

19 Freezer Meal Prep Sessions That Take An Hour Or Less

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For more information, [click here for the original blog post on New Leaf Wellness](#).

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Crockpot Freezer Cooking – 7 Meals in 30 Minutes

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1. Crockpot Salsa Verde Chicken

Yields: 6 servings

Ingredients

- 15oz can of black beans, drained and rinsed
- 16oz jar of salsa verde
- 1/2 of a 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 2 pounds boneless skinless chicken breasts
- 8oz package of cream cheese (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 cream cheese).
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.
3. Add cream cheese and cook additional 10 minutes or until heated through.
4. Stir to combine.

Serve with rice.

2. Crockpot Cranberry-Orange Pork Chops

Yields: 6 servings

Ingredients

- 16oz bag fresh trimmed green beans (I used a 12oz bag)
- 15oz can whole berry cranberry sauce
- 9oz jar of orange marmalade (sweetened with 100% fruit juice, if possible)
- 1 packet of onion soup mix
- 2 pounds of 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.

3. Crockpot Turkey Black Bean Chili

Yields: 6 servings

Ingredients

- 1/2 of a 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 2 cans of black beans (15oz each), drained and rinsed
- 28oz can tomato sauce
- 15oz can petite diced tomatoes, undrained
- 1 packet of chili seasoning mix
- 1 pound ground turkey

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.
3. Break apart ground turkey and stir.

Serve with shredded cheddar cheese and tortilla chips.

4. Crockpot Beef Teriyaki

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.

*We tried this recipe and it was pretty bland, so next time I make it I'll use our favorite homemade teriyaki seasoning sauce instead: 1/2 cup low sodium soy sauce, 1/4 cup rice wine vinegar, 1/4 cup light brown sugar, 1 tablespoon cornstarch, 1 teaspoon onion powder, 4 minced cloves of garlic, and 1-inch fresh ginger root, peeled and grated (1 tablespoon).

5. Crockpot Chicken Fajitas

Yields: 4 servings

Ingredients

- 16oz bag of frozen pepper stir fry vegetables (the one I used was 14.4oz)
- 1 packet of fajita seasoning mix
- 1 pound of boneless skinless chicken breasts (I add them to the freezer bag whole, but if you sliced them you can cook the meal in a skillet if you want)

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.
3. Shred chicken and stir.

Serve on soft tortillas with your favorite fajita toppings like shredded cheese, guacamole, and salsa.

6. Crockpot Pot Roast

Yields: 4 servings

Ingredients

- 1 pound of baby carrots
- 15oz can of whole new potatoes, drained
- 1 packet dry onion soup mix
- 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.

7. Crockpot Meatball Vegetable Soup

Yields: 6 servings

Ingredients

- 15oz can cannellini beans, drained and rinsed
- 16oz bag of frozen peas and carrots
- 24oz jar marinara sauce
- 1 pound frozen meatballs
- 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.
2. Add all ingredients to your freezer bag (except chicken broth).
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 broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with garlic bread.

Grocery List for All 7 Meals

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

Produce

- 16oz bag fresh trimmed green beans (I used a 12oz bag) (2)
- 2 bags of fresh sugar snap peas (8oz each) (4)
- 1 pound of baby carrots (6)

Meat

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

Frozen

- 16oz bag of frozen yellow corn (1, 3)
- 16oz bag of frozen pepper stir fry vegetables (I used a 14.4oz bag) (5)
- 16oz bag of frozen peas and carrots (7)
- 1 pound frozen meatballs (7)

Canned

- 3 cans of black beans (15 oz) (1, 3)
- 15oz can cannellini beans (7)
- 16oz jar of salsa verde (1)
- 15oz can whole berry cranberry sauce (2)
- 9oz jar of orange marmalade (sweetened with 100% fruit juice, if possible) (2)
- 28oz can tomato sauce (3)
- 15oz can petite diced tomatoes (3)
- 15oz can of whole new potatoes (6)
- 24oz jar marinara sauce (7)

Seasonings

- 2 packets of onion soup mix (2, 6)
- 1 packet of chili seasoning mix (3)
- 1 packet of fajita seasoning mix (5)
- 1 packet of teriyaki marinade dry seasoning mix OR this homemade sauce: 1/2 cup low sodium soy sauce, 1/4 cup rice wine vinegar, 1/4 cup light brown sugar, 1 tablespoon cornstarch, 1 teaspoon onion powder, 4 minced cloves of garlic, and 1-inch fresh ginger root, peeled and grated (1 tablespoon). (4)

Materials

- 7 gallon-sized plastic freezer bags (1-7)

Not Needed Until Day of Cooking

- 8oz package of cream cheese (1)
- 4 cups chicken broth (7)
- Suggested Side Dishes
 1. Crockpot Salsa Verde Chicken – rice
 2. Crockpot Cranberry-Orange Pork Chops – rice
 3. Crockpot Turkey Black Bean Chili – shredded cheese and tortilla chips
 4. Crockpot Beef Teriyaki – rice
 5. Crockpot Chicken Fajitas – tortillas and fajita toppings
 6. Crockpot Pot Roast – fresh bread
 7. Crockpot Meatball Soup – garlic bread

**CROCKPOT
SALSA VERDE
CHICKEN**

THAW. COOK ON LOW FOR 4 HRS IN 6-QT OR 8 HRS IN 4-QT CROCKPOT. SHRED CHICKEN AND ADD 8OZ CREAM CHEESE TIL MELTED.
USE BY:



**CROCKPOT
CRANBERRY-ORANGE
PORK CHOPS**

THAW. COOK ON LOW FOR 4 HOURS IN 6-QUART OR 8 HOURS IN 4-QUART CROCKPOT.
USE BY:



**CROCKPOT
TURKEY
BLACK BEAN CHILI**

THAW. COOK ON LOW FOR 4 HRS IN 6-QT OR 8 HRS IN 4-QT CROCKPOT. BREAK APART TURKEY AND STIR.
USE BY:



**CROCKPOT
BEEF
TERIYAKI**

THAW. ADD TO CROCKPOT WITH 1/2 CUP WATER. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QT CROCKPOT.
USE BY:



**CROCKPOT
CHICKEN
FAJITAS**

THAW. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QT CROCKPOT. SHRED CHICKEN AND STIR.
USE BY:



**CROCKPOT
POT
ROAST**

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



**CROCKPOT
MEATBALL
VEGETABLE SOUP**

THAW. ADD TO CROCKPOT WITH 4 CUPS CHICKEN BROTH. COOK ON LOW FOR 4 HOURS IN 6-QT OR 8 HOURS IN 4-QT CROCKPOT.
USE BY:



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10 Healthy Crockpot Freezer Meals in 1 Hour

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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)
- 1/4 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:



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6 CHICKEN FREEZER CROCKPOT MEALS IN 30 MIN

RECIPE LIST

Two bags of Lemon Pepper Chicken

Two bags of Red Pepper Chicken

Two bags of Orange Ginger Chicken

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds boneless, skinless chicken breasts

PRODUCE

- 2 medium-sized red peppers
- 2 lemons
- 2 oranges
- 2 small-medium sized onions
- 2-inch fresh ginger root
- 8 large garlic cloves

SEASONINGS

- 4 teaspoons crushed red pepper flakes
- 1 teaspoon salt
- 2 teaspoons black pepper

MISC

- 1 cup extra virgin olive oil
- 4 tablespoons honey (1/4 cup)
- 4 tablespoons coconut oil (1/4 cup)
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes like brown rice and veggies (broccoli, salads, etc)
- You can also shred the chicken and serve on tortillas or salads

RECIPES

Red Pepper Chicken

Yields: One gallon-sized bag of red pepper chicken

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Lemon Pepper Chicken

Yields: One gallon-sized bag of lemon pepper chicken

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Orange Ginger Chicken

Yields: One gallon-sized bag of orange ginger chicken

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- The juice from one orange (about 1/3 cup)
- 1-inch of fresh ginger root, peeled and minced (about 3 tablespoons)
- 2 tablespoons honey
- 2 tablespoons coconut oil
- 1 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

More info can be found on <http://www.NewLeafWellness.biz>

FIVE VEGETARIAN FREEZER CROCKPOT MEALS

RECIPES & GROCERY LIST

HEARTY TOMATO VEGGIE & BARLEY SOUP

Yields: 6 servings

INGREDIENTS

- 24oz jar of pasta sauce
- 1lb carrots, peeled and chopped
- 1/2 cup medium pearled barley (not "quick cooking")
- 1 small onion, peeled and diced (about one cup)
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 1 cup frozen peas, optional (I added what was left in the bag after making the coconut chickpea curry)
- 15oz can of great northern beans, drained and rinsed
- 4 cups of vegetable broth *not needed until day of cooking (you can sub chicken broth if you're not vegetarian)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (Optional. You can also quickly thaw the bag in water in the morning so you can break apart the frozen block and fit it into your crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and add broth.
3. Cook on "low" setting for 8 hours or until veggies are tender.
4. Serve with fresh bread or baked crescent rolls.

