

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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