

17 Healthy Crockpot Freezer Meals

Free printable recipes and grocery list below

Recipe List

1. [Zuppa Toscana with Sweet Potatoes](#)
2. Beef Barley Stew from [Live Simply](#)
3. Italian Chicken from my [Organic Costco Freezer Meals post](#)
4. Honey Dijon Pork with Green Beans from my [Whole Foods Freezer Meals post](#)
5. [Mississippi Pot Roast](#)
6. [Asian Chicken Lettuce Wraps](#)
7. [Chicken Curry](#)
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9. [Red Pepper Chicken](#)
10. Balsamic Beef Roast with Carrots from my [Healthy Crockpot Freezer Meals post](#)
11. White Chicken Chili inspired by [Money Saving Mom's recipe](#)
12. [Stuffed Peppers](#)
13. [Chicken Cacciatore](#)
14. Ham and Potato Soup from my [Budget-Friendly Freezer Meals post](#)
15. [Mushroom Spinach Stroganoff](#)
16. Honey Garlic Chicken and Veggies from [Damn Delicious](#)
17. Chicken Fajitas from my [No Cook Freezer Meals eBook](#) and shared for free below
(these can be cooked on the stovetop too)

1. Zuppa Toscana with Sweet Potatoes

Yields: 6 servings

Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1 ½ pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1.5 teaspoons fennel seeds
- 1.5 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 8 cups chicken broth (not needed until day of cooking)
- 1 cup heavy cream (or half and half) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. To a gallon-sized plastic freezer bag, add all ingredients (except chicken broth and heavy cream. You can freeze the cream in a separate bag or wait to buy it until you're ready to cook the soup).
2. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add 8 cups of chicken broth.
3. Cook for 8 hours on "low" setting or until sausage is cooked through.
4. Break apart sausage and add heavy cream. Stir to heat through.

Serve with fresh bread.

2. Beef Barley Stew

Recipe modified from [Live Simply](#)

Yields: 6 servings

Ingredients

- 2lb beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 4 carrots (about 1/2 pound), peeled and chopped
- 2 celery ribs, chopped
- ½ onion, chopped
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup uncooked medium barley (not quick cooking)
- 7 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.
2. Add all ingredients to your freezer bag (except beef broth).
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on "low" setting for 8 hours or until carrots are soft.
4. Remove the bay leaf and enjoy!

Serve with fresh bread.

3. Crockpot Italian Chicken

Yields: 6 servings

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
- 2 pounds boneless, skinless chicken breasts

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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” setting for 4-6hours, or until chicken is cooked through.

Serve with spaghetti and a salad.

4. Honey Dijon Pork and Green Beans

Yields: 3-4 servings

Ingredients

- 1 pound pork sirloins
- 16oz bag of frozen green beans (you can sub fresh)
- 1/4 cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water

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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on low setting for 6-8 hours or until pork is tender.

Serve with rice.

5. Homemade Mississippi Roast in the Slow Cooker

Yields: 4 servings

Ingredients

- 2lb boneless beef chuck shoulder roast
- 2lbs carrots, peeled and roughly chopped
- 1 stick of unsalted butter
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- Au jus seasoning: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- Ranch seasoning: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 1T if you have some on-hand.)

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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” setting for 8 hours or until meat shreds easily with a fork.
4. Shred meat and return to slow cooker to mix with juice.

Serve with rice or corn muffins.

6. Asian Chicken Lettuce Wraps

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours or until chicken is tender.
4. Break apart chicken and serve.

Serve on big pieces of iceberg or Boston bibb lettuce.

7. Chicken Curry

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red 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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” setting for 8 hours.

Serve over white or brown rice, or quinoa and enjoy!

8. Crockpot Greens & Beans

Yields: 6 servings

Ingredients

- 8oz dried cannellini beans, rinsed
- 32oz [chicken](#) or vegetable broth (4 cups)
- 32oz water (4 cups)
- 1 tablespoon extra virgin olive oil
- 3-5 cloves of garlic, sliced or minced
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1 hearty handful of kale, chopped

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.
2. Add all ingredients to your freezer bag except broth and water.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth and water.
3. Cook on “low” setting for 8 hours or until beans are tender.

Top with parmesan cheese and serve with a loaf of crusty bread.

9. Red Pepper Chicken Recipe

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 2 medium-sized red bell peppers, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with brown rice and broccoli or a salad. You can also shred the chicken and serve on a tortilla with cheddar cheese.

10. Crockpot Balsamic Beef Roast with Carrots

Modified from [The Chic Site](#)

Yields: 6 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and cut into bite-sized pieces
- 1/2 cup honey
- 1/4 cup balsamic vinegar
- 1 tablespoon low sodium soy sauce
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 cloves of garlic, minced
- Zest from one navel orange
- 2 cups of 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.
2. Add all ingredients to your freezer bag (except beef broth).
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on “low” setting for 8-12 hours, or until beef shreds easily and carrots are soft.
4. Shred beef.

