simply Heinz)
- 1/4 teaspoon ground allspice

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
- 2. Combine all ingredients to your freezer bag.
- 3. Remove as much air as possible, seal, and lay flat in your freezer.

#### Cook

- 1. The night before, move to refrigerator to thaw.
- 2. Add contents of freezer bag to slow cooker.
- 3. Cook on "low" setting for 8 hours or until meat easily pulls apart with a fork.
- 4. Remove pork from your slow cooker and separate the meat from bone with a fork. (The meat should fall off the bone.)
- 5. Strain the juice left in your slow cooker and serve as a gravy with the meat.

Serve with homemade mashed potatoes and steamed broccoli.

#### 8. Chicken Tacos

Yields: 4 servings

# **Ingredients**

- 1 pound boneless skinless chicken breasts, fat trimmed
- 1 packet of taco seasoning mix (or 3T homemade taco seasoning mix)
- 1 cup chicken broth

#### **Materials**

1 gallon--sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. Combine all ingredients to your freezer bag.
- 3. Remove as much air as possible, seal, and lay flat in your freezer.

#### Cook

- 1. The night before, move to refrigerator to thaw.
- 2. Add contents of freezer bag to slow cooker.
- 3. Cook on "low" setting for 6 hours or until chicken is tender.
- 4. Shred chicken.

Serve on soft or hard tortillas and top with favorite taco toppings like lettuce, tomatoes, and shredded cheese.

# 9. Lemon Pepper Chicken

Yields: 3 servings

# **Ingredients**

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black pepper
- 1/4 teaspoon salt

#### **Materials**

1 gallon-sized plastic freezer bag

# 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.

### 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 3-6 hours or until chicken is cooked through and tender

Serve with steamed broccoli and rice.

# 10. Ginger Peach Chicken

Yields: 6 servings

# **Ingredients**

- 2 pounds boneless, skinless chicken thighs
- 1 cup peach jam (I use this simple recipe for slow cooker peach jam)
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

#### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

#### 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 the chicken shreds easily.
- 4. Shred chicken and return to slow cooker to mix with juice.

Serve with rice and green beans.

#### 11. Hawaiian Chicken

Yields: 6 servings

# **Ingredients**

- 2 pounds boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 fresh pineapple with stalk, skin, and core removed and cut into bitesized pieces
- 2 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- To your freezer bag, add pineapple, brown sugar, soy sauce, and chicken breasts. (Add the chicken breasts to the bag last, so they're the first ingredient poured into your slow cooker.)
- 3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

#### 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 and cook on "low" setting for 4-6 hours, or until chicken is cooked through and tender.

Serve with brown rice and broccoli, and enjoy!

#### 12. Basic Pot Roast

Yields: 4 servings

# **Ingredients**

- 2 pound boneless beef chuck shoulder roast
- 1 package onion soup mix
- 1 medium onion, peeled and sliced
- 1 pound carrots, peeled and chopped
- 1 cup water (not needed until day of cooking)

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients (except water).
- 3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

#### 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 and add water.
- 3. Cook on "low" setting for "low" for 8 hours.
- 4. Remove meat from slow cooker, and shred with a fork.
- 5. Strain beef broth and serve with meat and carrots.

Serve with potatoes or rice.

# 13. Sausage-Stuffed Mini Peppers

Yields: 4 servings

# **Ingredients**

- 16oz bag of mini sweet peppers
- 1 pound ground Italian sausage (we like hot)
- 24oz jar of spaghetti sauce
- 8oz mozzarella cheese, shredded

#### **Materials**

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

# Prep

- 1. Label both of your freezer bags.
- 2. Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)
- 3. Stuff the peppers with sausage.
- 4. To your gallon-sized bag, add stuffed peppers and spaghetti sauce.
- 5. To your quart-sized freezer bag, add shredded cheese.
- 6. Freeze both bags for up to three months.

### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. Add contents of gallon-sized bag into slow cooker and cook 8 hours or until sausage is cooked through and peppers are tender. (Leave cheese in refrigerator)
- 3. Add mozzarella cheese and cook for additional 10 minutes or until melted.

Serve over spaghetti.

# 14. Meatball Veggie Soup

Yields: 6 servings

# **Ingredients**

- 1 pound small meatballs (store bought or homemade)
- 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
- 4 cups chicken broth (not needed until day of cooking)

#### **Materials**

• 1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients except chicken broth.
- 3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

#### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. The morning of cooking, add contents of freezer bag into your crockpot and add chicken broth.
- 3. 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!

#### 15. Pork and Sauerkraut

Yields: 4 servings

# **Ingredients**

- 2 pounds boneless pork roast
- Two 16oz jars of sauerkraut (undrained)
- 2 tablespoons honey
- 1 teaspoon caraway seeds

### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

#### 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 8 hours, until pork shreds easily with a fork.

Serve with potatoes and applesauce.

# 16. Banana Pepper Shredded Beef

Yields: 4 servings

# **Ingredients**

- 2 pounds boneless beef chuck shoulder roast
- 4 fresh banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 medium yellow onion, peeled and sliced
- 2 cups beef broth

#### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

#### 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 8 hours.

Shred meat and serve on rolls with a side salad.

# 17. Cranberry Chicken and Green Beans

Yields: 6 servings

# **Ingredients**

- 1 pound frozen green beans(You can sub fresh)
- 15oz can of whole cranberry sauce
- 1 packet of onion soup mix (or this homemade mix: ¼ cup dried onion flakes, 1 tbsp beef bouillon granules, and ¼ tsp of the following: onion powder, parsley flakes, celery seed, paprika, and pepper)
- 2 pounds boneless, skinless chicken breasts

#### **Materials**

• 1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients. Add chicken 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.

#### 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.
- 4. Shred meat.

Serve cooked chicken, green beans, and cranberry sauce with stuffing.

# 18. Cranberry Pork Roast

Yields: 4 servings

# **Ingredients**

- 2 ½ 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

# Prep

- 1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
- 2. Combine all ingredients to your freezer bag.
- 3. Remove as much air as possible, seal, and lay flat in your freezer.

#### Cook

- 1. The night before, move to refrigerator to thaw.
- 2. Add contents of freezer bag to slow cooker.
- 3. Cook on "low" setting for 8 hours or until pork shreds easily with a fork.
- 4. Remove bones and shred meat.

I recommend serving the leftover cranberry mixture in the slow cooker with the meat – it's so yummy! Add some sides of green beans and stuffing and dinner is done.

# 19. Mississippi Roast

Yields: 4 servings

# **Ingredients**

- 2 pound chuck roast
- 1 ounce packet of dry ranch seasoning mix
- 1 ounce packet of dry au jus gravy mix
- 1 stick unsalted butter
- 5-6 pepperoncini

#### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

#### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. Pour contents of freezer bag into your crockpot.
- 3. Cook on low for 8 hours.

Shred meat and serve with mashed potatoes and carrots.

# 20. Pepperoncini Shredded Beef

Yields: 4 servings

# **Ingredients**

- 2 pound boneless beef chuck shoulder roast, fat trimmed
- 12oz jar of pepperoncini
- 6 cloves of garlic, peeled
- 1/2 teaspoon pepper

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients, including juice from pepperoncini.
- 3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

#### 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 8 hours or until meat shreds easily.

Serve on rolls with a side salad.

# 21. Chicken Teriyaki

Yields: 3 servings

# **Ingredients**

- 1 pound boneless skinless chicken breasts
- 5oz teriyaki sauce (about 2/3 cup I used a soy ginger sauce from Whole Foods)
- 16 oz bag of frozen stir fry vegetables

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients. Add chicken 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.

#### 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 6-8 hours or until chicken is cooked through and tender.

Serve over rice.

# 22. Hot Pepper Pork and Butternut Squash

Yields: 3 servings

# **Ingredients**

- 1 pound pork sirloins
- 16oz bag of frozen butternut squash (you can sub fresh)
- 8oz jar of hot pepper jelly

### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot.
- 3. Cook on low setting for 6-8 hours or until pork is tender.

Serve with rice.

#### 23. Pot Roast with Green Beans

Yields: 4 servings

# **Ingredients**

- 2 pound boneless beef chuck shoulder roast, fat trimmed
- 1 pound fresh or frozen green beans
- 1 pound russet potatoes (4 small), washed and cut into 1-inch pieces
- 1 packet of onion soup mix (or a homemade mix)
- 1 cup water (not needed until day of cooking)

#### **Materials**

1 gallon-sized plastic freezer bag

# Prep

- 1. Label your freezer bag.
- 2. To your freezer bag, add all ingredients except water. (Cut potatoes last so they aren't exposed to air for very long.)
- 3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

#### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. Add contents of freezer bag to your crockpot with water.
- 3. Cook for 8 hours on "low" setting until beef shreds easily with a fork.

Shred meat and serve with cooked green beans and potatoes.

#### 24. Mexican Chili with Cornbread

Yields: 4 servings

# Ingredients

- 1 pound lean ground beef (at least 85%)
- 1 small yellow onion, chopped (about one cup)
- 1 green bell pepper
- 1 cup frozen corn
- 2 tablespoons and 1½ teaspoons of <u>homemade taco seasoning</u> or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup

#### **Materials**

• 1 gallon-sized plastic freezer bag

# 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.

### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. Pour contents of freezer bag into your crockpot.
- 3. Cook on "low" setting for 6-8 hours, until beef is cooked through.
- 4. Break apart beef and mix all ingredients.

Top with shredded cheddar cheese and serve with cornbread (We like Jiffy corn muffin mix).

NOTE: You can also add ¼ pound shredded cheddar cheese (about 1 cup) and assembled corn muffin batter directly to crockpot to make a cornbread topping. Cook on "high" setting for 60 minutes or until cornbread topping is cooked through.

# 25. Ham and Pinto Bean Soup

Yields: 6 servings

# **Ingredients**

- 1 pound dried pinto beans
- 1 ½ pound bone-in ham shank
- ¾ cup ketchup
- ½ teaspoon salt
- 8 cups water (not needed until day of cooking)

#### **Materials**

• 1 gallon-sized plastic freezer bag

# Prep

- 1. Labels your freezer bag.
- 2. To freezer bag, add all ingredients except water.
- 3. Seal and freeze for up to three months.

#### Cook

- 1. The night before cooking, move frozen bag to your refrigerator to thaw.
- 2. Pour contents of freezer bag into your crockpot and add water.
- 3. Cover and cook on "high" for 5-6 hours, "low" for 8 hours, or until beans split.
- 4. Remove ham, shred off of bone, and return shredded meat to crockpot.

Serve with crusty bread and a salad.

# **Grocery List for all Crockpot Freezer Meals**

(The number(s) next to each ingredient corresponds to its recipe number.)

#### **Produce**

- 4 fresh banana peppers (mild or hot) (16)
- 5 bell peppers (3, 24)
- 4 pounds carrots (5, 12, 14)
- 10 cloves garlic (3, 10, 20)
- 1-inch fresh ginger root (10)
- 6 cups green beans (14, 23) (or 2 pounds frozen green beans)
- 4 yellow onions (3, 12, 16, 24)
- 16oz bag mini sweet peppers (13)
- 1 pound russet potatoes (4 small) (23)
- 1 lemon (9)
- 2 limes (2)
- 1 pineapple (11)
- 2½ oz baby spinach (about 3 cups) (6)

#### Meat

- 2 pounds lean ground beef (at least 85%) (3, 24)
- 6 boneless beef chuck shoulder roasts (2 pounds each) (5, 12, 16, 19, 20, 23)
- 9 pounds boneless chicken breasts (1, 8, 9, 11, 17, 21)
- 2 pounds boneless, skinless chicken thighs (10)
- 1½ pound bone-in ham shank (25)
- 3 bone-in pork shoulders (2 1/2 pounds each) (sometimes labeled as a "Boston butt" or "pork butt") (2, 7, 18)
- 2 pound boneless pork roast (15)
- 1 pound pork sirloins (22)
- 1 pound ground Italian sausage (we like hot) (13)

#### Freezer

- 16oz bag of frozen butternut squash (you can sub fresh) (22)
- 1 cup frozen corn (24)
- 1 pound frozen green beans (You can sub fresh) (17)
- 1 pound small meatballs (14)
- 16 oz bag of frozen stir fry vegetables (21)

