

## 7 Crockpot Freezer Meals That Even Kids Will Eat

*Free printable recipes and grocery list below*

### Recipe List

1. [Slow Cooker Turkey Black Bean Chili](#)
2. Honey Mustard Chicken from our [Crockpot Chicken Freezer Meals eBook](#) and shared for free below
3. [Mozzarella-Stuffed Turkey Pesto Meatballs](#) (can be cooked in the oven or crockpot)
4. [Slow Cooker Meatball Veggie Soup](#)
5. Japanese Beef Teriyaki from when [Kelly made 7 meals in 30 minutes](#)
6. Cheesy Chicken Tater Tot Casserole from this other [kid-friendly freezer meal prep session](#)
7. [Slow Cooker Spring Chicken Soup](#)

## 1. Slow Cooker Turkey Black Bean Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound of ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 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

### 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting in slow cooker for 6-8 hours.
4. Break apart ground turkey and stir.

Serve with shredded cheese and crushed tortilla chips.

## 2. Honey Mustard Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts (about 6 small chicken breasts), cut into bite-sized pieces
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 1/4 cup mayonnaise
- 1/2 cup chicken broth
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

### 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.

Serve with peas and applesauce.

### 3. Mozzarella-Stuffed Turkey Pesto Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 18 meatballs (6 servings of 3 meatballs each)

#### Ingredients

- 14.5oz can diced tomatoes, undrained
- 1 pound ground turkey
- 1 large egg
- 1/2 cup basil pesto (store-bought or [homemade](#))
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated parmesan cheese
- 4-5 mozzarella string cheese sticks, cut into 4 pieces each
- 4oz mozzarella cheese, shredded (about one cup)

#### Materials

- 9×13" aluminum or disposable baking pan
- Plastic wrap
- Aluminum foil

#### To Freeze and Cook Later

1. Pour diced tomatoes into 9×13" aluminum or disposable baking pan.
2. In a large bowl, combine ground turkey, egg, pesto, breadcrumbs, and parmesan cheese. Form into 18 meatballs.
3. Press one piece of mozzarella cheese inside each meatball and place in baking pan.
4. Cover with shredded mozzarella cheese.
5. Cover pans with layers of plastic wrap and foil, and freeze for up to three months.

#### To Cook in Crockpot

1. Thaw pan overnight in refrigerator or in the morning in water.
2. Dump into crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.

#### To Cook in Oven

1. Pre-heat oven to 350°F.
2. Uncover and bake at 350°F for 90 minutes (You can shorten the cooking time to 30 minutes by thawing overnight in the refrigerator.).

Serve with spaghetti and a salad.

For more info visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)

## 4. Crockpot Meatball Veggie Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 4 cups low sodium 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 with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add chicken broth and contents of freezer bag to crockpot.
3. Cook for 8 hours on "low" setting or until veggies are cooked through and soft.

Serve with a piece of crusty bread on the side.

## 5. Crockpot Beef Teriyaki

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 bags of fresh sugar snap peas (8oz each)
- 2 pounds sliced beef top sirloin steak
- 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
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)

### 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

## 6. Cheesy Chicken Tater Tot Casserole

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 32oz bag frozen tater tots
- 3oz bag bacon pieces (absorbent paper from inside bag removed!)
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 8 oz cheddar cheese, shredded (2 cups)
- 3/4 cup 2% milk (or whatever kind you have on hand)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### 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.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4-6 hours or until chicken is cooked through.

Top with sour cream and serve with peas.

## 7. Crockpot Spring Chicken Soup

Recipe from [New Leaf Wellness](#)

Yields: 8 servings

### Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts
- 1 bunch of scallions, chopped
- 1 garlic clove, minced
- 4 carrots, peeled and sliced
- 1 medium-sized zucchini, diced
- 3 celery ribs, sliced
- The juice from 1 lemon
- 1 1/2 teaspoons dried dill
- 1 1/2 teaspoons dried parsley
- 1/4 teaspoon pepper
- 1/2 cup orzo (not needed until day of cooking)
- 64oz chicken broth (8 cups) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and “use-by” date.
2. To freezer bag, add all remaining ingredients except orzo and chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add broth and contents of freezer bag to crockpot and cook for 6 hours on “low” setting.
3. Shred chicken, add orzo, and cook on “low” for additional 1/2 hour.