Serve with rice.

11. White Chicken Chili

Recipe modified from [Money Saving Mom](#)

Yields: 4 servings

Ingredients

- Two 15.5oz cans of Great Northern beans, rinsed and drained
- 8oz can of chopped mild green chilies
- 1 and 2/3 cups of frozen corn (1/2 of a 1lb bag)
- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, chopped (about one cup)
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground oregano
- 1/4 teaspoon ground cloves
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes
- 1 pound boneless, skinless chicken breasts
- 4 cups chicken broth (32oz) (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 will be three months from the prep date).
2. Add all ingredients to your freezer bag (except chicken broth).
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add 4 cups of chicken broth.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked through.
4. Shred chicken and stir to combine.

Top with shredded cheese and crushed tortilla chips.

12. Stuffed Peppers

Yields: 4 servings

Ingredients

- 1lb 85% lean ground beef
- 1 small yellow onion, peeled and diced (one cup)
- 1 garlic clove, minced
- 4 green bell peppers, tops cut off 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 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 freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and cover with sauce.
3. Cook on “low” setting for 6-8 hours.

Serve with rice.

13. Chicken Cacciatore

Yield: 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 24oz jar of spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped (one cup)

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 will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked through.

Serve with spaghetti and salad.

14. Ham & Potato Soup

Modified from: <http://onceamonthmeals.com/canadian-bacon-potato-chowder/>

Yields: 4 servings

Ingredients

- 4 carrots, peeled and diced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 2 ribs celery, diced (about 2/3 cup)
- 1 small onion, diced (about one cup)
- 2 garlic cloves, minced (one teaspoon)
- 1/2 cup uncooked medium barley (not quick cooking)
- 1/4 teaspoon pepper
- 1/8 teaspoon ground thyme
- 8oz bone-in ham steak, cut into 1/2 inch pieces (about 1 cup diced)
- 6oz evaporated milk (not needed until day of cooking)
- 4 cups of 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 will be three months from the prep date).
2. Add all ingredients to your freezer bag (except evaporated milk and chicken broth). To keep potatoes from browning, chop them last and add to the top of your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add 4 cups of chicken broth.
3. Cook on “low” setting for 8 hours or until carrots and potatoes are tender. Stir in evaporated milk and stir until heated through.

Serve with fresh bread.

15. Mushroom Spinach Stroganoff

Yields: 6 servings

Ingredients

- 1 tablespoon butter
- 10oz baby portobello mushrooms; quartered
- 12oz white mushrooms; quartered
- 1 small yellow onion; diced (one cup)
- 2 cloves of garlic; minced
- 1/2 cup chicken broth (you can substitute vegetable or beef broth)
- 8oz sour cream (1 cup)
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1.5 teaspoons paprika
- 8oz cream cheese (not needed until day of cooking)
- 2.5oz fresh baby spinach (about 4 cups)

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 will be three months from the prep date).
2. Add all ingredients except cream cheese to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” for 8 hours.
4. Add cream cheese and cook for an additional 15 minutes or until everything is heated through.

Serve with egg noodles.

16. Honey Garlic Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 2lbs bone-in, skin-on chicken thighs
- 16 ounces baby red potatoes, halved
- 16 ounces baby carrots
- 16 ounces green beans, trimmed
- 1/2 cup reduced sodium soy sauce
- 1/2 cup honey
- 1/4 cup ketchup
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon 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 will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cover and cook on low heat for 7-8 hours.

17. Chicken Fajitas

Recipe from my [No Cook Freezer Meals eBook](#)

Yields: 4 servings

Ingredients

- 1 medium-sized green pepper, sliced
- 1 medium-sized red pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- The juice from one lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, sliced

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 will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and cook 6 hours on “low” setting or until chicken is cooked through and tender.

Serve on tortillas or rice with your favorite fajitas toppings, like shredded cheese, lettuce, and guacamole.

Note: You can also cook this meal in a pan on your stovetop!

Grocery List for all 25 Slow Cooker Freezer Meals

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

Materials

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

Produce

- 4 celery ribs, chopped (2, 14)
- 29-31 garlic cloves (about 3 bulbs) (3, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17)
- 9-10 small yellow onions (substitute 3 bags of frozen diced onions to save time) (2, 3, 7, 9, 11, 12, 13, 14, 15, 17)
- 1 zucchini (13)
- 10oz baby Portobello mushrooms (15)
- 12oz white mushrooms (15)
- 16 ounces green beans (16)
- 6 ½ oz fresh baby spinach (about 4 cups) (3, 15)
- 1 head of escarole (8)
- 1 bunch + 1 hearty handful of kale (1, 8)
- 3 sweet potatoes (about 1 ½ pounds) (1)
- 5-6 pounds carrots (2, 5, 6, 10, 14)
- 16 ounces baby carrots (16)
- One lime (17)
- One orange (10)
- 16 ounces baby red potatoes (16)
- 2 small potatoes (14)
- 4 medium-sized red bell peppers (6, 9, 17)
- 6 green bell peppers (12, 13, 17)

