

5 Healthy Freezer Meals

Made With Ground Turkey

Free recipes and grocery list provided below

Recipe List:

1. Crockpot Turkey Black Bean Chili
2. Crockpot Tomato Turkey and Vegetable Soup
3. Crockpot Mexican Stuffed Peppers with Ground Turkey
4. Freezer-Friendly Turkey Burger Burritos
5. Mozzarella-Stuffed Turkey Pesto Meatballs

1. Crockpot 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 (half a 1lb bag)
- 2 cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoons ground oregano
- 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 (3 months from the prep day).
2. Add all ingredients to the freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

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

Serve with shredded cheddar cheese and tortilla chips.

2. Crockpot Tomato Turkey and Vegetable Soup

Yields: 6 servings

Ingredients

- 3 large carrots, peeled and sliced
- 1 lb zucchini, cut into bite-sized pieces (3-4 small zucchinis)
- 1 small yellow onion, diced (about one cup)
- 1 can of cannellini beans (15oz), drained and rinsed
- 28oz can of tomato sauce
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground turkey
- 4 cups of chicken broth (not needed until day of cooking)
- Optional: If you make all five meals, you can add the remaining frozen corn left in bag after making turkey black bean chili and Mexican stuffed peppers

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 (3 months from the prep day).
2. Add all ingredients to the freezer bag except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

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

Serve with garlic bread.

3. Crockpot Mexican Stuffed Peppers with Ground Turkey

Yields: 6 servings

Ingredients

- 6 sweet bell peppers (I use a mix of red, orange, and yellow)
- 1 pound ground turkey
- 15oz can black beans, drained and rinsed
- 1 small yellow onion, peeled and diced (one cup)
- 1 cup frozen corn
- The juice from 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 a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and "use-by" date (which is usually three months from the prep day).
2. Slice off very tops of peppers and set aside. (You can dice the tops and add to Turkey Black Bean Chili or the filling for these peppers in the next step.)
3. In a large bowl, combine remaining ingredients and stuff peppers.
4. Place stuffed peppers in freezer bag, seal, and freeze for up to three months.

To Cook

1. When ready to cook, thaw overnight in fridge or in water in the morning.
2. Cook on "low" setting for 6 hours in a 6-quart crockpot.

Serve with rice.

4. Freezer-Friendly Turkey Burger Burritos

Yields: 8 burritos

Ingredients

- Olive oil or cooking spray
- 2 pounds ground turkey
- 1 tablespoon minced onion flakes
- 1 tablespoon Montreal steak seasoning (you can substitute salt and pepper in a pinch)
- 8 burrito-sized tortillas
- 16 slices of cheese (optional)

Materials

- Waxed paper
- Foil
- 2 gallon-sized plastic freezer bags

To Freeze and Eat Later

1. Place a large skillet on your stovetop and coat with olive oil or cooking spray.
2. Add ground turkey and brown it with minced onion flakes and Montreal steak seasoning.
3. Cool ground turkey mixture to room temperature.
4. Top each tortilla with two slices of cheese and 2/3 cup ground turkey and wrap up like a burrito. (You can see how I wrap my burritos in my [Breakfast Burrito Recipe](#).)
5. Wrap each burrito in layers of waxed paper and foil and place in freezer bag.
6. Freeze for up to three months.

To Re-Heat

1. Remove individual burrito from foil and wax paper and heat in microwave or oven until filling is heated through.

Serve with fresh fruit and your favorite burger condiments, like ketchup, mayo, and pickles.

5. Mozzarella-Stuffed Turkey Pesto Meatballs

Yields: 18 meatballs (6 servings of 3 meatballs)

Ingredients

- 14.5oz can diced tomatoes, undrained
- 1 pound ground turkey
- 1 large egg
- 1/2 cup basil pesto (store-bought or [homemade](#))
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated parmesan cheese
- 4-5 mozzarella string cheese sticks, cut into 4 pieces each
- 4oz mozzarella cheese, shredded (about one cup)

Materials

- 9x13" aluminum or disposable baking pan
- Plastic wrap
- Aluminum foil

To Freeze and Cook Later

1. Pour diced tomatoes into baking pan.
2. In a large bowl, combine ground turkey, egg, pesto, breadcrumbs, and parmesan cheese. Form into 18 meatballs.
3. Press one piece of mozzarella cheese inside each meatball and place in baking pan.
4. Cover with shredded mozzarella cheese.
5. Cover pan with layers of plastic wrap and foil, and freeze for up to three months.

To Cook

- Pre-heat oven to 350°F.
- Bake uncovered for 90 minutes or until meatballs are cooked through. (You can shorten the cooking time by thawing overnight in the refrigerator.)

Serve with spaghetti and a salad.

Grocery List For All Five Freezer Meals

The number next to each ingredient refers to its recipe number

Produce

- 4 cloves of garlic (1, 2)
- 3 large carrots (2)
- 1 lb zucchini (3-4 small zucchinis)(2)
- 2 small yellow onions (2, 3)
- 6 sweet bell peppers (I use a mix of red, orange, and yellow) (3)
- The juice from one lime (3)

Meat

- 6 pounds of ground turkey (1-5)

Cold

- 16 slices of cheese (optional) (4)
- 1 large egg (5)
- 1/4 cup grated parmesan cheese (5)
- 4-5 mozzarella string cheese sticks (5)
- 4oz mozzarella cheese, shredded (about one cup) (5)

Frozen Food

- 16oz bag frozen corn (1, 3)

Canned

- Two 28oz cans of tomato sauce (1, 2)
- 14.5oz can of petite diced tomatoes (1)
- 14.5oz can diced tomatoes (5)
- Three 15oz cans of black beans (1, 3)
- 15oz can of cannellini beans (2)

Seasonings

- 1 tablespoon paprika (1)
- 2 tablespoons chili powder (1, 3)
- 4 teaspoons ground cumin (1, 3)
- 1 1/2 teaspoons ground oregano (1)
- 1/2 teaspoon crushed red pepper flakes (1, 3)
- 1 tablespoon Italian seasonings (2)
- 1/2 teaspoon salt (2)
- 1/4 teaspoon pepper (2)
- 1/2 teaspoon garlic salt (3)
- 1 tablespoon minced onion flakes (4)
- 1 tablespoon Montreal steak seasoning (you can substitute salt and pepper in a pinch) (4)

Miscellaneous

- 1 tablespoon extra virgin olive oil (2)
- 1 tablespoon honey (3)
- Olive oil or cooking spray (4)
- 1/2 cup basil pesto (store-bought or [homemade](#)) (5)
- 1/2 cup Italian breadcrumbs (5)
- 8 burrito-sized tortillas (4)
- 5 gallon-sized plastic freezer bags (1-4)
- Waxed paper (4)
- Plastic wrap (5)
- Foil (4, 5)
- 9x13" aluminum or disposable baking pan (5)

Not Needed Until Day Of Cooking

- 4 cups of chicken broth (2)
- Suggested side dishes:
 1. Crockpot Turkey Black Bean Chili – shredded cheddar cheese and chips
 2. Crockpot Tomato Turkey and Vegetable Soup – garlic bread
 3. Crockpot Mexican Stuffed Peppers with Ground Turkey – rice
 4. Freezer-Friendly Turkey Burger Burritos – fruit and burger condiments (like ketchup, mayo, and pickles)
 5. Mozzarella-Stuffed Turkey Pesto Meatballs – spaghetti and a salad