Serve with French bread.

For more info visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)



## **Grocery List for all 7 Recipes**

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

### **Produce**

- 7 garlic cloves (1, 5, 7)
- 1 1/2-2 pounds carrots (4, 7)
- 3 cups green beans (4)
- 1 medium-sized zucchini (4)
- 1 medium-sized yellow onion (4)
- 2 bags of fresh sugar snap peas (8oz each) (5)
- 1-inch fresh ginger root (5)
- 1 bunch of scallions (7)
- 1 medium-sized zucchini (7)
- 3 celery ribs (7)
- 1 lemon for juice (7)

### **Meat**

- 2 pounds ground turkey (1, 3)
- 4 pounds boneless skinless chicken breasts (2, 6, 7)
- 2 pounds beef top sirloin steak (5)
- 3oz bag bacon pieces (6)
- 1 pound small meatballs (4)

### **Cold**

- 1 large egg (3)
- 3/4 cup milk (6)
- 1/4 cup grated parmesan cheese (3)
- 4-5 mozzarella string cheese sticks (3)
- 4oz shredded mozzarella cheese (3)
- 8oz shredded cheddar cheese (6)

### **Frozen**

- 1 2/3 cup frozen corn (1)
- 32oz bag frozen tater tots (6)

### **Canned**

- 2 cans of black beans (15oz each) (1)
- 28oz can of tomato sauce (1)
- 2 cans of petite diced tomatoes (14.5oz) (1, 3)
- 24oz jar of pasta sauce (4)
- 1/2 cup chicken broth (2)

### **Spices**

- 1 1/2 teaspoons dried dill (7)
- 1 1/2 teaspoons dried parsley (7)

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- 1 teaspoon pepper (2, 6, 7)
- 1 tablespoon paprika (1)
- 1 tablespoon chili powder (1)
- 2 teaspoons ground cumin (1)
- 1 1/2 teaspoon ground oregano (1)
- 1/4 teaspoon crushed red pepper flakes (1)
- 3/4 teaspoon salt (2, 6)
- 1/2 teaspoon garlic powder (2)
- 1 1/2 teaspoon onion powder (2, 5)

### **Baking**

- 1/4 cup honey (2)
- 1/4 cup light brown sugar (5)
- 1 tablespoon cornstarch (5)

### **Miscellaneous**

- 1/4 cup mayonnaise (2)
- 1/2 cup low sodium soy sauce (5)
- 1/4 cup Dijon mustard (2)
- 1/2 cup Italian breadcrumbs (3)
- 1/2 cup basil pesto (3)

### **Oils and Vinegar**

- 1 tablespoon olive oil (7)
- 1/4 cup rice wine vinegar (5)

### **Materials**

- 6 gallon-sized plastic freezer bags
- 9×13" aluminum or disposable baking pan
- Plastic wrap
- Aluminum foil

### **Not Needed until Day of Cooking**

- 1/2 cup orzo (7)
- 96oz chicken broth (12 cups) (4, 7)
- Suggested Side Dishes
  1. Slow Cooker Turkey Black Bean Chili – shredded cheese and crushed tortilla chips
  2. Honey Mustard Chicken – peas and applesauce
  3. Mozzarella-Stuffed Turkey Pesto Meatballs – spaghetti and salad
  4. Slow Cooker Meatball Veggie Soup – crusty bread
  5. Japanese Beef Teriyaki – rice
  6. Cheesy Chicken Tater Tot Casserole – sour cream and peas
  7. Slow Cooker Spring Chicken Soup – French bread