

6 Healthy Freezer Crock Pot Meals in 45 Minutes

Printable recipes and grocery list below

Recipe List

1. Chicken Fajitas
2. Cranberry Chicken
3. Ginger-Peach Chicken with Green Beans
4. Sweet & Spicy Pork Chops with Butternut Squash
5. Meatball Vegetable Soup
6. Chipotle Pot Roast with Carrots

1. Chicken Fajitas

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, sliced
- 2 sweet bell peppers, sliced
- 1 small yellow onion, sliced
- The juice of one lime
- 1 tablespoon honey
- 1 packet fajita seasoning mix (or your favorite homemade taco seasoning)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot and cook on “low” setting for 4 hours in a 6-quart crock pot or 8 hours in a 4-quart crock pot.

Serve on soft tortillas or rice with your favorite fajitas toppings (like shredded cheese and guacamole).

2. Cranberry Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 12oz bag fresh cranberries
- 3/4 cup sugar
- 1/4 cup water
- 1 packet onion soup mix (or your favorite homemade onion soup mix)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot and cook on “low” setting for 4 hours in a 6-quart crock pot or 8 hours in a 4-quart crock pot.

Serve with rice.

3. Ginger-Peach Chicken with Green Beans

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 pound fresh green beans, ends trimmed
- 12oz jar peach jam
- 1-inch fresh ginger root, peeled and sliced
- 1 tablespoon soy sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot and cook on “low” setting for 4 hours in a 6-quart crock pot or 8 hours in a 4-quart crock pot.

Serve with rice and steamed broccoli.

4. Sweet & Spicy Pork Chops with Butternut Squash

Yields: 6 servings

Ingredients

- 2 pounds boneless pork chops
- 16oz package of peeled and diced butternut squash
- 12oz jar hot pepper jelly
- 1 tablespoon soy sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot and cook on “low” setting for 4 hours in a 6-quart crock pot or 8 hours in a 4-quart crock pot.

Serve with rice.

5. Meatball Vegetable Soup

Yields: 6 servings

Ingredients

- 1 pound cooked meatballs (homemade or frozen)
- 5oz baby spinach
- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced
- 15oz can of cannellini beans, drained and rinsed
- 24oz jar pasta sauce
- 4 cups chicken broth (not needed until day of cooking – only add 3 cups if you are using a 4-quart crock pot)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag except chicken broth.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot with chicken broth and cook on “low” setting for 6 hours in a 6-quart crock pot or 8-10 hours in a 4-quart crock pot.

Serve with garlic bread.

6. Chipotle Pot Roast with Carrots

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and chopped into 1-inch pieces
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 packet of McCormick Grill Mates Chipotle seasoning mix (homemade taco seasoning mix is also delicious)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot and cook on “low” setting for 6 hours in a 6-quart crock pot or 8-10 hours in a 4-quart crock pot.
- Shred meat.

Serve with rice.

Grocery List for All 6 Freezer Meals

(the number(s) next to each ingredient corresponds to its recipe number)

Produce

- 2 sweet bell peppers (1) (I used one red and one yellow)
- 2 small yellow onions (1, 5) (I substituted frozen diced onions to save time)
- 1 lime (1)
- 12oz bag fresh cranberries (2)
- 1 pound fresh green beans (3)
- 1-inch fresh ginger root (3)
- 16oz peeled and diced butternut squash (4)
- 5oz baby spinach (5)
- 3 pounds carrots (5, 6)

Meat

- 6 pounds boneless, skinless chicken breasts (1, 2, 3)
- 2 pounds boneless pork chops (4)
- 2-pound boneless beef chuck shoulder roast (6)

Seasonings

- 1 packet fajita seasoning mix (or your favorite homemade taco seasoning) (1)
- 1 packet onion soup mix (or your favorite homemade onion soup mix) (2)
- 1 packet McCormick Grill Mates Chipotle seasoning mix (homemade taco seasoning mix is also delicious) (6)

Miscellaneous

- 6 gallon-sized plastic freezer bags (1-6)
- 1 tablespoon honey (1)
- 3/4 cup sugar (2)
- 12oz jar peach jam (3)
- 2 tablespoons soy sauce (3, 4)
- 12oz jar hot pepper jelly (4)
- 1 pound cooked meatballs (homemade or frozen) (5)
- 15oz can of cannellini beans (5)
- 24oz jar pasta sauce (5)
- 3 tablespoons olive oil (6)
- 2 tablespoons red wine vinegar (6)

Not Needed Until Day of Cooking

- 4 cups chicken broth (only add 3 cups if you are using a 4-quart crock pot) (5)
- Suggested Side Dishes
 1. Chicken Fajitas – serve on tortillas or rice with your favorite fajitas toppings
 2. Cranberry Chicken – rice and steamed broccoli
 3. Ginger-Peach Chicken with Green Beans – rice
 4. Sweet & Spicy Pork Chops with Butternut Squash – rice
 5. Meatball Vegetable Soup – garlic bread
 6. Chipotle Pot Roast with Carrots - rice