# 17 Asian Crockpot Recipes That Are Better Than Take-Out

Free printable recipes and grocery list below

# **Recipe List**

- 1. Chicken Curry
- 2. Chicken Tikka Masala
- 3. Chinese Beef and Broccoli from The Sweeter Side of Mommyhood
- 4. Thai Pineapple Curry
- 5. Asian-Style Whole Chicken Recipe
- 6. Cashew Chicken from Damn Delicious
- 7. Korean-Style Short Ribs from Food.com
- 8. Asian Chicken Lettuce Wraps
- 9. Coconut Chickpea Curry
- 10. Pork Ramen from Chowhound
- 11. Korean Beef from Damn Delicious
- 12. Asian Chicken and Noodle Soup from Once a Month Meals
- 13. Chinese Hot Pot from Peta
- 14. Vegetable and Chickpea Curry from Cooking Light
- 15. Thai Peanut Chicken from Mommy's Fabulous Finds
- 16. Chinese Pepper Steak from AllRecipes
- 17. Sweet and Sour Chicken from Real Mom Kitchen

Tip: If you like crunchy vegetables, you can freeze them in a separate quart-sized plastic freezer bag and add to crockpot 30 minutes before serving.

# 1. Chicken Curry

Recipe from New Leaf Wellness

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 yellow onion, chopped (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 freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# 2. Chicken Tikka Masala

Recipe from New Leaf Wellness

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 freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

Serve with naan or rice and a salad.

# 3. Chinese Beef and Broccoli

Adapted from *The Sweeter Side of Mommyhood* 

Yields: 6 servings

# **Ingredients**

- 1 can beef broth
- 1/2 cup soy sauce
- 1/4 cup dark brown sugar
- 5 cloves of garlic, crushed
- I-inch fresh ginger root, peeled and grated (1 tablespoon)
- 1 tablespoon of sesame oil
- 1/2 teaspoon black pepper
- 2-pound flank steak, sliced into thin strips
- 16oz bag frozen broccoli florets (fresh broccoli doesn't freeze well)
- 1 green bell pepper, largely diced
- 3 tablespoons cornstarch (not needed until day of cooking)

#### **Materials**

• 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. To your freezer bag, add all ingredients except cornstarch.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

#### To Cook

- 1. Thaw overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
- 3. Remove about 1/4 cup of broth, stir cornstarch into it, and return to crockpot.
- 4. Cook additional 15-30 minutes or until sauce starts to thicken.

# 4. Thai Pineapple Curry

Recipe from New Leaf Wellness

Yields: 6 servings

# **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 freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# 5. Asian-Style Whole Chicken Recipe

Recipe from New Leaf Wellness

Yields: 6 servings

# **Ingredients**

- 5-pound whole chicken
- 1/2 cup soy sauce
- 1/2 cup water
- 1 tablespoon sherry
- 1-inch fresh ginger root, peeled and minced
- 1 tablespoon ground ginger
- 2 tablespoons sugar

## **Materials**

• 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. Remove the neck and giblets from inside the chicken.
- 3. To your freezer bag, add chicken and remaining ingredients.
- 4. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

- 1. Thaw overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into a 6-quart crockpot and cook on "low" setting for 6-8 hours or until cooked through. (You can buy a chicken with a pop-up timer or use a meat thermometer to make sure the meat reaches 165 °F.)

Serve with green beans and rice.

# 6. Cashew Chicken

Adapted from **Damn Delicious** 

Yields: 6 servings

## **Ingredients**

- 2 pounds boneless, skinless chicken breasts, cut into 1-inch chunks
- 1 cup raw cashews
- 1/4 cup reduced sodium soy sauce
- 2 tablespoons ketchup
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon brown sugar
- 3 cloves garlic, minced
- 1 inch fresh ginger root, peeled and grated (1 tablespoon)
- 1/4 teaspoon crushed red pepper flakes, optional

#### **Materials**

1 gallon-sized plastic freezer bag

# To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# 7. Korean Style Short Ribs

Adapted from Food.com

Yields: 6 servings

# **Ingredients**

- 1/2 cup low sodium soy sauce
- <sup>1</sup>/<sub>2</sub> cup packed light brown sugar
- 2 tablespoons sesame oil
- 2 tablespoons rice vinegar
- 2 tablespoons minced fresh ginger
- · 4 garlic cloves, minced
- 1/2 teaspoon crushed red pepper flakes
- 5lbs beef short ribs or 5 lbs pork ribs
- 1/2 pound carrots, peeled and shredded
- 3 tablespoons cornstarch (not needed until day of cooking)

#### **Materials**

1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. To your freezer bag, add all ingredients except cornstarch.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

- 1. Thaw overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
- 3. Remove about 1/4 cup of broth, stir cornstarch into it, and return to crockpot.
- 4. Cook additional 15-30 minutes or until sauce starts to thicken.

Serve with rice and steamed broccoli.

# 8. Asian Chicken Lettuce Wraps

Recipe from New Leaf Wellness

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 freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
- 3. Break apart chicken and stir.

Serve on big pieces of iceberg or Boston bibb lettuce.

# 9. Coconut Chickpea Curry

Recipe from New Leaf Wellness

Yields: 4 servings

# **Ingredients**

- 2 cans of chickpeas (15oz each), drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- 2 cloves of garlic, minced
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 6oz can of tomato paste
- 13.5oz can of unsweetened coconut milk
- 2 cups of frozen peas
- 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 freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# 10. Pork Ramen

Adapted from **Chowhound** 

Yields: 8 servings

# **Ingredients**

- 3 pounds boneless pork shoulder
- 1 yellow onion, coarsely chopped
- 6 garlic cloves, chopped
- 2-inch piece fresh ginger, peeled and chopped
- 1 leek, halved lengthwise and coarsely chopped (white and green parts)
- 1/4 pound cremini or button mushrooms, brushed clean and coarsely chopped
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- 8 cups low-sodium chicken broth (not needed until day of cooking)
- 1 1/2 pounds fresh ramen noodles (not needed until day of cooking)

#### **Materials**

• 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. To your freezer bag, add all ingredients except broth and noodles.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

#### To Cook

- 1. Thaw overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and add chicken broth.
- 3. Cook on "low" for 6 hours in a 6-gt crockpot or 8-10 hours in a 4-gt crockpot.
- 4. Remove pork from crockpot to shred meat and discard fat. Return shredded meat to crock.
- 5. Stir in noodles and cook additional 15 minutes on high or until noodles are tender.

Top with sliced soft boiled egg (optional) and sliced green onions.

# 11. Korean Beef

Adapted from **Damn Delicious** 

Yields: 8 servings

## **Ingredients**

- 1 cup beef broth
- 1/2 cup reduced sodium soy sauce
- 1/2 cup light brown sugar, packed
- 4 cloves garlic, minced
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)
- 1 teaspoon Sriracha, or more, to taste
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 3-pound boneless beef chuck roast, cut into 1-inch cubes
- 2 tablespoons cornstarch

## **Materials**

• 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

Garnish with sliced green onions and sesame seeds (optional). Serve with rice.

# 12. Asian Chicken and Noodle Soup

Adapted from Once a Month Meals

Yields: 6 servings

# **Ingredients**

- 1 pound boneless skinless chicken breasts
- 1/2 pound carrots, peeled and finely sliced
- 1 small yellow onion, peeled and sliced
- 8oz sliced Mushrooms
- 2 tablespoons Sherry Cooking Wine
- 1 tablespoon Soy Sauce
- 1 tablespoon Rice Vinegar
- 1-inch fresh ginger root, peeled and minced (1 tablespoon)
- ¼ teaspoon Black Pepper
- 3 cups Snow Peas
- 6 cups Chicken Broth (not needed until day of cooking)
- 3 ounces Soba Noodles (not needed until day of cooking)

## **Materials**

• 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. To your freezer bag, add all ingredients except chicken broth and noodles.
- 3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

- 6. Thaw overnight in refrigerator or in morning in water.
- 7. Dump freezer bag into crockpot and add chicken broth.
- 8. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
- 9. Shred chicken and stir in soba noodles.
- 10. Cook additional 15 minutes on high or until noodles are tender.

# 13. Chinese Hot Pot

Adapted from **Peta** 

Yields: 6 servings

# **Ingredients**

- 1 small yellow onion, peeled and chopped
- 1 large carrot, halved lengthwise and thinly sliced on a diagonal
- 1 celery stalk, thinly sliced on a diagonal
- 8-oz. can sliced water chestnuts, drained
- 2 garlic cloves, finely minced
- 1/2 inch fresh ginger root, peeled and minced
- 1/4 teaspoon red pepper flakes
- 1 tablespoon soy sauce
- 8 oz. extra-firm tofu, drained and diced (if you don't like tofu you can sub 1 pound of diced boneless chicken breasts)
- 4 oz. fresh shiitake mushrooms, stemmed and caps thinly sliced
- 1 oz. snow peas, strings trimmed and cut into 1-inch pieces
- 3 scallions, chopped
- 1/2 teaspoon sesame oil
- 6 cups vegetable broth (not needed until day of cooking)

# **Materials**

• 1 gallon-sized plastic freezer bag

# To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. To your freezer bag, add all ingredients except 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 morning in water.
- 2. Dump freezer bag into crockpot and add broth.
- 3. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# 14. Vegetable and Chickpea Curry

Adapted from My Recipes and Cooking Light

Yields: 6 servings

# **Ingredients**

- 1 small yellow onion, peeled and diced (1 cup)
- 1/2 pound carrots, peeled and sliced
- 1 tablespoon curry powder
- 1 teaspoon brown sugar
- 1/2 fresh ginger root, peeled and grated
- 2 garlic cloves, minced
- 1 serrano chile, seeded and minced
- 15oz can chickpeas
- 1 medium-sized sweet potato, peeled and chopped
- 1 green bell pepper, diced
- 4oz fresh green beans, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes
- 14.5-ounce can diced tomatoes, undrained
- 2.5 oz fresh baby spinach
- 15oz can unsweetened coconut milk
- 2 cups vegetable broth (not needed until day of cooking)

#### **Materials**

1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
- 2. To your freezer bag, add all ingredients except 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 morning in water.
- 2. Dump freezer bag into crockpot and add broth.
- 3. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

Serve with pita bread or rice.

# 15. Thai Peanut Chicken

Adapted from Mommy's Fabulous Finds

Yields: 6 servings

# **Ingredients**

- 2 pounds boneless skinless chicken breasts
- 1 red pepper, diced
- 1 small yellow onion, chopped
- 1/2 cup creamy peanut butter
- 1 lime, juiced
- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1.5 teaspoons cumin

## **Materials**

• 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot.
- 3. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

Top with peanuts, scallions, and cilantro. Serve with rice.

# 16. Chinese Pepper Steak

Adapted from AllRecipes

Yields: 6 servings

# **Ingredients**

- 2 pounds beef sirloin steak, cut into 2 inch strips
- 1/2 teaspoon garlic powder
- 1 tablespoon cornstarch
- 1 small yellow onion, chopped
- 2 large green bell peppers, roughly chopped
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt

#### **Materials**

1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot.
- 3. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# 17. Sweet and Sour Chicken

Adapted from **Real Mom Kitchen** 

Yields: 6 servings

# **Ingredients**

- ½ cup light brown sugar
- ½ cup white vinegar
- 3 tablespoons soy sauce
- 3 tablespoons tomato paste
- ½ teaspoon garlic powder
- ¼ teaspoon ground ginger
- 2 pounds boneless skinless chicken breasts, cut into 1 to 1½ inch pieces
- 1 tablespoon cornstarch
- 20oz can pineapple chunks, undrained
- 1 small yellow onion, chopped
- 1 large green pepper, chopped

# **Materials**

• 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

- 1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep 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 overnight in refrigerator or in morning in water.
- 2. Dump freezer bag into crockpot.
- 3. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.

# **Grocery List for All 17 Recipes**

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

#### **Produce**

- 10 small yellow onions (or 10 cups frozen diced onions) (1, 4, 9, 10, 12, 13, 14, 15, 16, 17)
- 38 cloves of garlic (3-4 bulbs)(1, 2, 3, 4, 6, 7, 8, 9, 10, 11, 13, 14)
- 1 large piece of fresh ginger root (10 inches) (3, 4, 6, 7, 10, 12, 13, 14)
- 6 green bell peppers (3, 4, 14, 16, 17)
- 2 red peppers (8, 15)
- 1 fresh pineapple (4)
- 1 pound (2 med or 1 large) and 1 medium sweet potato (4, 14)
- About 2 pounds carrots (7, 8, 12, 13, 14)
- 1 leek (10)
- 1/4 pound cremini or button mushrooms (10)
- 8oz sliced Mushrooms (12)
- 4 oz. fresh shiitake mushrooms (13)
- 3 cups and 1oz Snow Peas (12, 13)
- 1 celery stalk (13)
- 3 scallions (13)
- 4oz green beans (14)
- 2.5 oz fresh baby spinach (14)
- 1 serrano chile (14)
- 1 lime (15)

# Meat

- 11 pounds boneless, skinless chicken breasts (1, 2, 6, 12, 15, 17)
- 5-pound whole chicken (5)
- 2 pounds of ground chicken (8)
- 3-pound boneless beef chuck roast, cut into 1-inch cubes (11)
- 2-pound flank steak, sliced into thin strips (3)
- 2 pounds beef sirloin steak, cut into 2 inch strips (16)
- 5lbs beef short ribs or 5 lbs pork ribs (7)
- 3-pound boneless pork shoulder (10)

