

# 31 Healthy Freezer Crockpot Meals

*Free recipes and grocery list provided below*

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## 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
- 1 small yellow onion, chopped (one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup uncooked medium barley (not quick cooking)
- 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.
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. Slow Cooker Turkey Black Bean Chili

Yields: 6 servings

#### Ingredients

- 1 pound of ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

#### Materials

- 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

1. To a gallon-sized plastic freezer bag, add all ingredients.
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 for 6-8 hours.
4. Break apart turkey and stir.

Serve with shredded cheese and chips.

## 4. Chicken Tikka Masala

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- Two 15oz cans of tomato sauce
- 2 cloves of garlic, minced
- 2 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon crushed red pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 8oz heavy cream (1 cup or 1/2 pint)

### 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 and seal 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 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 naan or 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 in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Break apart chicken and serve.

Serve on big pieces of iceberg or Boston bibb lettuce.

## 7. Crockpot Chicken Philly Cheesesteak

Yields: 6 servings

### Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 large onion, sliced
- 1 green bell pepper, cut into strips
- 1 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced

### 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 except cheese.
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 on rolls topped with provolone cheese. Serve with a side of sweet potato fries.

Tip: Serve the sauce from the crockpot on the side as a dip for the sandwiches.



## 8. Crockpot 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, yellow, or orange pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of BBQ sauce

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. To a gallon-sized plastic freezer bag, add all ingredients.
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 on “low” setting for 6-8 hours or until peppers are tender.

Serve with rice and a salad or corn on the cob.

## 9. 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 unsweetened 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. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve over rice.

## 10. Slow Cooker 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 (or half of this [homemade cranberry sauce recipe](#))
- 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.
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 in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot (or until pork shreds easily with a fork).
4. Remove bones and shred meat.

Serve with leftover cranberry mixture, green beans, and stuffing.

## 11. Crockpot Hot Pepper Pork and Butternut Squash

Yields: 3-4 servings

### Ingredients

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

## 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. Slow Cooker Sausage Spinach Tomato Soup Recipe

Yields: 6 servings

#### Ingredients

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24 oz jar of pasta sauce
- 15oz can of cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 1/2 pound of carrots (about 4 large carrots), peeled and chopped into bite-sized pieces
- 1 small yellow onion, diced (about one cup)
- 4 cups of chicken broth (not needed until day of cooking)
- 1 cup uncooked pasta (I like to use elbow macaroni or ditalini) (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 except chicken broth and pasta 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 add chicken broth.
3. Cook on “low” setting for 6-8 hours or until sausage is cooked through.
4. Add pasta the last 15 minutes of cooking and turn heat to “high”.

Serve with garlic bread.

## 14. French Dip Sandwiches

Yields: 6 servings

### Ingredients

- 3 pound rump roast (sometimes labeled “bottom round roast” or “eye of round roast”)
- 1 tablespoon garlic powder
- 2 teaspoon Montreal Steak Seasoning (or other grill seasoning blend)
- 1 teaspoon oregano
- 1/2 teaspoon rosemary
- 1 large onion, sliced into rings
- 3 teaspoons powdered beef broth base (or 2 beef bouillon cubes)
- 32oz (4 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 except beef broth 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 add beef broth.
3. Cook on “high” for 5-6 hours or “low” for 8-10 hours until roast is cooked through.
4. Remove roast from slow cooker and place on plate to collect juices.

Serve on toasted ciabatta rolls with provolone cheese and sides of au jus and salad.

Tip: If you prefer a thicker au jus, strain the juice from the slow cooker to remove the onions and large spices, and whisk in 1 teaspoon of cornstarch mixed with 2 tablespoons of cold water.

## 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” for 7-8 hours.

## 17. Pineapple Beef Teriyaki

*Recipe modified from Once a Month Meals*

Yields: 6 servings

### Ingredients

- 20oz can of pineapple chunks
- 1 ¼ cups red onion, diced
- 1 ½ cups broccoli, diced
- 2 ½ pounds stew beef
- ¾ cups teriyaki sauce
- 1 teaspoon ground ginger
- 1 green bell pepper, sliced
- 2 tablespoons sesame seeds (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.
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” for 7 hours.

Top with sesame seeds. Serve with rice.

## 18. Beef Fajitas

Yields: 4 servings

### Ingredients

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 bell peppers, sliced
- 1 small onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 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 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” setting for 8 hours or until beef shreds easily with a fork.

Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

## 19. Meatball Vegetable Soup

Yields: 6 servings

### Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar of pasta sauce (about 2.5 cups)
- 4 cups low sodium chicken broth (not needed until day of cooking)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 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 except chicken broth 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 add chicken broth.
3. Cover and cook on “low” setting for 8 hours or until veggies are soft.

Serve with a crusty French bread.