Meat

- Three 2-pound boneless beef chuck shoulder roasts (2, 5, 10)
- 1 pound 85% lean ground beef (12)
- 8oz bone-in ham steak (14)
- 1 pound spicy ground sausage (1)
- 1 pound pork sirloins (4)
- 2lbs bone-in, skin-on chicken thighs (16)
- 2 pounds of ground chicken (6)
- 9 pounds boneless, skinless chicken breasts (3, 7, 9, 11, 13, 17)

Freezer

- 16oz bag of frozen green beans (you can sub fresh) (4)
- 2 cups of frozen peas (7)
- 1 and 2/3 cups of frozen corn (1/2 of a 1lb bag) (11)

Cold

- 1 stick + 1 tablespoon unsalted butter (5, 15)
- 8oz sour cream (1 cup) (15)

Canned

- Three 14.5-15oz cans of tomato sauce (3, 7)
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar (5)
- 6oz can tomato paste (7)
- 13.5oz can unsweetened coconut milk (7)
- 32oz + ½ cup chicken or vegetable broth (4.5 cups) (8, 15)
- Two 24oz jars of spaghetti sauce (12, 13)
- Two 15.5oz cans Great Northern beans (11)
- 8oz can of chopped mild green chilies (11)

Dried

- 1 cup uncooked medium barley (not quick cooking) (2, 14)
- 8oz dried cannellini beans (8)

Baking

- 1 ½ cup + 5 tablespoons honey (3, 4, 7, 10, 16, 17)
- Pinch of sugar (8)

Oils and Vinegars

- ¼ cup + 4 tablespoons extra virgin olive oil (3, 8, 9, 11)

Miscellaneous

- ¾ cup + 1 teaspoon + 1 tablespoon reduced sodium soy sauce (5, 6, 10, 16)
- ½ cup + 2 tablespoons cup ketchup (6, 15, 16)
- 1 teaspoon Worcestershire sauce (15)
- ¼ cup balsamic vinegar (10)
- 2 tablespoons Dijon mustard (or whole grain mustard) (4)

Spices

- 1 teaspoon dried basil (16)
- 1 bay leaf (2)
- 4 teaspoons beef bouillon granules (5)
- 1 tablespoon dried buttermilk (5)
- 4 teaspoons ground cumin (11, 17)
- 1/4 teaspoon ground cloves (11)
- 1 tablespoon chili powder (17)
- 2 tablespoons curry powder (7)
- 3/4 teaspoon dill (5)
- 1 1/2 teaspoons fennel seeds (1)
- 2 1/4 teaspoon garlic powder (1, 5)
- 1 tablespoon Italian seasoning (3)
- 2 teaspoon onion powder (1, 5)
- 1tsp dried onion flakes (5)
- 1 1/2 teaspoon ground oregano (11, 16)
- 4 teaspoons paprika (1, 15, 17)
- 1 tablespoon dried parsley (5)
- 6 teaspoon pepper (1, 2, 3, 4, 5, 8, 11, 14, 15, 16)
- 3 1/2 teaspoon crushed red pepper flakes (3, 6, 7, 9, 10, 11, 16, 17)
- 1 teaspoon dried rosemary (2)
- 4 3/4 teaspoons salt (2, 3, 4, 5, 7, 8, 9, 10)
- 2 1/2 + 1/8 teaspoons dried thyme (2, 4, 14)

Not Needed Until Day of Cooking

- 1 cup heavy cream (or half and half) (1)
- 9 cups beef broth (2, 10)
- 8oz cream cheese (15)
- 8 cups chicken broth (1, 11, 14)
- 6oz evaporated milk (14)

Suggested side dishes:

1. Zuppa Toscana with Sweet Potatoes – fresh bread
2. Beef Barley Stew – fresh bread
3. Italian Chicken – spaghetti and salad
4. Honey Dijon Pork with Green Beans - rice
5. Mississippi Pot Roast – rice or corn muffins
6. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce
7. Chicken Curry – rice or quinoa
8. Greens & Beans – parmesan cheese and bread
9. Red Pepper Chicken – rice and broccoli
10. Balsamic Beef Roast with Carrots – rice
11. White Chicken Chili – shredded cheese and tortilla chips

12. Stuffed Peppers – rice
13. Chicken Cacciatore – spaghetti and salad
14. Ham and Potato Soup – fresh bread
15. Mushroom Spinach Stroganoff – egg noodles
16. Honey Garlic Chicken and Veggies
17. Chicken Fajitas – tortillas or rice, fajita toppings