## Cold

- 8oz heavy cream (1 cup or 1/2 pint) (2)
- 8 oz. extra-firm tofu, drained and diced (if you don't like tofu you can sub 1 pound of diced boneless chicken breasts) (13)

#### Freezer

- 4 cups of frozen peas (1, 9)
- 16oz bag frozen broccoli florets (3)

# **Seasonings**

- 1.5 teaspoons cumin (15)
- 10 tablespoons curry powder (1, 2, 4, 9, 14)
- 5 1/2 teaspoons salt (1, 2, 4, 9, 14, 16)
- 5 teaspoons crushed red pepper flakes (1, 2, 4, 6, 7, 8, 9, 13, 14)
- 1 teaspoon onion powder (2, 11)
- 1 1/2 teaspoon black pepper (3, 11, 12, 14)
- 1 tablespoon and 1/4 teaspoon ground ginger (5, 17)
- 1 teaspoon garlic powder (16, 17)

## Canned

- Two 6oz cans and 3 tablespoons tomato paste (1, 9, 17)
- Four 14.5/15oz cans of tomato sauce (1, 2, 9)
- 14.5-ounce can diced tomatoes (14)
- 14.5 ounce can stewed tomatoes (16)
- Four 13.5oz cans of unsweetened coconut milk (1, 4, 9, 14)
- 8-oz. can sliced water chestnuts (13)
- Four 15oz cans of chickpeas (4, 9, 14)
- 1 can and 1 cup beef broth (3, 11)
- 20oz can pineapple chunks (17)

# **Baking**

- 1/4 cup dark brown sugar (3)
- 2 tablespoons and 1 teaspoon white sugar (5, 16)
- 1.5 cups and 1 tablespoon and 1 teaspoon brown sugar (6, 7, 11, 14, 17)
- 4 tablespoons cornstarch (11, 16, 17)

# **Oils and Vinegars**

- 5 tablespoons and 1/2 tsp of sesame oil (3, 7, 10, 11, 13)
- 5 tablespoons unseasoned rice vinegar (6, 7, 11, 12)
- 1/3 cup white vinegar (17)

#### Miscellaneous

- 17 gallon-sized plastic freezer bags (1-17)
- 9 tablespoons honey (1, 2, 8, 9)
- 3 cups and 6 tablespoons soy sauce (some recipes call for low-sodium soy sauce) (3, 5, 6, 7, 8, 10, 11, 12, 13, 14, 16, 17)
- 3 tablespoons sherry (5, 12)
- 1 cup raw cashews (6)
- 1/4 cup and 2 tablespoons ketchup (6, 8)
- 1 teaspoon Sriracha, or more, to taste (11)
- 1/2 cup chicken broth (15)
- 1/2 cup creamy peanut butter (15)

# **Not Needed Until Day Of Cooking**

- 6 tablespoons cornstarch (3, 7)
- 8 cups low-sodium chicken broth (10)
- 6 cups Chicken Broth (12)
- 8 cups vegetable broth (13, 14)
- 1 1/2 pounds fresh ramen noodles (10)
- 3 ounces Soba Noodles (12)
- Suggested Side Dishes:
  - 1. Chicken Curry rice
  - 2. Chicken Tikka Masala naan or rice and a salad
  - 3. Chinese Beef and Broccoli -rice
  - 4. Thai Pineapple Curry rice
  - 5. Asian-Style Whole Chicken Recipe green beans and rice
  - 6. Cashew Chicken rice
  - 7. Korean-Style Short Ribs rice and steamed broccoli
  - 8. Asian Chicken Lettuce Wraps big pieces of iceberg or Boston bibb lettuce
  - 9. <u>Coconut Chickpea Curry</u> rice
  - 10. Pork Ramen Top with sliced soft boiled egg (optional) and sliced green onions.
  - 11. <u>Korean Beef</u> Garnish with sliced green onions and sesame seeds (optional). Serve with rice.
  - 12. Asian Chicken and Noodle Soup
  - 13. Chinese Hot Pot
  - 14. Vegetable and Chickpea Curry pita bread or rice.
  - 15. Thai Peanut Chicken from Mommy's Fabulous Finds- Top with peanuts, scallions, and cilantro. Serve with rice.
  - 16. Chinese Pepper Steak rice
  - 17. Sweet and Sour Chicken rice