COCONUT CHICKPEA CURRY

Yields: 6 servings

INGREDIENTS

- 1 small onion, peeled and diced (about one cup)
- 2 large cloves of garlic, peeled and minced
- 2 cups frozen peas
- Two 15oz cans of chickpeas, drained and rinsed
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)
- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (This is important because the meal will be a solid frozen block that is hard to fit into an oval crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours or until onions are tender and meal is heated through.
3. Serve with fresh bread or rice.

MEXICAN BLACK BEAN CHILI WITH CORNBREAD TOPPING

Yields: 4 servings

INGREDIENTS

- 2 cans of black beans (15oz each)
- 1 small onion, peeled and diced (about one cup)
- 1 bell pepper (any color – I used red), chopped (about 2 cups)
- 1 cup frozen corn
- 1 package store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- .25lb of cheddar cheese, shredded (about one cup) *not needed until day of cooking
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk) *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except cheese and Jiffy corn mix).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

Note: If you buy the cheese ahead of time, you can shred and freeze it in a smaller freezer bag.

COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (Optional. You can also quickly thaw the bag in water in the morning so you can break apart the frozen block and fit it into your crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 6 hours or until vegetables are tender.
3. Top with shredded cheese and assembled corn muffin batter.
4. Bake an additional 30 minutes on “high” setting or until cornbread topping is cooked through.

GREENS & BEANS

Yields: 6 servings

INGREDIENTS

- 8oz dried cannellini beans, rinsed (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want
- 1 tablespoons extra virgin olive oil
- 5 cloves of garlic, peeled and minced
- 1/2 teaspoon salt
- 1/2 teaspoon 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, thinly chopped
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)
- 4 cups of vegetable broth *not needed until day of cooking (You can sub chicken broth if you're not a vegetarian)
- 8 cups of water *not needed until day of cooking
- Parmesan cheese for topping, optional *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth, water, and cheese).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. Pour contents of freezer bag into your crockpot and add broth and water.
2. Cook on "low" setting for 6-8 hours or until beans are cooked through.
3. Top with parmesan cheese (if you have it).
4. Serve with fresh bread or rolls.

BLACK BEAN FAJITAS

Yields: 4 servings

INGREDIENTS

- 3 bell peppers, sliced (I used red, yellow, and orange ones)
- 1 small onion, peeled and sliced
- 15oz can of black beans, drained and rinsed
- 2 cloves of garlic, peeled and minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

COOK

1. Pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours or until peppers are tender.
2. Serve on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

GROCERY LIST FOR ALL FIVE MEALS

PRODUCE

- 1lb carrots, peeled and chopped
- 4 small onions
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 9 large cloves of garlic
- 4 bell peppers (I used two red, one orange, one yellow)
- 1 head of escarole
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)

FROZEN

- 1lb bag of frozen peas (3 cups)
- 1 cup frozen corn

SEASONINGS

- 2 tablespoons curry powder
- 1.5 teaspoons salt
- 1.25 teaspoons crushed red pepper flakes
- 1 package taco seasoning
- 1/2 teaspoon pepper
- pinch of sugar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika

BEANS

- 15oz can of great northern beans
- 2 cans of chickpeas (15oz each)
- 3 cans of black beans (15oz each)
- 8oz dried cannellini beans (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want

MISC

- 24oz jar of pasta sauce
- 1/2 cup medium pearled barley (not "quick cooking")
- 10.75oz can of condensed tomato soup
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)

- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 5 tablespoons honey
- 1 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 5 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of vegetable broth (you can sub chicken broth if you're not vegetarian)
- .25lb of cheddar cheese, shredded
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk)
- Side dishes, optional
 - I serve my Veggie Barley Soup with fresh bread or baked crescent rolls.
 - I serve my Coconut Chickpea Curry with fresh bread or rice.
 - I serve my Greens & Beans topped with parmesan cheese and served with a side of fresh bread or rolls.
 - I serve my Mexican Black Bean Chili with Cornbread Topping by itself.
 - I serve my Black Bean Fajitas with tortillas or rice (and top with lettuce, tomatoes, shredded cheese, and guacamole)

ORGANIC CROCKPOT FREEZER MEALS FROM COSTCO (10 MEALS IN 60 MINUTES!)

recipes & grocery list

Crockpot Monster Burgers

Modified from: <http://yummm.com/recipe/17218/almost-white-castle-sliders-for-a-crowd>

Yields: One gallon-sized bag of burger meat with six servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 2 pounds ground beef
- 1/2 cup dried minced onion flakes
- 2.5 teaspoons Montreal steak seasoning mix
- 4 slices of American cheese *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. To your freezer bag, add all ingredients (except cheese).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add the meat to your crockpot and smooth it into a flat layer on the bottom of the crock.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through.
4. Top with cheese and replace lid for 10 minutes or until melted.
5. Slice into six burgers and discard grease.

Serve on hamburger buns with a side salad.

Crockpot Italian Chicken

Yields: One bag of Italian chicken with three servings (I doubled this recipe and made two bags.)

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
- 1 pound boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Serve with spaghetti and a salad.

Crockpot Hearty Tomato Vegetable Soup

Yields: One gallon-sized bag of vegetable soup with six servings. (I quadrupled this recipe and made four bags, two with chicken and two with beef.)

INGREDIENTS

- 1 pound of meat (ground beef or chicken breasts)
- 2 cans of tomato sauce (15oz each)
- 1.5 cups frozen mixed vegetables
- 2oz fresh baby spinach (about 1 handful)
- 1 small onion, diced (about one cup)
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups of chicken stock *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. To your freezer bag, add all ingredients. Add the meat to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot with 4 cups of chicken stock.
3. Cook on "low" setting for 8 hours, or until meat is cooked through and vegetables are soft.
4. Break apart ground beef or shred chicken.

Serve with garlic bread.

Crockpot Asian Chicken and Vegetable Potstickers

Yields: One gallon-sized bag of chicken and potstickers with three servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 1 pound of frozen vegetable potstickers
- 1 small onion, diced (about 1 cup)
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 2 cloves of garlic, minced
- 1/4 teaspoon crushed red pepper flakes (this adds a little bit of spice to the dish, so omit or decrease if you don't like any kind of spicy food)
- 1/4 teaspoon ground black pepper

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer for up to three months.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 6 hours, or until chicken is cooked through.

Serve with steamed broccoli.

GROCERY LIST FOR ALL 10 MEALS

Note: I bought organic ingredients, but you don't have to.

