

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.