## 20. Chicken Soup with Mexican Seasonings

Yields: 4 servings

### Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced (one cup)
- 2 cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chili)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1 lime (about 1/4 cup)
- 1 pound boneless, skinless chicken breasts
- 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 will be three months from the prep date).
2. Add all ingredients (except chicken broth) 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. Add contents of freezer bag to crockpot with chicken broth.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken with a fork.

Serve with crusty French bread or garlic bread.

## 21. Thai Pineapple Curry

Yields: 6 serving

### Ingredients

- 15oz can of chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 13.5oz can of unsweetened coconut milk
- 3 tablespoons curry powder
- 1.5 teaspoons salt
- 1/2 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 will be three months from the prep date).
2. Add all ingredients (except chicken broth) 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. Add contents of freezer bag to crockpot.
3. Cook for 6-8 hours on “low” setting or until onions and peppers are tender.

Serve with rice.

## 22. Greens & Beans

Yields: 6 servings

### Ingredients

- 8oz dried cannellini beans, rinsed
- 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
- 32oz chicken broth (4 cups) (you can substitute vegetable broth for a vegetarian version) (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 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.
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.

## 23. Mexican Stuffed Peppers

Yields: 6 servings

### Ingredients

- 6 red bell peppers
- 15oz can black beans, drained and rinsed
- 1 small yellow onion, peeled and diced (one cup)
- 8oz frozen corn (about 1 2/3 cups)
- the juice and zest of one lime
- 1 tablespoon honey
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/2 teaspoon garlic salt
- 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. In a large bowl, combine all ingredients except bell peppers.
3. Slice off the very tops of the peppers and clean. Dice the tops of the peppers and add to large bowl with black bean mixture. (I don’t like to waste anything!)
4. Stir bowl and stuff each pepper with about 3/4 cup of filling.
5. Add to freezer bag.
6. 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. Add peppers to crock pot and add lid.
3. Cook peppers on “low” setting for 6-8 hours.

Top with shredded pepper jack cheese and your favorite taco toppings, like guacamole and salsa. Serve with rice.



## 24. Cilantro Lime Chicken

*Recipe adapted from Pip and Ebby*

Yields: 6 servings

### Ingredients

- 24-oz. jar medium salsa
- Juice from one lime
- 1/4 cup fresh cilantro, chopped
- 1.25-oz. package taco seasoning
- jalapeños peppers, finely chopped (optional)
- 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 (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” for 6 hours.

Serve the chicken with the salsa mixture spooned over the top. If you're feeling crazy, throw a dollop of sour cream on top with some crushed tortilla chips.

This is also delicious as a taco filling or in a taco salad.

## 25. Italian Pork Sandwiches

Yields: 12 sandwiches

### Ingredients

- 2.5lb boneless pork loin
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp red pepper flakes
- 1 tsp garlic powder
- 16 oz jar of banana peppers, undrained
- 1 Italian salad dressing seasoning packet (I used Good Seasons)

### 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” for 6-8 hours.

Serve on fresh Italian rolls with provolone cheese and additional banana peppers and roasted red peppers.

## 26. Cabbage Casserole

Yields 6-8 servings

### Ingredients

- 1 pound of ground beef
- 2 medium onions, diced
- 1 medium head of cabbage, chopped
- 2 medium carrots, peeled and thinly sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- cooking spray (not needed until day of cooking)
- 3/4 cup brown rice (uncooked, not needed until day of cooking)
- 3 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 will be three months from the prep date).
2. Add all ingredients except brown rice and chicken broth 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. Spray crockpot with cooking spray.
3. Place rice in the bottom of the slow cooker.
4. Pour contents of freezer bag into your crockpot.
5. Pour broth on top.
6. Cover and cook on “low” for 6-8 hours.
7. Stir before serving.

Serve with soy sauce and applesauce.

## 27. 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 homemade taco 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 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” setting for 8 hours until beef shreds easily with a fork.

Serve with rice or corn muffins.

## 28. 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

### 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 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.

## 29. Honey Bourbon Chicken

Recipe adapted from Once a Month Meals

Yields: 4 servings

### Ingredients

- 1 ½ pounds boneless, skinless chicken thighs
- ⅛ teaspoons salt
- ⅛ teaspoons black pepper
- ½ cups diced onion
- 1 cup honey
- ½ cups soy sauce
- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- ¼ tablespoons red pepper flakes
- 2 tablespoons cornstarch (not needed until day of cooking)
- 1 tablespoon 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.
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.
4. Remove chicken from slow cooker and cut into strips. Return to crock pot.
5. In a bowl, combine cornstarch with water and add to crock pot with the chicken. Stir.
6. Cook on high for 10 to 20 minutes.

Serve with quinoa and asparagus.

## 30. 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.

### 31. 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 4-6 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot (or until chicken is cooked through).

Serve with spaghetti and a salad.