PRODUCE

- 8 small onions
- 24oz baby spinach
- 16 cloves of garlic (2 bulbs)

MEAT

- 6 pounds boneless skinless chicken breasts
- 6 pounds ground beef

FROZEN

- 2lb bag of vegetable potstickers
- 6 cups frozen mixed vegetables

SEASONINGS

- 1 teaspoon crushed red pepper flakes
- 2 teaspoons ground black pepper
- 6 tablespoons Italian seasoning
- 3 teaspoons salt
- 1 cup dried minced onion flakes
- 5 teaspoons Montreal steak seasoning mix

SAUCES

- 1.5 cups honey
- 1 cup soy sauce (I use low sodium)
- 1/2 cup ketchup (I like Simply Heinz)
- 12 cans of tomato sauce (15oz each)

MISC

- 10 gallon-sized plastic freezer bags
- 12 tablespoons extra virgin olive oil (3/4 cup)

NOT NEEDED UNTIL DAY OF COOKING

- 12 slices American cheese (for cheeseburgers)
- 4 cartons of chicken stock (4 cups each)
- Suggested side dishes
 - Asian Chicken and Potstickers – fresh broccoli (for two bags)
 - Hearty Tomato Vegetable Soup - 4 loaves of frozen garlic bread
 - Italian Chicken – spaghetti and salad (for two bags)
 - Monster burgers- hamburger buns and salad (for two bags)

6 Healthy Freezer Crock Pot Meals in 45 Minutes

Printable recipes and grocery list below

Recipe List

1. Chicken Fajitas
2. Cranberry Chicken
3. Ginger-Peach Chicken with Green Beans
4. Sweet & Spicy Pork Chops with Butternut Squash
5. Meatball Vegetable Soup
6. Chipotle Pot Roast with Carrots

1. Chicken Fajitas

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, sliced
- 2 sweet bell peppers, sliced
- 1 small yellow onion, sliced
- The juice of one lime
- 1 tablespoon honey
- 1 packet fajita seasoning mix (or your favorite homemade taco seasoning)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add 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 on soft tortillas or rice with your favorite fajitas toppings (like shredded cheese and guacamole).

2. Cranberry Chicken

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 12oz bag fresh cranberries
- 3/4 cup sugar
- 1/4 cup water
- 1 packet onion soup mix (or your favorite homemade onion soup mix)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add 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 rice.

3. Ginger-Peach Chicken with Green Beans

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 pound fresh green beans, ends trimmed
- 12oz jar peach jam
- 1-inch fresh ginger root, peeled and sliced
- 1 tablespoon soy sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add 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 rice and steamed broccoli.

4. Sweet & Spicy Pork Chops with Butternut Squash

Yields: 6 servings

Ingredients

- 2 pounds boneless pork chops
- 16oz package of peeled and diced butternut squash
- 12oz jar hot pepper jelly
- 1 tablespoon soy sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add 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 rice.

5. Meatball Vegetable Soup

Yields: 6 servings

Ingredients

- 1 pound cooked meatballs (homemade or frozen)
- 5oz baby spinach
- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced
- 15oz can of cannellini beans, drained and rinsed
- 24oz jar pasta sauce
- 4 cups chicken broth (not needed until day of cooking – only add 3 cups if you are using a 4-quart crock pot)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot with chicken broth and cook on “low” setting for 6 hours in a 6-quart crock pot or 8-10 hours in a 4-quart crock pot.

Serve with garlic bread.

6. Chipotle Pot Roast with Carrots

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and chopped into 1-inch pieces
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 packet of McCormick Grill Mates Chipotle seasoning mix (homemade taco seasoning mix is also delicious)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which should be three months from the prep day).
- Add all ingredients to your freezer bag.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

- Thaw overnight in refrigerator or in morning in water.
- Add to crock pot and cook on “low” setting for 6 hours in a 6-quart crock pot or 8-10 hours in a 4-quart crock pot.
- Shred meat.

Serve with rice.

Grocery List for All 6 Freezer Meals

(the number(s) next to each ingredient corresponds to its recipe number)

Produce

- 2 sweet bell peppers (1) (I used one red and one yellow)
- 2 small yellow onions (1, 5) (I substituted frozen diced onions to save time)
- 1 lime (1)
- 12oz bag fresh cranberries (2)
- 1 pound fresh green beans (3)
- 1-inch fresh ginger root (3)
- 16oz peeled and diced butternut squash (4)
- 5oz baby spinach (5)
- 3 pounds carrots (5, 6)

Meat

- 6 pounds boneless, skinless chicken breasts (1, 2, 3)
- 2 pounds boneless pork chops (4)
- 2-pound boneless beef chuck shoulder roast (6)

Seasonings

- 1 packet fajita seasoning mix (or your favorite homemade taco seasoning) (1)
- 1 packet onion soup mix (or your favorite homemade onion soup mix) (2)
- 1 packet McCormick Grill Mates Chipotle seasoning mix (homemade taco seasoning mix is also delicious) (6)

Miscellaneous

- 6 gallon-sized plastic freezer bags (1-6)
- 1 tablespoon honey (1)
- 3/4 cup sugar (2)
- 12oz jar peach jam (3)
- 2 tablespoons soy sauce (3, 4)
- 12oz jar hot pepper jelly (4)
- 1 pound cooked meatballs (homemade or frozen) (5)
- 15oz can of cannellini beans (5)
- 24oz jar pasta sauce (5)
- 3 tablespoons olive oil (6)
- 2 tablespoons red wine vinegar (6)

Not Needed Until Day of Cooking

- 4 cups chicken broth (only add 3 cups if you are using a 4-quart crock pot) (5)
- Suggested Side Dishes
 1. Chicken Fajitas – serve on tortillas or rice with your favorite fajitas toppings
 2. Cranberry Chicken – rice and steamed broccoli
 3. Ginger-Peach Chicken with Green Beans – rice
 4. Sweet & Spicy Pork Chops with Butternut Squash – rice
 5. Meatball Vegetable Soup – garlic bread
 6. Chipotle Pot Roast with Carrots - rice

CROCKPOT FREEZER MEALS FROM WHOLE FOODS

RECIPES & GROCERY LIST

Crockpot Pepperoncini Shredded Beef

Yields: One gallon-sized freezer bag with six servings

INGREDIENTS

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 12oz jar of pepperoncini
- 6 cloves of garlic, peeled
- 1/2 teaspoon pepper

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients (including juice from pepperoncini).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 8 hours, or until meat shreds easily.
4. Serve on rolls with a side salad (or serve the shredded meat right on top of a salad instead!).

Crockpot Beef Fajitas

Yields: One gallon-sized freezer bag with six servings

INGREDIENTS

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook for 8 hours on low setting or until beef is tender.
3. Shred beef and serve with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

Crockpot Chicken Chili

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 15oz can of tomato sauce
- 15oz can of diced tomatoes (I split a 28oz can between my two freezer bags)
- 15oz can of black beans
- 15oz can of kidney beans
- 1 and 2/3 cup frozen "fire roasted" corn (I split a one pound bag between two bags)
- 2 cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.
3. Shred chicken and return to crockpot.
4. Serve with cheddar cheese and tortilla chips or potatoes.

Crockpot Chicken Teriyaki

Yields: One gallon-sized freezer bag with 3-4 servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 5oz teriyaki sauce (about 2/3 cup - I used a soy ginger sauce from Whole Foods)
- 16 oz bag of frozen stir fry vegetables

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.
3. Serve with rice.

Crockpot Honey Dijon Pork and Green Beans

Yields: One gallon-sized freezer bag with 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* not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water.
3. Cook on low setting for 6-8 hours or until pork is tender.
4. Serve with rice.

Crockpot Hot Pepper Pork and Butternut Squash

Yields: One gallon-sized freezer bag with 3-4 servings

INGREDIENTS

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

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until pork is tender.
3. Serve with rice.

GROCERY LIST FOR ALL EIGHT MEALS

MEAT

- 2 pounds pork sirloins
- 4 pounds boneless skinless chicken breasts
- 2 pound boneless beef chuck shoulder roast x2

PRODUCE

- 1 small yellow onion
- 2 red bell peppers
- 12 cloves garlic

FROZEN (You can sub fresh vegetables if you want)

- 16oz bag organic butternut squash
- 16oz bag of organic "fire roasted" corn
- 16oz bag of organic stir fry vegetables x2
- 16oz bag of organic green beans

SEASONINGS

- 2 tablespoons plus 1 teaspoon paprika
- 3 tablespoons chili powder
- 2 tablespoons plus 2 teaspoons cumin
- 3 teaspoons ground oregano
- 3/4 teaspoon crushed red pepper flakes
- 2.5 teaspoons pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme

CANNED

- 15oz can of tomato sauce x2
- 15oz can of diced tomatoes x2 (or 28oz can)
- 15oz can of organic black beans x2
- 15oz can of organic kidney beans x2

MISC

- 8oz jar hot pepper jelly
- 10oz jar of teriyaki sauce (I used soy ginger)
- 1/4 cup plus 1 tablespoon honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 1 tablespoon apple cider vinegar
- 12oz jar of pepperoncinis
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
 - I serve the chicken teriyaki (x2), hot pepper pork, honey Dijon pork with rice.
 - I serve the two bags of chicken chili with shredded cheddar cheese and tortilla chips.
 - I serve the beef fajitas with tortillas, lettuce, tomatoes, shredded cheddar cheese, and guacamole.
 - I serve the pepperoncini beef on rolls with a side salad.