### Italian

• Four 24oz jars of pasta sauce (3, 6, 13, 14)

4 ½ cups uncooked elbow macaroni (4)

# **Spices**

- 1/4 teaspoon ground allspice (7)
- 1/2 teaspoon ground cayenne pepper (2)
- 1 teaspoon caraway seeds (15)
- 2 packets of taco seasoning mix (8, 24)
- 1 packet of onion soup mix (12, 17, 23)
- 1 ounce packet of dry ranch seasoning mix (19)
- 1 ounce packet of dry au jus gravy mix (19)
- 1 seasoning packet (We love the McCormick Grill Mates mesquite or chipotle seasonings) (5)
- 1/4 cup dried minced onion (18)
- 1 teaspoon freshly cracked black pepper (9, 20)
- 1 teaspoon salt (2, 9, 25)

#### Canned

- 2 cups beef broth (16)
- 15oz can black beans (1)
- 15oz can of cannellini beans (6)
- 1 cup chicken broth (8)
- 15oz can corn (1)
- Two 15oz cans whole berry cranberry sauce (17, 18)
- 8oz jar of hot pepper jelly (22)
- 1 cup grape jelly (7)
- 12oz jar of pepperoncini plus 5-6 additional (19, 20)
- Two 16oz jars of sauerkraut (15)
- 1 cup peach jam (10)
- 5oz teriyaki sauce (21)
- 10.75oz can of condensed tomato soup (24)
- 16oz jar salsa verde (1)

#### **Dried**

• 1 pound dried pinto beans (25)

#### Cold

- 1 stick unsalted butter (19)
- 8oz cheddar cheese (about 2 cups shredded) (4)
- One 8oz package cream cheese (4)
- 4 cups milk (4)

8oz mozzarella cheese (about 2 cups shredded) (13)

# **Baking**

- 2 tablespoons light brown sugar (11)
- 1/4 cup + 3 tablespoons honey (2, 11, 18)

# **Oils and Vinegars**

- 1/4 cup + 3 tablespoons extra virgin olive oil (5, 9)
- 2 tablespoons red wine vinegar (5)

#### Miscellaneous

- 1 ¾ cup ketchup (7, 25)
- 3 tablespoons low sodium soy sauce (10, 11)
- 25 gallon-sized plastic freezer bags
- 2 quart-sized plastic freezer bags

# **Not Needed Until Day of Cooking**

- 8 cups chicken broth (6, 14)
- One 8oz package cream cheese (1)
- 3 uncooked lasagna noodles (6)
- Suggested Side Dishes
  - 1. Salsa Verde Chicken Spanish rice and salad
  - 2. Lime Shredded Pork tortillas and taco toppings
  - 3. Stuffed Peppers rice
  - 4. Macaroni and Cheese veggies
  - 5. Shredded Beef and Carrots rice or corn muffins
  - 6. Lasagna Soup garlic bread
  - 7. Party Pork Roast mashed potatoes and broccoli
  - 8. Chicken Tacos tortillas and taco toppings
  - 9. Lemon Pepper Chicken rice and steamed broccoli
  - 10. Ginger Peach Chicken rice and green beans
  - 11. Hawaiian Chicken brown rice and broccoli
  - 12. Basic Pot Roast mashed or baked potatoes or rice
  - 13. Sausage-Stuffed Mini Sweet Peppers spaghetti
  - 14. Meatball and Veggie Soup bread
  - 15. Pork and Sauerkraut potatoes and applesauce
  - 16. Banana Pepper Shredded Beef rolls and salad
  - 17. Cranberry Chicken with Green Beans stuffing
  - 18. Cranberry Pork Roast green beans and stuffing

- 19. Mississippi Roast mashed potatoes and carrots
- 20. Pepperoncini Shredded Beef rolls and salad
- 21. Chicken Teriyaki rice
- 22. Hot Pepper Pork Sirloins and Butternut Squash rice
- 23. Pot Roast with Green Beans potatoes
- 24. Mexican Chili with Cornbread cheddar cheese and cornbread
- 25. Ham and Pinto Bean Soup bread and salad