

10 Easy & Healthy

Chicken Crockpot Freezer Recipes

Free printable recipes and grocery list below

Recipe List

1. Ginger Garlic Chicken
2. Spicy Orange Chicken
3. Lemon Butter Chicken
4. Seasoned Corn Chicken
5. Cauliflower Curry Chicken
6. Glazed Carrots Chicken
7. Savory Squash Chicken
8. Maple Potato Chicken
9. Tomato Basil Chicken
10. Balsamic Brussels Chicken

1. Ginger Garlic Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh green beans, ends trimmed
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger root

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. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

2. Spicy Orange Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound sliced red peppers
- 2 tablespoons coconut oil
- 2 tablespoons orange juice
- 1 tablespoon minced ginger root
- 1 teaspoon red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

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To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

3. Lemon Butter Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound frozen peas
- 2 tablespoons butter
- 2 tablespoons lemon juice
- 1 tablespoon minced garlic
- 1 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

2. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
3. To your freezer bag, add all ingredients.
4. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with pasta.

4. Seasoned Corn Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound frozen corn
- 2 tablespoons butter
- 2 tablespoons Dijon mustard
- 1 tablespoon minced garlic
- 1 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

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2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with potatoes.

5. Cauliflower Curry Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh or frozen cauliflower florets
- 2 tablespoons coconut milk
- 2 tablespoons diced tomatoes
- 1 tablespoon minced garlic
- 1 teaspoon curry powder

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

6. Glazed Carrot Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh baby carrots
- 2 tablespoons butter
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 1 teaspoon red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

7. Savory Squash Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh or frozen butternut squash, cubed
- 2 tablespoons butter
- 2 tablespoons balsamic vinegar
- 1 tablespoon minced garlic
- 1 teaspoon sage

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

8. Maple Potato Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh sweet potatoes, chopped
- 2 tablespoons butter
- 2 tablespoons orange juice
- 1 tablespoon maple syrup
- 1 teaspoon 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. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with green beans.

9. Tomato Basil Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh zucchini, chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons diced tomatoes
- 1 tablespoon minced garlic
- 1 teaspoon basil

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. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with pasta.

10. Balsamic Brussels Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 pound fresh Brussels sprouts
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon minced garlic
- 1 teaspoon 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

Grocery List for all 10 Chicken Crockpot Freezer Meals

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

Produce

- 1 pound green beans (1)
- 1 pound red peppers (2)
- 1 pound cauliflower (5)
- 1 pound baby carrots (6)
- 1 butternut squash (7)
- 1 pound sweet potatoes (8)
- 1 pound zucchini (9)
- 1 pound Brussels sprouts (10)
- 7T minced garlic (1, 3, 4, 5, 7, 9, 10)
- 1T plus 1 tsp minced ginger root (1, 2)
- 2 T fresh lemon juice (3)
- 4T diced tomatoes (5, 9)

Meat

- 20 pounds boneless skinless chicken breasts (1-10)

Freezer

- 16oz bag peas (3)
- 16oz bag corn (4)

Cold

- 10 tablespoons butter (1.25 sticks) (3, 4, 6, 7, 8)
- 4 tablespoons orange juice (2, 8)

Oils and Vinegars

- 2 tablespoons sesame oil (1)
- 2 tablespoons coconut oil (2)
- 4 tablespoons balsamic vinegar (7, 10)
- 4 tablespoons extra virgin olive oil (9, 10)

Miscellaneous

- 2 tablespoons soy sauce (1)
- 4 tablespoons Dijon mustard (4, 6)
- 2 tablespoons coconut milk (5)
- 1 tablespoon brown sugar (6)
- 1 tablespoon maple syrup (8)

Spices

- 3 teaspoons black pepper (3, 4, 10)

- 3 teaspoons crushed red pepper flakes (2, 6, 8)
- 1 teaspoon curry powder (5)
- 1 teaspoon sage (7)
- 1 teaspoon basil (9)

Materials

- 10 gallon-sized plastic freezer bags (1-10)

Suggested Side Dishes

1. Ginger Garlic Chicken- rice
2. Spicy Orange Chicken-rice
3. Lemon Butter Chicken-pasta
4. Seasoned Corn Chicken-potatoes
5. Cauliflower Curry Chicken-rice
6. Glazed Carrots Chicken-rice
7. Savory Squash Chicken-rice
8. Maple Potato Chicken-green beans
9. Tomato Basil Chicken-pasta
10. Balsamic Brussels Chicken-rice