7 HEALTHY CHICKEN CROCKPOT FREEZER MEALS

RECIPE LIST

Red Pepper Chicken
Lemon Pepper Chicken
Chicken Philly Cheesesteak
Spring Chicken Soup
Chicken Fajitas
Hawaiian Chicken
Southwestern Chicken Chili

GROCERY LIST FOR ALL 7 MEALS

MEAT

- 7 pounds boneless, skinless chicken breasts

PRODUCE

- 4 red peppers
- 2 green peppers
- 1 yellow pepper
- 2 lemons
- 4 small onions
- 1 bunch green onions
- 1 zucchini
- 6 carrots
- 5 celery stalks
- 11 large garlic cloves
- 1 pineapple

FROZEN

- 1 cup frozen corn

SEASONINGS

- 1.25 teaspoons crushed red pepper flakes
- 2 teaspoons black pepper
- 1 teaspoon salt
- 1.5 teaspoons dill
- 1.5 teaspoons dried parsley
- 1 tablespoon plus 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika

More info can be found on <http://www.NewLeafWellness.biz>

- 1 teaspoon oregano

CANNED

- 14oz can of tomato sauce
- 15oz can of black beans
- 2 cups chicken broth (one can)

MISC

- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 4 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce
- 1/2 cup plus 1 tablespoon extra virgin olive oil
- 3 tablespoons cornstarch
- 7 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 6 slices provolone cheese
- 6 cups chicken broth
- 1/2 cup orzo
- Suggested Side dishes
 - Red Pepper chicken- on tortillas with lettuce, cheese, and tomato
 - Lemon Pepper Chicken- broccoli and rice
 - Chicken Philly Cheesesteak – on rolls
 - Spring Chicken Soup – fresh crusty bread
 - Chicken Fajitas – tortillas with lettuce, cheese, sour cream, and guacamole
 - Hawaiian Chicken- brown rice and broccoli
 - Southwestern Chicken Chili – top with cheddar cheese and crushed tortilla chips

RECIPES

Red Pepper Chicken

Yields: One gallon-sized bag of red pepper chicken with three servings

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve on tortillas with lettuce, cheese, and tomatoes.

Lemon Pepper Chicken

Yields: One gallon-sized bag of lemon pepper chicken with three servings

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with rice and broccoli.

Crockpot Chicken Philly Cheesesteak

Yields: 6 servings

Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 1 pound chicken breasts, cut into strips
- 1 small onion, peeled and sliced
- 3 medium-sized bell peppers, cut into strips (I used two green and one red pepper)
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 6 slices of provolone cheese *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except cheese.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.
3. Add sliced cheese and cook additional 10 minutes or until melted.

Serve on rolls.

Spring Chicken Soup

Yields: 8 servings

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 large boneless, skinless chicken breast (1+lb)
- 1 bunch of green onions, chopped (whites and greens)
- 1 medium-sized zucchini, chopped
- 1 garlic clove, minced
- 5 carrots, peeled and sliced
- 3 celery stalks, sliced
- The juice from one lemon
- 1.5 teaspoons dill
- 1.5 teaspoons dried parsley
- 1/4 teaspoon pepper
- 1/2 cup orzo *not needed until day of cooking
- 48oz chicken broth (6 cups) *not needed until day of cooking
- 16oz water (2 cups) *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except orzo, chicken broth, and water.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth and water.
3. Cook for 6 hours on "low" or until chicken is cooked through and tender.
4. Shred chicken and add orzo.
5. Cook for additional 30 minutes.

Serve with fresh, crusty bread.

Chicken Fajitas

Yields: Four servings

Ingredients

- 1 pounds of boneless skinless chicken breasts, fat trimmed
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move the frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6 hours or until chicken is tender.
3. Shred chicken and serve with cooked onions and peppers.

Serve on tortillas with lettuce, cheese, sour cream, and guacamole.

Hawaiian Chicken

Yields: 3 servings

Ingredients

- 1lb boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces
- 2 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Add all ingredients.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 3-6 hours, or until chicken is cooked through and tender.

Serve with brown rice and broccoli, and enjoy!

Southwestern Chicken Chili

Yields: 6 servings

Ingredients

- 1 pound chicken breasts
- 1 onion, peeled and chopped (one cup)
- 2 stalks of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Prep

4. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
5. Add all ingredients.
6. Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

Cook

3. The night before cooking, move frozen bag to your refrigerator to thaw.
4. The morning of cooking, pour contents of freezer bag into your slow cooker.
5. Cook on "Low" setting for 6-8 hours or until chicken is cooked through and veggies are soft.
6. Shred chicken.

Top with cheddar cheese and crushed tortilla chips.

SIX GROUND BEEF CROCKPOT FREEZER MEALS

Two bags of crockpot beef vegetable soup
Two bags of beef and black bean chili
Two bags of Mexican chili with cornbread topping

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds lean ground beef

PRODUCE

- 2 pounds carrots
- 4 medium-sized zucchinis
- 4 medium sized onions
- 2 medium-sized peppers (any color)
- 4 large garlic cloves

SEASONINGS

- Homemade taco seasoning (2 tablespoons chili powder, 2 teaspoons black pepper, and 1 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder) OR 2 packages of taco seasoning
- 2 tablespoons paprika
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 3 teaspoons ground oregano
- 1/2 teaspoon crushed red pepper flakes

FROZEN

- 5 1/3 cups frozen corn

CANNED

- 15 oz cannellini beans (white kidney beans) x2
- 10.75 oz can of condensed tomato soup x2
- 28 oz can of tomato sauce x 2 (I couldn't find this at Aldi, so I subbed two cans of crushed tomatoes with basil)
- 15 oz can of black beans x2

MISC

- 24 oz jar of pasta sauce x2
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of fat-free, reduced-sodium chicken broth
- 2 boxes of jiffy corn muffin mix + necessary ingredients listed on box (Jiffy calls for one egg and 1/3 cup of milk)
- 1/2 pound cheddar or pepper jack cheese (about 2 cups shredded)
- Side dishes for beef black bean chili and beef vegetable soup, like chips, cheese, and crusty bread (we like garlic bread)

RECIPES

Crockpot Beef Vegetable Soup

Yields: One gallon-sized bag of Beef Vegetable Soup. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized zucchinis, ends cut off and chopped (about two cups)
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound lean ground beef
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add beef to the freezer bag last so it's the first ingredient poured into your slow cooker.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through and carrots are soft.

Crockpot Mexican Chili with Cornbread Topping

Yields: One gallon-sized bag of Mexican Chili with Cornbread Topping (I doubled this recipe and made two bags.)

Ingredients

- 1 medium-sized yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1tablespoon chili powder, 1 teaspoon black pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder) OR 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1 pound lean ground beef
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup) – NOT NEEDED UNTIL DAY OF COOKING*
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) – NOT NEEDED UNTIL DAY OF COOKING*

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add onion, pepper, corn, seasoning, tomato soup, and ground beef. (Add the ground beef to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 6-8 hours, or until beef is cooked through.
3. Break apart ground beef and stir.
4. Top chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on "high" setting for one hour or until cornbread topping is cooked through.

*If you want to have everything prepped before the day of cooking, shred the cheese and freeze it separately in a small plastic freezer bag. Assemble the corn muffin batter and bake in a muffin or loaf pan. Cool to room temp, flash freeze, and serve as a side with the chicken chili.

Crockpot Beef & Black Bean Chili

Yields: One gallon-sized bag of chili. About 4-6 servings (I doubled this recipe and made two bags.)

Ingredients

- 28oz can of tomato sauce (I subbed crushed tomatoes with basil)
- 2, 15oz cans black beans, drained and rinsed
- 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
- 1 pound lean ground beef

Materials

- 1 gallon-sized plastic freezer bag

Prep

4. Label your freezer bag.
5. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your slow cooker.)
6. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through.

