

10 Healthy Crockpot Freezer Meals in 1 Hour

Recipes	Page Number
1. Crockpot Sweet and Sour Pork Chops	1
2. Crockpot Tomato Basil Chicken	2
3. Crockpot Southwestern Chicken Chili	3
4. Crockpot Brown Sugar Bourbon Chicken	4
5. Crockpot Honey Lime Chicken	5
6. Crockpot Ground Turkey Tacos	6
7. Crockpot Beef Stew	7
8. Crockpot Pot Roast	8
9. Crockpot Hamburger Vegetable Soup	9
10. Crockpot Beef Teriyaki	10
Grocery List	11
Labels	13

1. Crockpot Sweet and Sour Pork Chops with stir fry veggies

Yields: 3 servings per pound of meat

Ingredients

- 20oz can pineapple chunks in 100% juice, undrained
- 16oz bag frozen Japanese-Style stir fry vegetables
- 1 packet of Sweet & Sour seasoning mix
- 2 tablespoons soy sauce
- 2 tablespoons light brown sugar
- 1/4 cup ketchup
- 2 tablespoons cornstarch
- 1-2 pounds thick cut boneless pork chops

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

2. Crockpot Tomato Basil Chicken with baby spinach

Yields: 3 servings per pound of meat

Ingredients

- 5oz bag of fresh baby spinach
- 2 cans of tomato sauce (15oz each)
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 packet of McCormick Grill Mates Tomato, Garlic & Basil Marinade
- 1-2 pounds boneless skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with spaghetti.

3. Crockpot Southwestern Chicken Chili with peppers and corn

Yields: 6 servings

Ingredients

- 16oz bag of frozen pepper stir fry vegetables (the one I used was 14.4oz)
- 1/2 of a 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 1 can of black beans, drained and rinsed
- 15oz can of petite diced tomatoes, undrained
- 1 packet of white chicken chili seasoning mix
- 1 pound boneless, skinless chicken breasts
- 2 cups of water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken and stir.

Serve with shredded cheddar cheese and tortilla chips.

4. Crockpot Brown Sugar Bourbon Chicken with green beans

Yields: 3 servings per pound of meat

Ingredients

- 16oz bag of fresh trimmed green beans (I could only find 12oz)
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 packet of McCormick Grill Mates Brown Sugar Bourbon marinade
- 1-2 pounds boneless skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice or baked sweet potatoes.

5. Crockpot Honey Lime Chicken with butternut squash

Yields: 3 servings per pound of meat

Ingredients

- 16oz package of fresh cubed butternut squash
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 packet of McCormick Grill Mates Mojito Lime marinade
- 1-2 pounds boneless skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

6. Crockpot Ground Turkey Tacos with bell peppers

Yields: 4 servings

Ingredients

- 16oz bag of frozen pepper stir fry vegetables (the one I used was 14.4oz)
- 1 packet of less sodium taco seasoning mix
- 1 pound of ground turkey
- 1/2 cup of water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Break apart turkey and stir.

Serve on soft tortillas with your favorite taco toppings like shredded cheese, lettuce, and salsa.

7. Crockpot Beef Stew with vegetables

Yields: 6 servings

Ingredients

- 16oz bag of frozen stew vegetables
- 2 pounds of cubed beef for stew
- 1 packet beef stew seasoning mix (I bought Mrs. Dash salt-free)
- 4 cups water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with fresh bread.

8. Crockpot Pot Roast with potatoes and carrots

Yields: 4 servings

Ingredients

- 1 pound of baby carrots
- 15oz can of whole new potatoes, drained
- 1 packet of pot roast seasoning mix (I bought Mrs. Dash salt-free)
- 2-pound boneless beef chuck roast
- 1 cup water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with fresh bread.

9. Crockpot Hamburger Vegetable Soup with peas and carrots

Yields: 6 servings

Ingredients

- 1/2 of 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 16oz bag of frozen peas and carrots
- 15oz can of petite diced tomatoes, undrained
- 1 packet of Slow Cookers Vegetable Beef Soup seasoning mix
- 1 pound ground beef
- 3 cups water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Break apart ground beef and stir.

Serve with garlic bread.