## Grocery List for all 31 Freezer Crockpot Meals

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

### Materials

- cooking spray (26)
- 31 gallon-sized plastic freezer bags

### Produce

- 2 ½ pounds sweet potatoes (1, 21)
- 16 ounces baby red potatoes (16)
- 1 bunch + 1 handful of kale (1, 22)
- 1 head of escarole (22)
- 1 medium head of cabbage (26)
- 6 ½ oz fresh baby spinach (about 2 handfuls) (15, 31)
- 1½ cups broccoli (17)
- ¼ cup fresh cilantro (24)
- 1-inch fresh ginger root (28)
- 2 celery ribs (2)
- 16 oz baby carrots (16)
- 8 pounds carrots (2, 5, 6, 13, 19, 20, 26, 27)
- 2 fresh pineapples (8, 21)
- 10oz baby Portobello mushrooms (15)
- 12oz white mushrooms (15)
- 5 cups green beans (16, 19)
- 4 limes (18, 20, 23, 24)
- 1 medium zucchini (19)
- 2 Roma tomatoes (20)
- jalapeños peppers (optional) (24)
- 2 teaspoons minced garlic (29)
- 30-32 garlic cloves (3, 4, 6, 7, 9, 12, 15, 16, 18, 20, 21, 22, 28 31)
- 9 red bell peppers (6, 7, 8, 23)
- 8 green bell peppers (7, 8, 12, 17, 21)
- 2 bell peppers, any color (18)
- 1 large red onion (17)
- 1 sweet onion (8)
- 11 small yellow onions (2, 9, 12, 13, 15, 18, 20, 21, 23, 29, 31)
- 3 medium yellow onions (19, 26)
- 2 large onions (7, 14)

## **Meat**

- 11 pounds boneless skinless chicken breast (4, 7, 9, 20, 24, 31)
- 3½ pounds boneless, skinless chicken thighs (28, 29)
- 2 pounds bone-in, skin-on chicken thighs (16)
- 2 pounds of ground chicken (6)
- 1 pound ground spicy sausage (1)
- 1 pound ground sweet or spicy Italian sausage (13)
- 2 pounds pork sirloin (11, 30)
- 2 ½ pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”) (10)
- 2 ½ pound boneless pork loin (25)
- 1 pound of ground turkey (3)
- 2 pounds 85% lean ground beef (12, 26)
- 2 ½ pounds stew beef (17)
- 3 pound rump roast (sometimes labeled “bottom round roast” or “eye of round roast”) (14)
- Four 2 pound boneless beef chuck shoulder roasts (2, 5, 18, 27)

## **Freezer**

- 3 pounds small meatballs (store bought or homemade) (8, 19)
- 2 cups frozen peas (9)
- 16oz bag of frozen butternut squash (you can sub fresh) (11)
- 16oz bag of frozen green beans (you can sub fresh) (30)
- 16 oz (2 2/3 cup) frozen corn (3, 23)
- 1 box of frozen chopped spinach (13)

## **Cold**

- 8oz heavy cream (1 cup or 1/2 pint) (4)
- 1 stick + 1 tablespoon unsalted butter (5, 15)
- 8oz sour cream (1 cup) (15)

## **Canned**

- 1 cup peach jam (28)
- 28oz can tomato sauce (3)
- Five 15oz cans tomato sauce (4, 9, 31)
- Three 24oz jars pasta sauce (12, 13, 19)
- 6oz can tomato paste (9)
- 14.5oz can petite diced tomatoes (3)
- 8oz jar hot pepper jelly (11)
- Three 15oz cans black beans (3, 23)
- 15oz can cannellini beans (13)
- 15oz can chickpeas (21)
- 16oz jar of banana peppers (25)
- 4-6 pepperoncini peppers (5)

- 1½ cups chicken broth (7, 15)
- Two 13.5oz cans of unsweetened coconut milk (9, 21)
- 15oz can whole berry cranberry sauce (10)
- 20oz can of pineapple chunks (17)
- 1 cup tomato juice (20)
- 24oz jar medium salsa (24)

### **Dried**

- 8oz dried cannellini beans (22)
- ½ cup uncooked medium barley (not quick cooking) (2)

### **Baking**

- 2¼ cup + 8 tablespoons honey (4, 6, 9, ,18, 23, 29)
- 3 tablespoons cornstarch (7)

### **Oils and Vinegars**

- 8 tablespoons extra-virgin olive oil (22, 27, 29, 31)
- 2 tablespoons red wine vinegar (27)

### **Miscellaneous**

- 1 ¼ cup + 2 tablespoons + 1 teaspoon low sodium soy sauce (5, 6, 11, 28, 29)
- 1 tablespoon soy sauce 11
- ½ cup + 2 tablespoons ketchup (6, 15, 16)
- 1 teaspoon Worcestershire sauce (15)
- 18oz bottle of BBQ sauce (8)
- ¾ cups teriyaki sauce (17)
- 2 tablespoons Dijon mustard (or whole grain mustard) (30)

### **Spices**

- 7 ¼ teaspoons + 1/8 teaspoon black pepper (1, 2 5, 7, 15, 16, 22, 25, 26, 29, 30, 31)
- 5 ¼ teaspoon crushed red pepper (3, 4, 6, 9, 16, 18, 21, 23, 25, 29, 31)
- 1 tablespoon + 4 teaspoons paprika (1, 3, 15,18)
- 1 ½ teaspoons fennel seeds 1
- ½ teaspoon ground thyme (30)
- 3 ½ teaspoon onion powder (1, 4, 5, 25)
- 3 ¼ teaspoon + 1 tablespoon garlic powder (1, 5, 14, 25)
- 2 teaspoons dried thyme (2)
- 1 ½ teaspoon dried rosemary (2, 14)
- 1 bay leaf (2)
- 7 teaspoons + 1/8 teaspoon salt (2, 4, 5, 9, 20, 21, 22, 26, 29, 30, 31)
- 1/2 teaspoon garlic salt (23)
- 7 teaspoons cumin (3, 18, 20, 23)
- 1 ½ teaspoon ground oregano (3)

- 7 tablespoons curry powder (4, 9, 21)
- 1 tablespoon dried parsley (5)
- 3 tablespoons + 1 teaspoon chili powder (3, 18, 20, 23)
- 1tsp dried onion flakes (5)
- ¾ tsp dill (5)
- 1 tablespoon dried buttermilk (5)
- 3 teaspoons powdered beef broth base (or 2 beef bouillon cubes) (14)
- 4 teaspoons beef bouillon granules (5)
- 1/4 cup dried minced onion (10)
- 1 teaspoon dried basil (16)
- 1 ½ teaspoon oregano (14, 16)
- 1 teaspoon fennel seeds (20)
- 1 teaspoon ground ginger (17)
- Pinch of sugar (22)
- 1 Italian salad dressing seasoning packet (I used Good Seasons) (25)
- 2 teaspoons Montreal Steak Seasoning (or other grill seasoning blend) (14)
- 1.25-oz. package taco seasoning (24)
- 1 seasoning packet (We love the McCormick Grill Mates mesquite or chipotle seasonings) OR 3 tablespoons of your favorite homemade seasoning mix such as homemade taco seasoning (27)
- 1 tablespoon Italian seasonings (31)

### **Not Needed Until Day of Cooking**

- 1 cup heavy cream (or half and half) (1)
- 24 cups (192oz) chicken broth (1, 13, 19, 20, 22)
- 15 cups (120oz) beef broth (2, 14, 26)
- 1 cup uncooked pasta (13)
- 8oz cream cheese (15)
- tablespoons sesame seeds (17)
- 2 tablespoons cornstarch (29)
- 3/4 cup uncooked brown rice (26)
- Suggested side dishes
  1. Zuppa Toscana with Sweet Potatoes – fresh bread
  2. Beef Barley Stew – fresh bread
  3. Turkey Black Bean Chili – shredded cheese and chips
  4. Chicken Tikka Masala – naan or rice
  5. Mississippi Pot Roast – rice or corn muffins
  6. Asian Chicken Lettuce Wraps – iceberg or Boston Bibb lettuce
  7. Chicken Philly Cheesesteaks – rolls, provolone cheese, sweet potato fries
  8. Sweet and Sour BBQ Meatballs – rice and salad
  9. Chicken Curry - rice
  10. Cranberry Pork Roast – green beans and stuffing
  11. Hot Pepper Pork and Butternut Squash - rice
  12. Stuffed Peppers - rice

13. Sausage Spinach Tomato Soup – garlic bread
14. French Dip Sandwiches – ciabatta rolls, provolone cheese, salad
15. Mushroom Spinach Stroganoff – egg noodles
16. Honey Garlic Chicken and Veggies
17. Pineapple Beef Teriyaki - rice
18. Beef Fajitas – tortillas or rice, fajita toppings
19. Meatball Vegetable Soup – French bread
20. Chicken Soup with Mexican Seasonings – French bread or garlic bread
21. Thai Pineapple Curry - rice
22. Greens & Beans – parmesan cheese, bread
23. Mexican Stuffed Peppers – rice, pepper jack cheese, taco toppings
24. Cilantro-Lime Chicken – sour cream and tortilla chips
25. Italian Pork Sandwiches – rolls, provolone cheese, roasted red peppers
26. Cabbage Casserole - applesauce
27. Beef Roast and Carrots – rice and corn muffins
28. Ginger-Peach Chicken – rice and green beans
29. Honey Bourbon Chicken – quinoa and asparagus
30. Honey Dijon Pork with Green Beans – rice
31. Italian Chicken – spaghetti and salad