More info can be found on <http://www.NewLeafWellness.biz>

SIX CROCKPOT SOUP FREEZER MEALS IN 1 HOUR

Two bags of sausage spinach tomato soup
Two bags of meatball veggie soup
Two bags of chicken soup with Mexican seasonings

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 2 pounds ground sausage (You can sub ground beef if you don't eat pork)
- 2 pounds boneless skinless chicken breasts

PRODUCE

- 6 pounds carrots (Update: After making these meals myself, I think 5 pounds would be plenty. Just split evenly among the six bags.)
- 6 medium-sized onions
- 4 roma tomatoes
- 1 lime
- 4 large garlic cloves

SEASONINGS

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons fennel seeds
- 2 teaspoons salt

FROZEN

- Box of frozen chopped spinach x2
- One pound bag of frozen chopped green beans x2
- One pound bag of small meatballs x2

CANNED

- 15 oz cannellini beans (white kidney beans) x4

MISC

- 24 oz jar of pasta sauce x4
- 2 cups tomato juice (Aldi was out so I split a can of crushed tomatoes between the two bags.)
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 24 cups of fat-free, reduced-sodium chicken broth (I bought six 32oz cartons)
- Side dishes, if desired (I usually stock up on frozen garlic bread)

RECIPES

Crockpot Sausage Spinach Tomato Soup

Yields: One gallon-sized bag of Sausage Spinach Tomato Soup with 4-6 servings of soup. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 1 box of frozen chopped spinach
- 24oz jar of your favorite pasta sauce
- 1 pound ground sausage (we prefer spicy sausage, but you can sub ground beef if you don't eat pork.)
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add sausage to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, 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 and carrots are soft.

Crockpot Meatball Veggie Soup

Yields: One gallon-sized bag of Meatball Veggie Soup with 4-6 servings. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- One bag of frozen chopped green beans
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound small meatballs (store-bought or homemade)
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add meatballs to the freezer bag last so they're the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until carrots and onions are soft.

Crockpot Chicken Soup with Mexican Seasonings

Yields: One gallon-sized bag of Chicken Soup with Mexican Seasonings with 3-4 servings. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 1 medium-sized yellow onion, diced (about one cup)
- 2 roma tomatoes, chopped
- 1 cup tomato juice (I subbed crushed tomatoes)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- the juice from 1/2 lime (about 2 tablespoons)
- 2 large cloves of garlic, minced
- 1 pound boneless, skinless chicken breasts
- 4 cups fat free, reduced sodium chicken broth – NOT NEEDED UNTIL DAY OF COOKING

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add chicken broth.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through and carrots are soft.

More info can be found on <http://www.NewLeafWellness.biz>

8 HEALTHY CROCKPOT FREEZER MEALS IN 45 MINUTES

RECIPES & GROCERY LIST

Crockpot Beef/Chicken Fajitas

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 2 bell peppers, sliced (I used one red and one yellow)
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8 hours (beef) or 6 hours (chicken) or until meat is tender.
3. Shred meat and serve with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

Crockpot Italian Beef/Chicken and Veggies

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 16oz bag of California mix vegetables (broccoli/cauliflower/carrots)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- 1 teaspoon each: onion powder, thyme, basil, oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
3. If using beef, shred meat before serving.
4. Serve with rice or rolls.

Crockpot BBQ Beef/Chicken and Carrots

Yields: One gallon-sized freezer bag with 6 servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 1 pound carrots, peeled and chopped
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1.5 teaspoons hot sauce
- 1.5 teaspoons curry powder

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients.
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
3. Shred meat.
4. Serve with rice or on sandwich rolls.

Crockpot Honey Dijon Beef/Chicken and Red Potatoes

Yields: One gallon-sized freezer bag with 6 servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 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* not needed until day of cooking
- 16oz bag of baby red potatoes (I buy the bags of fresh baby potatoes sold in the produce section)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except water and potatoes).
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.
4. Place bag of potatoes in freezer.

COOK

1. The night before cooking, move gallon-sized freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water and frozen potatoes. (I don't thaw my potatoes because I worry about them getting brown while cooking.)
3. Cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
4. If using beef, shred meat before serving.
5. Serve with steamed broccoli or a salad.

GROCERY LIST FOR ALL EIGHT MEALS

MEAT

- 2-pound boneless beef chuck shoulder roast x4
- 8 pounds boneless skinless chicken breasts

PRODUCE

- 2 small yellow onions
- 4 bell peppers (I bought two red and two yellow)
- 8 cloves garlic
- 16 oz bag of baby red potatoes x2
- 2 pounds carrots

FROZEN

- 16oz bag of California blend veggies (broccoli/cauliflower/carrots) x2

SEASONINGS

- 2 teaspoons paprika
- 4 tablespoons chili powder
- 4 teaspoons cumin
- 2 teaspoons ground oregano
- 1/2 teaspoon crushed red pepper flakes
- 4.5 teaspoons black pepper
- 2 teaspoons salt
- 3 teaspoons ground thyme
- 2 teaspoons onion powder
- 2 teaspoons basil
- 3 teaspoons curry powder

MISC

- 1/2 cup plus 2 tablespoons honey
- 4 tablespoons Dijon mustard (or whole grain mustard)
- 2 tablespoons apple cider vinegar
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 3 teaspoons hot sauce
- 2 cups ketchup (I like Simply Heinz)
- 4 tablespoons Worcestershire sauce
- 2 tablespoons plus 2 teaspoons brown sugar
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
 - I serve the fajitas with tortillas, lettuce, tomatoes, shredded cheddar cheese, and guacamole.

- I serve the Italian beef/chicken with rice or rolls.
- I serve the BBQ beef/chicken with rice or sandwich rolls.
- I serve the honey Dijon beef/chicken with steamed broccoli or a salad.

Five Budget-Friendly Freezer Crockpot Meals

Printable Recipes and Grocery List Below

Recipe List

1. Sweet Mustard Chicken from [Busy Momma Media](#)
2. Chicken Cacciatore
3. [Mexican Chili with Cornbread Topping](#)
4. Teriyaki Chicken from [Hello Natural](#)
5. Honey Sesame Chicken from [Damn Delicious](#)

1. Sweet Mustard Chicken

Recipe adapted from [Busy Momma Media](#)

Yield: 3-4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- ½ cup Dijon mustard
- ¼ cup maple syrup
- 1 tbsp rice wine vinegar
- fresh rosemary (not needed until day of cooking)

Materials

- 1 gallon-sized freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. Pour contents of freezer bag into a baking pan.
3. Bake at 450° for 45 minutes.
4. Sprinkle with fresh rosemary.

Serve with brown rice or quinoa.

2. Chicken Cacciatore

Yield: 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 24oz jar of spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet onion, chopped

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook in crockpot on "low" for 6-8 hours or until chicken is cooked through.

Serve with spaghetti and salad!

3. Mexican Chili with Cornbread Topping

Yields: 4 servings

Ingredients

- 1 pound lean ground beef (at least 85%)
- 1 small yellow onion, chopped (about one cup)
- 1 green bell pepper
- 1 cup frozen corn
- 2 tablespoons and 1½ teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your quart-sized freezer bag, add cheese.
3. To your gallon-sized freezer bag, add remaining ingredients.
4. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bags to your refrigerator to thaw.
2. Pour contents of gallon-sized freezer bag into your crockpot.
3. Leave quart-sized bag in your refrigerator.
4. Cook on “low” setting for 6-8 hours, until beef is cooked through.
5. Break apart beef and mix all ingredients.
6. Top with shredded cheese and assembled cornbread batter.
7. Replace lid and cook for an additional 60 minutes on “high”.

4. Teriyaki Chicken

Recipe adapted from [Hello Natural](#)

Yields: 4 servings

Ingredients

- 2 pounds chicken thighs
- ½ cup soy sauce
- ¼ cup rice wine vinegar
- ¼ cup brown sugar
- 1 can pineapple chunks

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook in crockpot on "low" for 6-8 hours.

Serve with cooked white or brown rice and steamed broccoli.

5. Honey Sesame Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- ½ cup honey
- ½ cup soy sauce
- ¼ cup ketchup
- 2 tablespoons vegetable oil
- ¼ teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper, to taste
- 1 green onion, thinly sliced for garnish (not needed until day of cooking)
- Sesame seeds, for garnish (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on “low” for 4-6 hours or until chicken is cooked through.
4. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices.
5. Cover and keep warm for an additional 30 minutes.

Serve over white rice, garnished with green onions and sesame seeds, if desired.