10. Crockpot Beef Teriyaki with sugar snap peas

Yields: 6 servings

Ingredients

- 2 bags of fresh sugar snap peas (8oz each)
- 2 pounds sliced beef top sirloin steak
- 1 packet of teriyaki marinade dry seasoning mix
- 1/2 cup water

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Seal and freeze for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. 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 Meals

Note: The number next to each ingredient corresponds with its recipe number

Produce

- 5oz bag of fresh baby spinach (2)
- 16oz bag of fresh trimmed green beans (I could only find 12oz) (4)
- 16oz package of fresh cubed butternut squash (5)
- 1 pound of baby carrots (8)
- 2 bags of fresh sugar snap peas (8oz each) (10)

Meat

- 1-2 pounds thick cut boneless pork chops (1)
- 4-7 pounds boneless skinless chicken breasts (2, 3, 4, 5)
- 1 pound of ground turkey (6)
- 2 pounds of cubed beef for stew (7)
- 2 pound boneless beef chuck roast (8)
- 1 pound ground beef (9)
- 2 pounds sliced beef top sirloin steak (10)

Frozen

- 16oz bag frozen Japanese-Style stir fry vegetables (1)
- Two 16oz bags of frozen pepper stir fry vegetables (I used 14.4oz bags) (3, 6)
- 16oz bag of frozen yellow corn (3, 9)
- 16oz bag of frozen stew vegetables (7)
- 16oz bag of frozen peas and carrots (9)

Canned

- 20oz can pineapple chunks in 100% juice (1)
- 2 cans of tomato sauce (15oz each) (2)
- 1 can of black beans (3)
- 15oz can of whole new potatoes (8)
- Two 15oz cans of petite diced tomatoes (3, 9)

Seasonings

- 1 packet of Sweet & Sour seasoning mix (1)
- 1 packet of McCormick Grill Mates Tomato, Garlic & Basil Marinade (2)
- 1 packet of white chicken chili seasoning mix (3)
- 1 packet of McCormick Grill Mates Brown Sugar Bourbon marinade (4)
- 1 packet of McCormick Grill Mates Mojito Lime marinade (5)
- 1 packet of less sodium taco seasoning mix (6)
- 1 packet beef stew seasoning mix (I bought Mrs. Dash salt-free) (7)
- 1 packet of pot roast seasoning mix (I bought Mrs. Dash salt-free) (8)
- 1 packet of Slow Cookers Vegetable Beef Soup seasoning mix (9)

- 1 packet of teriyaki marinade dry seasoning mix (10)

Oils and Vinegars

- ½ cup + 2 tablespoons olive oil (2, 4, 5)
- 2 tablespoons balsamic vinegar (2)
- 4 tablespoons apple cider vinegar (4, 5)

Miscellaneous

- 2 tablespoons soy sauce (1)
- 2 tablespoons light brown sugar (1)
- ¼ cup ketchup (1)
- 2 tablespoons cornstarch (1)
- 1 tablespoon honey (5)

Materials

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

Suggested Side Dishes (not needed until day of cooking)

1. Crockpot Sweet and Sour Pork Chops - rice
2. Crockpot Tomato Basil Chicken - spaghetti
3. Crockpot Southwestern Chicken Chili – shredded cheddar cheese and tortilla chips
4. Crockpot Brown Sugar Bourbon Chicken – rice or baked sweet potatoes
5. Crockpot Honey Lime Chicken - rice
6. Crockpot Ground Turkey Tacos – tortillas and taco toppings
7. Crockpot Beef Stew – fresh bread
8. Crockpot Pot Roast – fresh bread
9. Crockpot Hamburger Vegetable Soup – garlic bread
10. Crockpot Beef Teriyaki – rice

CROCKPOT SWEET AND SOUR PORK CHOPS

THAW. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:



CROCKPOT TOMATO BASIL CHICKEN

THAW. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:



CROCKPOT SOUTHWESTERN CHICKEN CHILI

THAW. ADD TO CROCK WITH 2 CUPS WATER. COOK ON LOW FOR 4 HRS IN 6-QT OR 8 HRS IN 4-QUART CROCKPOT. SHRED CHICKEN.

USE BY:



CROCKPOT BROWN SUGAR BOURBON CHICKEN

THAW. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:



CROCKPOT HONEY LIME CHICKEN

THAW. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:



CROCKPOT GROUND TURKEY TACOS

THAW. ADD TO CROCK WITH 1/2 CUP WATER. COOK ON LOW FOR 4 HRS IN 6-QT OR 8 HRS IN 4-QUART CROCKPOT. BREAK APART TURKEY.

USE BY:



CROCKPOT BEEF STEW

THAW. ADD TO CROCK WITH 4 CUPS WATER. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:



CROCKPOT POT ROAST

THAW. ADD TO CROCK WITH 1 CUP WATER. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:



CROCKPOT HAMBURGER VEGETABLE SOUP

THAW. ADD TO CROCK WITH 3 CUPS WATER. COOK ON LOW FOR 4 HRS IN 6-QT OR 8 HRS IN 4-QUART CROCKPOT. BREAK APART BEEF.

USE BY:



CROCKPOT BEEF TERIYAKI

THAW. ADD TO CROCK WITH 1/2 CUP WATER. COOK ON LOW FOR 4 HOURS IN 6-QUART OR 8 HOURS IN 4-QUART CROCKPOT.

USE BY:

