

## 7 Crockpot Freezer Soups in 2 Hours

Free printable recipes and grocery list below

### Recipe List

1. [Zuppa Toscana with Sweet Potatoes](#)
2. [Vegetarian Garden Vegetable Soup with Pesto \(Panera Copycat\)](#)
3. Hamburger Vegetable Soup from my [10 Freezer Meals in One Hour Post](#)
4. [Chicken Soup with Mexican Seasonings](#)
5. Beef Barley Stew modified from [Live Simply](#)
6. [Meatball Vegetable Soup](#)
7. Vegetarian Minestrone from my Crock'd Slow Cooker Freezer Meals eCookbook and shared for free below (add meatballs or ground beef if you like meat)

# 1. Zuppa Toscana with Sweet Potatoes

*Recipe from New Leaf Wellness*

Yields: 6 servings

## **Ingredients**

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1.5 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
- 1 cup heavy cream (or half and half)
- 8 cups chicken broth (not needed until day of cooking)

## **Materials**

- 1 gallon-sized plastic freezer bag

## **Directions**

1. Add all ingredients to crockpot and cook on low setting for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
2. Break apart sausage and stir.

## **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 freeze for up to three months.
3. When ready to cook, thaw overnight in refrigerator or in morning in water.
4. Dump freezer bag into crockpot and add chicken broth.
5. Cook on “low” for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
6. Break apart sausage and stir.

Serve with fresh bread.

## 2. Vegetarian Garden Vegetable Soup with Pesto (Panera Copycat)

*Recipe from New Leaf Wellness*

Yields: 6 servings

### Ingredients

- 2 cans of diced tomatoes (14.5oz each), undrained
- 1 small zucchini, diced
- 1/2lb fresh green beans, ends cut off and chopped
- 2.5oz fresh baby spinach (about 3 big handfuls)
- 1 small yellow onion, peeled and diced (1 cup)
- 1 small red bell pepper, diced
- 1/4-1/2 cup pearled barley (not quick cooking)
- 4 cloves garlic, minced
- 1 tablespoon honey
- 1 tablespoon brown sugar
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 4 cups vegetable broth (not needed until day of cooking)
- 6 tablespoons pesto (store-bought or homemade) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### Directions

1. Add all ingredients to your crockpot (except pesto).
2. Cook on “low” setting for 8 hours or until vegetables are soft.
3. Remove bay leaf.
4. Spoon into bowls and top with pesto.

### 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 pesto.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water.
5. Add to crockpot with broth and cook for 8 hours on “low.”
6. Remove bay leaf and spoon into bowls with pesto.

Serve with fresh bread.

### 3. Hamburger Vegetable Soup

*Recipe from New Leaf Wellness*

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 small onion, diced (about one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground beef
- 4 cups beef broth (not needed until day of cooking)

#### Materials

- 1 gallon-sized plastic freezer bag

#### Directions

1. Add all ingredients to your crockpot.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Remove bay leaf, break apart ground beef, and stir.

#### 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.
4. When ready to eat, thaw overnight in refrigerator or in morning in water.
5. Add water and cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
6. Remove bay leaf, break apart ground beef, and stir.

Serve with garlic bread

## 4. Chicken Soup with Mexican Seasonings

*Recipe from New Leaf Wellness*

Yields: 6 servings

### Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced (one cup)
- 2 large 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 chilis)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon 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

### Directions

1. Add all ingredients to your crockpot.
2. Cook for on low setting for 4-8 hours, or until carrots are soft and chicken is cooked through.
3. Shred chicken with a fork.

### 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.
4. When ready to eat, thaw overnight in refrigerator or in morning in water.
5. Add broth and cook on low setting for 4-8 hours, or until carrots are soft and chicken is cooked through.
6. Shred chicken with a fork.

Serve with fresh bread.

## 5. Beef Barley Stew

Recipe modified from [Live Simply](#) and shared in this [post](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless beef chuck roast, fat trimmed and cut into bite-sized pieces
- 1/2 pound carrots (about 4 large carrots), peeled and chopped
- 2 celery ribs, chopped
- 1 small onion, diced (about one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearly barley
- 8 cups beef broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### Directions

1. Add all ingredients to your crockpot.
2. Cook on “low” setting for 8 hours.
3. Remove bay leaf.

### 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.
4. When ready to eat, thaw overnight in refrigerator or in morning in water.
5. Cook on “low” setting for 8 hours.
6. Remove bay leaf.

Serve with fresh bread.

## 6. Meatball Vegetable Soup

*Recipe from New Leaf Wellness*

Yields: 6 servings

### Ingredients

- 1 pound small meatballs (store bought or homemade)
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 1/2 pound fresh green beans, ends cut off and cut into bite-sized pieces (about 2 cups)
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (1 cup)
- 4 cups chicken broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### Directions

1. Add all ingredients to your crockpot.
2. Cook on “low” for 8 hours or until veggies are soft.

### 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.
4. When ready to eat, thaw overnight in refrigerator or in morning in water.
5. Cook on “low” for 8 hours or until veggies are soft.

Serve with bread.

## 7. Vegetarian Minestrone Soup

*Recipe from New Leaf Wellness*

Yields: 8 servings

### Ingredients

- 28oz can of diced tomatoes, undrained
- 1/2 pound of carrots (about 4 large carrots), peeled and sliced
- 1/2 pound fresh green beans, ends cut off and chopped (about 2 cups)
- 1oz fresh baby spinach (about 1 handful or 1 cup)
- 1 small yellow onion, peeled and chopped (1 cup)
- 4 cloves of garlic, minced
- 15oz can of kidney beans, drained and rinsed
- 15oz can of cannellini beans, drained and rinsed
- 1 teaspoon honey
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 1/4 teaspoon ground black pepper
- 8 cups chicken broth (not needed until day of cooking)
- 1 cup uncooked elbow macaroni (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### Directions

1. Add all ingredients except pasta to your crockpot.
2. Cook on “low” setting for 8 hours.
3. Add pasta and cook for additional 30 minutes on “high” setting.
4. Remove bay leaf.

### 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 pasta.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water.
5. Add to crockpot with chicken broth.
6. Cook on “low” setting for 8 hours.
7. Add pasta and cook for additional 30 minutes on “high” setting.
8. Remove bay leaf.

Serve with garlic bread.



## **Grocery List for All 7 Recipes**

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

### **Produce**

- 12 cloves of garlic (1 large bulb) (2, 4, 7)
- 3 sweet potatoes (about 1.5 pounds) (1)
- 1 bunch of kale (1)
- 2 small/medium zucchini (2, 6)
- 1 ½ pounds fresh green beans (about 6 cups) (2, 6, 7)
- 3 ½ oz fresh baby spinach (about 4 handfuls) (2, 7)
- 1 small red bell pepper (2)
- 2 Roma tomatoes (4)
- 1 lime (4)
- 2 celery ribs (5)
- 3 pounds carrots (4, 5, 6, 7)

### **Meat**

- 1 pound ground spicy sausage (1)
- 1 pound ground beef (3)
- 1 pound boneless skinless chicken breasts (4)
- 2 pound boneless beef chuck roast (5)

### **Cold**

- 1 cup heavy cream (or half and half) (1)

### **Freezer**

- 16oz bag of frozen yellow corn (you will use half) (3)
- 16oz bag of frozen peas and carrots (3)
- 1 pound meatballs (6)

### **Seasonings**

- 4 bay leaves (2, 3, 5, 7)
- 1 ½ teaspoons paprika (1)
- 2 ½ teaspoons fennel seeds (1, 4)
- 1 ¾ teaspoon ground black pepper (1, 3, 5, 7)
- 4 tablespoons Italian seasonings (2, 7)
- 1 teaspoon chili powder (4)
- 1 teaspoon onion powder (1)
- 1 teaspoon garlic powder (1)
- 4 teaspoons dried thyme (3, 5)
- 2 teaspoons dried rosemary (3, 5)
- 1 teaspoon cumin (4)
- 2 teaspoons salt (3, 4, 5)

### **Canned**

- Four 14.5oz cans **OR** Two 28oz cans of diced tomatoes (2, 7)
- 15oz can of petite diced tomatoes (3)
- 1 cup tomato juice (4)
- 24oz jar of pasta sauce (6)
- 15oz can of kidney beans (7)
- 15oz can of cannellini beans (7)

### **Baking**

- 1 teaspoon + 1 tablespoon honey (2, 7)
- 1 tablespoon brown sugar (2)

### **Miscellaneous**

- 7 gallon-sized plastic freezer bags (1-7)
- $\frac{3}{4}$  - 1  $\frac{1}{4}$  cup pearled barley (2, 5)

### **Not Needed Until Day Of Cooking**

- 24 cups chicken broth (1, 4, 6, 7)
- 4 cups vegetable broth (2)
- 12 cups beef broth (3, 5)
- 6 tablespoons pesto (2)
- 1 cup uncooked elbow macaroni (7)
- Suggested Side Dishes:
  1. Zuppa Toscana with Sweet Potatoes – fresh bread
  2. Vegetarian Garden Vegetable Soup with Pesto (Panera Copycat) – fresh bread
  3. Hamburger Vegetable Soup – garlic bread
  4. Chicken Soup with Mexican Seasonings – fresh bread
  5. Beef Barley Stew – fresh bread
  6. Meatball Vegetable Soup – fresh bread
  7. Vegetarian Minestrone – garlic bread