Grocery List for all 5 Budget-Friendly Freezer Crockpot Recipes
(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 zucchini (2)
- 2 green bell peppers (2,3)
- 1 sweet onion (2)
- 2 medium-sized yellow onions (3, 5)
- Garlic (2 cloves) (5)

Meat

- 2 pounds boneless, skinless chicken breasts (1, 2)
- 4 pounds chicken thighs (4, 5)
- 1 pound lean ground beef (3)

Freezer

- 1 cup frozen corn (3)

Spices

- 1 package of taco seasoning (3)
- ¼ tsp crushed red pepper flakes (5)
- Salt (4)
- Pepper (4)

Italian

- One 24oz jar spaghetti sauce (2)

Canned

- One 10.75oz can of condensed tomato soup (3)
- One can pineapple chunks (4)

Cold

- ¼ pound cheddar cheese, shredded (3)

Baking

- ½ cup honey (4, 5)
- ¼ cup brown sugar (4)

Oils and Vinegars

- ½ cup rice wine vinegar (1, 4)
- 2 tablespoons vegetable oil (5)

Miscellaneous

- ½ cup Dijon mustard (1)
- ¼ cup maple syrup (1)
- 1 cup soy sauce (4, 5)
- ¼ cup ketchup (5)
- 5 gallon-sized freezer bags (1-5)
- 1 quart-sized freezer bag (3)

Not Needed Until Day of Cooking

- 1 box of Jiffy corn muffin mix + the necessary ingredients (3)
- Fresh Rosemary (1)
- Sesame seeds (5)
- Green onion (5)
- Suggested side dishes
 1. Sweet Mustard Chicken – brown rice or quinoa
 2. Chicken Cacciatore – spaghetti
 3. Mexican Chili with Cornbread Topping
 4. Teriyaki Chicken – rice and broccoli
 5. Honey Sesame Chicken - rice

Six Healthy Freezer Crockpot Meals in 50 Minutes

Two freezer bags of Crockpot Balsamic Beef Roast with Carrots

Two freezer bags of Crockpot Lime Shredded Pork

Two freezer bags of Crockpot Chicken Teriyaki

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 2-pound boneless beef chuck shoulder roast x2
- 2.5 pound bone-in pork shoulder – sometimes labeled “Boston butt” or “pork butt” (You can sub beef chuck shoulder roast if you don’t eat pork) x2
- 2 pounds boneless skinless chicken breasts

PRODUCE

- 4 pounds carrots
- 2 small onions
- 4 limes
- 1 orange
- 2-inch ginger root (I subbed 1/2 teaspoon dried ginger because I forgot to buy ginger root)
- 8 large garlic cloves

SEASONINGS

- 1 teaspoon ground cayenne red pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon pepper
- 2.5 teaspoons salt

FROZEN

- Bag of broccoli stir fry vegetables x2 (Mine were each 14.4 oz) – If you want to sub fresh vegetables, use one sliced red pepper, one sliced green pepper, and 2 peeled and sliced carrots

MISC

- 2 cups + 2 tablespoons honey
- 1 cup + 2 tablespoons low sodium soy sauce
- 1/2 cup rice wine vinegar (I subbed red wine vinegar)
- 1/2 cup balsamic vinegar
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

ITEMS NEEDED FOR DAY-OF COOKING

- 4 cups of beef broth (I bought 2 cans)
- Side dishes, optional (I bought microwaveable brown rice for the chicken teriyaki and boxed stuffing for the beef roast)

RECIPES

Crockpot Balsamic Beef Roast with Carrots

Modified from The Chic Site

<http://thechicsite.com/2013/07/16/slow-cooker-balsamic-pot-roast/>

Yields: One gallon-sized bag of Balsamic Beef Roast with 4-6 servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 2 pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and cut into bite-sized pieces
- 1/2 cup honey
- 1/4 cup balsamic vinegar
- 1 tablespoon low sodium soy sauce
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 cloves of garlic, minced
- Zest of 1/2 an orange
- 2 cups of beef broth – NOT NEEDED UNTIL DAY OF COOKING

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except beef broth. Add beef roast to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on "low" setting for 8-12 hours, or until beef shreds easily and carrots are soft.
4. Shred beef and serve.

Crockpot Lime Shredded Pork

From my No Cook Freezer Recipes Cookbook
<http://newleafwellness.biz/product/cookbook-ebook-bundle/>

Yields: One gallon-sized bag of Lime Shredded Pork with 4-6 servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 2.5lb bone-in pork shoulder roast (sometimes labeled as a “Boston butt” or “pork butt”)
- The juice from two limes
- 1 tablespoon honey
- 1/2 teaspoon ground cayenne red pepper
- 1/4 teaspoon salt

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label freezer bag.
2. To your freezer bag, add lime juice, honey, cayenne pepper, salt, and pork shoulder. (Add the pork shoulder to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on “low” setting for 8-12 hours, or until pork is cooked through and falls off the bone.
3. Remove pork meat from the bone.
4. Shred and serve with tortillas or rice.

Crockpot Chicken Teriyaki

Modified from The Taylor House

<http://www.thetaylor-house.com/slow-cooker-chicken-teriyaki/2/>

Yields: One gallon-sized bag of chicken teriyaki with 3 servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- One pound boneless skinless chicken breasts
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar (I subbed red wine vinegar)
- 1 small onion, diced
- 1 large clove garlic, minced
- 1-inch ginger root, peeled and minced
- 1/4 teaspoon black pepper
- One bag frozen stir fry veggies (Mine was 14.4 oz)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through.

More info can be found on <http://www.NewLeafWellness.biz>

Six Make Ahead Freezer Meals in 50 Minutes

Two freezer bags of Crockpot Turkey, White Bean, & Kale Soup

Two freezer bags of Crockpot Honey Sesame Chicken

Two pans of Brown Sugar Meatloaf

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 4 pounds of boneless skinless chicken thighs (I subbed chicken breasts)
- 2 pounds of ground turkey
- 3 pounds of ground beef

PRODUCE

- 2 pounds carrots
- 4 yellow onions
- 1 bunch of kale
- 4 large garlic cloves

SEASONINGS

- 1/2 teaspoon red pepper flakes
- 1 teaspoon pepper
- 2 teaspoons salt
- 4 tablespoons Italian seasonings
- 1/2 teaspoon ground ginger

COLD

- 1 cup 2% milk (or whatever you have on-hand)
- 4 large eggs

CANNED

- 15oz can of cannellini beans (white kidney beans) x2

MISC

- 1 cup honey
- 1/2 cup light brown sugar
- 1 cup low sodium soy sauce
- 1.5 cups ketchup
- 1 teaspoon Worcestershire sauce
- 1/4 cup extra virgin olive oil
- 2 packages of onion soup mix
- 1.5 cups Italian-seasoned breadcrumbs
- 4 pieces of bread
- 4 gallon-sized plastic freezer bags (I use Hefty brand)

- Two 9x5" loaf pans (If you don't own two, you can use disposable)
- Plastic wrap
- Aluminum foil
- Cooking spray

ITEMS NEEDED FOR DAY-OF COOKING

- 16 cups of chicken broth (I bought 4 cartons)
- Sesame seeds
- Side dishes, optional (I bought brown rice and broccoli for the chicken and potatoes and carrots for the meatloaf.)

RECIPES

Crockpot Honey Sesame Chicken

Modified from Damn Delicious

<http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesame-chicken/>

Yields: One bag of honey sesame chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 2 pounds boneless, skinless chicken thighs (I subbed chicken breasts)
- Sesame seeds (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through.
4. Top with sesame seeds.

Crockpot Turkey, White Bean, & Kale Soup

Yields: One gallon-sized bag of soup with six servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 1 can cannellini beans (white kidney beans), washed and drained
- 2 tablespoons Italian seasonings
- 1 pound ground turkey
- 8 cups chicken broth (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add ground turkey to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot with 8 cups of chicken broth.
3. Cook on "low" setting for 8 hours, or until turkey is cooked through and carrots are soft.

Brown Sugar Meatloaf

Yields: Two pans of brown sugar meatloaf (each loaf has six slices that are 1.5" thick.)

INGREDIENTS FOR MEATLOAF

- 4 pieces of bread
- Cooking spray
- 3 pounds lean ground beef
- 1 cup 2% milk (or whatever you have on-hand)
- 4 large eggs
- 2 packages onion soup mix
- 1.5 cups Italian-seasoned breadcrumbs
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger

INGREDIENTS FOR BROWN SUGAR GLAZE

- 1/2 cup light brown sugar
- 1 cup ketchup
- 1 teaspoon Worcestershire sauce

MATERIALS

- Two 9x5" loaf pans
- Plastic wrap (to cover pans)
- Aluminum foil (to cover pans)

PREP

1. Label the aluminum foil for the top of your pans.
2. Coat bottom of pans with cooking spray and place two slices of bread at the bottom of each pan. (The bread will absorb the grease from the cooked meatloaf.)
3. In a large mixing bowl, combine the remaining meat loaf ingredients. Split between two loaf pans.
4. In a medium-sized bowl, combine ingredients for brown sugar glaze. Spread on top of meatloaves in pans.
5. Cover each pan with one layer of plastic wrap and one layer of foil. Freeze for up to three months.

COOK

1. Pre-heat oven to 350 degrees F.
2. Remove plastic wrap and foil.

3. Bake, uncovered, 90 minutes to 2 hours, or until cooked through. (To shorten the cooking time, defrost the meatloaf overnight in your refrigerator the night before you're going to cook it.)
4. Cut bread from bottom of meatloaf, and discard it.

More info can be found on <http://www.NewLeafWellness.biz>

6 Crockpot Freezer Meals from Aldi in 40 Minutes

Two freezer bags of Crockpot Cranberry Chicken
Two freezer bags of Crockpot Italian Chicken
Two freezer bags of Crockpot Tomato Beef Veggie Soup

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 8 pounds of boneless skinless chicken breasts
- 2 pounds of lean ground beef

PRODUCE

- 2 pounds baby carrots
- 6 small onions
- 8 large cloves of garlic

FROZEN

- Bag of frozen chopped green beans x2

SEASONINGS

- 2 teaspoons dried oregano leaves
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1 teaspoon red pepper flakes
- 1 teaspoon black pepper

CANNED

- 15oz can of cannellini beans (white kidney beans) x2
- 14oz can of whole cranberry sauce x2
- 28oz can diced tomatoes x2

MISC

- 3/4 cup honey
- 1/4 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 24 oz jar of pasta sauce x2 (I bought Aldi's organic tomato basil)
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of chicken broth (I bought 2 cartons)
- Side dishes, optional (I bought frozen garlic bread for the soup, green beans and brown rice for the cranberry chicken, and spaghetti for the Italian chicken – I'll buy fresh produce to make a salad the day-of serving.)

RECIPES

Crockpot Cranberry Chicken

Yields: One bag of cranberry chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 14oz can whole cranberry sauce
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 2 pounds boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Crockpot Italian Chicken

Yields: One bag of Italian chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 28oz can diced tomatoes
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 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

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Crockpot Tomato Beef Veggie Soup

Yields: One gallon-sized bag of tomato beef veggie soup with six servings. (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 small onion, diced
- 1 pound of baby carrots, cut into bite-sized pieces
- 1 bag of frozen chopped green beans
- 1 can cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of pasta sauce
- 1 pound ground beef
- 4 cups chicken broth (not needed until day of cooking)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add ground beef to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot with 4 cups of chicken broth.
3. Cook on "low" setting for 8 hours, or until beef is cooked through and carrots are soft.
4. Break apart ground beef and serve.

More info can be found on <http://www.NewLeafWellness.biz>

Six Cheap Freezer Crockpot Meals in 50 Minutes

Two freezer bags of Crockpot Shredded BBQ Chicken
Two freezer bags of Crockpot Mexican Chicken Chili with Cornbread Topping
Two freezer bags of Crockpot Beef and Lime Chili

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds of boneless skinless chicken breasts
- 2 pounds of lean ground beef

PRODUCE

- 2 limes
- 4 small yellow onions
- 2 peppers (any color – I used green)
- 4 large cloves of garlic

FROZEN

- 4 cups of frozen corn

SEASONINGS

- 4 tablespoons chili powder
- 2 tablespoons curry powder
- 4 teaspoons ground cumin
- 2 packages of taco seasoning mix or 5 tablespoons homemade mix (2tbsp chili powder, 2 tsp pepper, and 1 tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food.)

CANNED

- 15oz can of black beans x4
- 10.75oz can of condensed tomato soup x2
- 14.5oz can of petite diced tomatoes x2 (I split a 28oz can between the two recipes)
- 15oz can of tomato sauce x2

MISC

- 4 cups ketchup
- 1/2 cup Worcestershire sauce
- 2 tablespoons hot sauce (like Frank's red hot)
- 6 tablespoons light brown sugar
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

ITEMS NEEDED FOR DAY-OF COOKING

- 1/2 pound cheese (about 2 cups shredded) for Chicken Chili – I use cheddar or pepper jack
- 2 boxes of Jiffy corn muffin mix plus the ingredients listed on the box (one egg and 1/3 cup milk per box)
- Side dishes, optional (I bought chips and cheese for the chili. Buns and corn on the cob for the shredded BBQ chicken.)

RECIPES

Crockpot Beef and Lime Chili

Yields: One bag of chili with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 1 cup of frozen corn
- 15oz can tomato sauce
- 14.5oz can of petite diced tomatoes
- Two 15oz cans of black beans, drained and rinsed
- 1 small onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- The juice from one lime
- 1 pound lean ground beef

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label freezer bag.
2. To your freezer bag, add all ingredients. (Add the ground beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker crockpot and cook on "low" setting for 8 hours, or until beef is cooked through and tender.
3. Break beef apart with a large spoon and serve.

Crockpot Mexican Chicken Chili with Cornbread Topping

Yields: One gallon-sized bag of Chicken Chili with six servings (I doubled this recipe and made two bags)

INGREDIENTS FOR PREP DAY

- 1 medium-sized yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 1 package of store-bought taco seasoning or 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1tbsp chili powder, 1 tsp pepper, and 1/2 tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food)
- 10.75oz can of condensed tomato soup
- 1 pound boneless, skinless chicken breasts

INGREDIENTS FOR DAY OF COOKING

- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients from the “prep day” list. (Add the chicken to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 4-6 hours, or until chicken is cooked through and tender.
3. Shred chicken with a fork.
4. Top chicken chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on “high” setting for one hour or until cornbread topping is cooked through.

Note: If you want to have everything prepped ahead of time, you can shred and freeze the cheese in a plastic bag. Cook the corn muffin mix as muffins, flash freeze, and serve as side dish with chili instead of as a topping.

Crockpot Shredded BBQ Chicken

Yields: One bag of BBQ chicken with six servings (I doubled this recipe and made two bags.)

INGREDIENTS

- 2 cups ketchup (I like Simply Heinz)
- 1/4 cup Worcestershire sauce
- 3 tablespoons light brown sugar
- 2 tablespoon chili powder
- 1 tablespoon hot sauce
- 1 tablespoon curry powder
- 2 pounds boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the chicken breasts to the bag last, so they're the first ingredients poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 4-8 hours, or until chicken is cooked through.
3. Shred chicken and mix with remaining BBQ sauce in slow cooker.
4. Serve!

More info can be found on <http://www.NewLeafWellness.biz>

Six Healthy “Comfort Food” Freezer Meals

Two freezer bags of Crockpot Beef Roast and Carrots
Two freezer bags of Crockpot Pot Roast and Green Beans
Two freezer bags of Crockpot Beef Barley Stew

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 5 boneless beef chuck shoulder roasts (2 pounds each. You can split one between the two bags of stew.)

PRODUCE

- 6 carrots
- 4 celery ribs
- 1 onion
- 2 pounds baby carrots

FROZEN

- 2 pounds frozen green beans

SEASONINGS

- 4 teaspoons dried thyme
- 2 dried rosemary
- 2 bay leaves
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 packages of taco seasoning mix (or this homemade mix: 2tbsp chili powder, 2 tsp pepper, and 1tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food.)
- 2 packages of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 2 tbsp beef bullion granules, 1/4 tsp onion powder, 1/2 tsp parsley flakes, and 1/8 tsp of the following: celery seed, paprika, and pepper)

MISC

- 4 tablespoons and 2 teaspoons beef bullion granules
- 1 cup pearled barley
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (I buy rice or potatoes for the beef roasts and pot roasts, and biscuits for the stew)

RECIPES

Crockpot Beef Roast and Carrots

Yields: One bag of beef roast and carrots with six servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the crockpot!)
- 1 pound baby carrots
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One packet of store-bought taco seasoning (or this homemade mix: 1 tbsp chili powder, 1 tsp pepper, and 1/2 tsp of the following: salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, and garlic salt)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork and carrots are soft.
3. Shred beef and serve!

Crockpot Pot Roast and Green Beans

Yields: One bag of pot roast and green beans with six servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the crockpot!)
- 1 pound frozen green beans
- 1 packet of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 2 tbsp beef bullion granules, 1/4 tsp onion powder, 1/2 tsp parsley flakes, and 1/8 tsp of the following: celery seed, paprika, and pepper)
- 1 cup water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add one cup of water.
3. Cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred beef and serve!

Crockpot Beef Barley Stew

Modified from [Live Simply](#)

Yields: One bag of beef barley stew with four servings (I doubled this recipe and made two bags)

INGREDIENTS

- 1 pound boneless beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1/2 onion, chopped
- 2 tablespoons and 1 teaspoon beef bullion granules
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearly barley
- 7 cups water *not needed until day-of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add 7 cups of water.
3. Cook on "low" setting for 8 hours or until carrots are soft.
4. Remove the bay leaf and enjoy!

More info can be found on <http://www.NewLeafWellness.biz>

Grocery List for All 3 Crockpot Freezer Meals

Produce

- 4-pack of colorful bell peppers \$4.99
- 1 garlic clove \$0 (already had on-hand)

Meat

- 3 pounds ground beef \$8.97

Freezer

- 16oz bag frozen diced onions \$1
- 16oz bag of frozen peas and carrots \$1
- 1/2 of 16oz bag of frozen yellow corn (about 1 and 2/3 cups) \$1

Miscellaneous

- 45oz jar pasta sauce (we like Prego Traditional) \$3.99
- 1 packet of Slow Cookers Vegetable Beef Soup seasoning mix \$1.99
- 1 tablespoon Worcestershire sauce \$0 (already had on-hand)
- 3 gallon-sized plastic freezer bags \$0 (already had on-hand)
- 1 quart-sized plastic freezer bag \$0 (already had on-hand)

TOTAL = \$22.94

Crockpot Hamburger Vegetable Soup

Serve with Italian bread.

Yields: 4 servings

Ingredients

- 1/2 of 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 16oz bag of frozen peas and carrots
- 1 cup diced onion
- about 1 cup pasta sauce
- 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 with the name of the recipe, cooking instructions, and use-by date (which should be 3 months from the prep date).
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.

Money Saving Tip: Replace seasoning packet with 2 tsp dried thyme, 1 tsp dried rosemary, 1 bay leaf, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 3 tsp beef bullion granules.

Crockpot Stuffed Peppers

Serve with rice.

Yields: 4 servings

Ingredients

- 4 colorful bell peppers (I bought a pack with 2 red, 1 yellow, 1 orange), tops cut off and seeds removed
- 1 cup diced onion
- 1 garlic clove, minced
- about 2.5 cups pasta sauce, divided
- 1 pound ground beef

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.
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 for up to three months.

To Cook

1. Thaw overnight in fridge or in morning in water.
2. Place peppers in the crockpot and cover with sauce.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4- quart crockpot.

Money Saving Tip: If rainbow bell peppers aren't on sale, substitute green bell peppers because they are cheaper. Also, slice off the tops of the peppers and save them for the Sloppy Joe recipe.

Crockpot Sloppy Joes

Serve on hamburger buns with a salad.

Yields: 4 servings

Ingredients

- 1 diced bell pepper
- 1 tablespoon Worcestershire sauce
- 1 cup diced onion
- about 2 cups pasta sauce
- 1 pound ground beef

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. Add to crockpot.
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.

Money Saving Tip: Instead of buying an additional bell pepper, dice the tops of the peppers from the stuffed pepper recipe and use them here.

Eight Crockpot Freezer Meals in 35 Minutes

GROCERY LIST FOR ALL 8 MEALS

MEAT

- 5 lbs boneless, skinless chicken breasts
- 2 lb bone-in pork shoulder x2 (also called "Boston Butt" or "Pork Butt") (note: this is my favorite cut of pork for the crockpot, but boneless pork prime roasts were BOGO at the grocery store so I used them instead)
- 2 lb boneless beef chuck shoulder roast
- 2 lbs boneless pork ribs
- 1 lb ground beef

PRODUCE

- 2 small yellow onions
- 4 cloves garlic

FROZEN

- 2 pounds frozen green beans (you can sub fresh)
- 1 bag frozen corn (16 oz)
- 1 bag frozen stir fry veggies with peppers and onions (14 oz)

SEASONINGS

- 2 teaspoons dried oregano
- 1 teaspoon dried parsley
- 2 teaspoons salt
- 4.5 teaspoons ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon ground thyme
- 2 packages of taco seasoning mix (or this homemade mix: 2tbsp chili powder, 2 tsp pepper, and 1tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes)
- 2 packages of onion soup mix (or this homemade mix: 1/2 cup dried onion flakes, 2 tbsp beef bullion granules, and 1/2 tsp of the following: onion powder, parsley flakes, celery seed, paprika, and pepper)

MISC

- 15 oz can whole cranberry sauce x2
- 28oz can diced tomatoes x2
- can of condensed tomato soup x2
- 1 cup honey
- 4 tablespoons Dijon mustard
- 4 tablespoons extra virgin olive oil
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 1/2 pound cheese (about 2 cups shredded) for Chili – I use cheddar or pepper jack (Note: you can buy this ahead of time, shred and freeze)
- 2 boxes of Jiffy corn muffin mix plus the ingredients listed on the box (one egg and 1/3 cup milk per box)
- Side dishes, optional (I bought microwaveable organic brown rice for the cranberry and honey dijon meals and spaghetti for the Italian meals. I will also serve with a fresh vegetable or salad.)

RECIPES

Crockpot Cranberry and Green Beans

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with chicken and one with pork)

INGREDIENTS

- 1 pound frozen green beans (You can sub fresh)
- 15oz can of whole cranberry sauce
- 1 packet of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 1 tbsp beef bullion granules, and 1/4 tsp of the following: onion powder, parsley flakes, celery seed, paprika, and pepper)
- 2 pounds of meat (I used chicken breasts for one bag and a pork roast in the second bag)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the meat to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours (chicken), or 8 hours (pork).
4. If using bone-in pork, remove bone and shred meat.
5. Serve meat with green beans and cranberry sauce.

Crockpot Mexican Chili with Cornbread Topping

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags – one with chicken and one with ground beef.)

INGREDIENTS FOR PREP DAY

- 1/2 bag of frozen stir fry vegetables (You can sub a fresh pepper and onion, diced)
- 1/2 bag of frozen corn
- 1 package of store-bought taco seasoning or 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food)
- 10.75oz can of condensed tomato soup
- 1 pound of meat (I used 1 lb chicken breasts for one bag and 1 lb ground beef for the second bag)

INGREDIENTS FOR DAY OF COOKING

- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients from the “prep day” list. (Add the meat to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 4-6 hours (chicken) or 8 hours (ground beef).
3. Shred chicken or break apart ground beef.
4. Top chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on “high” setting for one hour or until cornbread topping is cooked through.

Crockpot Italian Chicken/Beef

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with chicken and one with beef.)

INGREDIENTS

- 1 small onion, diced
- 28oz can diced tomatoes
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds of meat (I used chicken breasts in one bag and a boneless beef chuck shoulder roast in the second bag)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add the meat to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot.
3. Cook on "low" setting for 4-6 hours (chicken) or 8 hours (beef).
4. If using beef, shred with a fork.
5. Serve with sauce in crockpot.

Crockpot Honey Dijon Pork

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with a pork roast and one with boneless pork ribs)

INGREDIENTS

- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 3 pounds of meat
- 1/2 cup water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except water. (Add the meat to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add 1/2 cup of water.
3. Cook on "low" setting for 8 hours or until meat is tender.
4. Serve with sauce in crockpot.

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