

Crockpot Freezer Meals From Costco

30 Meals in 3 Hours

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1. Red Pepper Chicken

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 4 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 2 medium-sized red bell peppers, sliced (about 3 cups)
- 1 small onion, diced (one cup)
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1 1/2 pounds boneless, skinless chicken breasts (one pouch)

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Shred chicken and serve on tortillas.

2. Honey Sesame Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 4 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 small onion, diced (1 cup)
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 1 1/2 pounds boneless, skinless chicken breasts

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Top with sesame seeds and serve with rice and steamed broccoli.

3. Black Bean Chili

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 6 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 2 cans of black beans (15oz each), drained and rinsed
- 1 can corn, rinsed
- 2 cans of tomato sauce (15oz each)
- 1/4 teaspoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 1/2 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound ground beef (I split a 4-pound package between the 3 freezer bags)

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook for 8 hours on “low” setting.
4. Break apart ground beef.

Serve with cornbread.

4. Meatball Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 small onion, diced (1 cup)
- 1 can corn, rinsed
- 1 can green beans, rinsed
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound frozen meatballs (about 4 handfuls)
- 4 cups beef 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. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook for 6 hours on “low” setting or until vegetables are soft.

Serve with fresh bread.

5. Crockpot Meatballs in Sauce

Recipe from [New Leaf Wellness](#)

Yields: 6 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 ½ pounds frozen meatballs (about 6 handfuls)
- 45oz jar of pasta sauce

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook for 6-8 hours on “low” setting or until meatballs are heated through and tender.

Serve with spaghetti.

6. Sweet and Sour Meatballs

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 6 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 2 sweet peppers, roughly chopped
- 1 small onion, diced (1 cup)
- 1 pound frozen pineapple chunks (I split a 4-pound bag between the 3 freezer bags and put 4 cups in each bag)
- ¼ cup light brown sugar
- 3 tablespoons rice wine vinegar or apple cider vinegar
- 3 tablespoons low sodium soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 2 tablespoons cornstarch
- 1 ½ pounds frozen meatballs (about 6 handfuls)

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook for 6-8 hours on “low” setting or until peppers and onions are tender.

Serve with rice.

7. Italian Chicken

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 4 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 small onion, diced (1 cup)
- 5oz fresh baby spinach (about 2 big handfuls) (I split a 16oz container between the 3 freezer bags)
- 2 cans of tomato sauce (15oz each)
- 1 tablespoon light brown sugar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 1/2 pounds boneless skinless chicken breasts

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. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve with spaghetti.

8. Hamburger Vegetable Soup

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 6 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 can corn, rinsed
- 1 can green beans, rinsed
- 14.5oz can of diced tomatoes, undrained
- 1 small onion, diced (1 cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pound ground beef (I split a 4-pound package between the 3 freezer bags)
- 4 cups beef 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. Add all ingredients to your freezer bag except beef broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Remove bay leaf, break apart ground beef, and stir.

Serve with garlic bread.

9. Taco Chicken Soup

Recipe from [New Leaf Wellness](http://www.NewLeafWellness.biz)

Yields: 6 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 small onion, diced (1 cup)
- 1 can corn
- 1 can black beans, drained and rinsed (I split 2 cans between the 3 freezer bags)
- 2 cans diced tomatoes (14.5oz each), undrained (I split 5 cans between the 3 freezer bags)
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1 1/2 pounds boneless skinless chicken breasts (1 pouch)
- 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 with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add chicken broth.
3. Cook for 6-8 hours on “low” setting.
4. Shred chicken.

Serve with shredded cheese and tortilla chips.

10. Korean Potstickers Stir Fry

Recipe from New Leaf Wellness

Yields: 4 servings per freezer bag (I made 3)

Ingredients For Each Bag

- 1 1/3 pounds organic potstickers (I split two 2-pound bags between the 3 freezer bags)
- 2 pounds stir fry vegetables blend (I split a 5.5 pound bag between the 3 freezer bags)
- 1/4 cup light brown sugar
- 2 tablespoons rice wine vinegar or apple cider vinegar
- 1/4 cup soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1 tablespoon cornstarch
- 2 tablespoons sesame oil (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. Add all ingredients (except sesame oil) to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook in the Crockpot

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot with sesame oil.
3. Cook for 4-6 hours on “low” setting.

To Cook in a Skillet

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into a large non-stick pan or skillet with sesame oil.
3. Pan fry over medium-high heat for 10 minutes, stirring occasionally, or until vegetables and potstickers are tender.

Top with sesame seeds and serve with rice.

Grocery List for all 30 Meals

Note: The number next to each ingredient corresponds to its recipe number. I spent a total of \$279.62. (Prices listed below in [turquoise](#). If no price is listed, I had it on-hand in my pantry.)

Produce

- 21 small onions (about 8/9 pounds or 21 cups diced) (1, 2, 4, 6, 7, 9, 8) (I bought a 10-pound bag [\\$5.99](#))
- 6 sweet peppers, any color (6) (I bought a pack with 2 red, 2 orange, 2 yellow [\\$6.99](#))
- 6 medium-sized red bell peppers (1) [\\$6.49](#)
- 15oz fresh baby spinach (7) (I bought a 1lb container (16oz) [\\$4.49](#))

Meat

- 18 pounds boneless skinless chicken breasts (1, 2, 7, 9) (I bought 4 packages with 3 pouches of organic chicken each [\\$92.72](#))
- 6 pounds ground beef (3, 8) (I bought 8 pounds total – 2 packages with 3 pouches of organic ground beef each [\\$39.98](#))

Frozen

- 12 pounds frozen meatballs (4, 5, 6) (Two 6-pound bags [\\$33.18](#))
- 4 pounds organic potstickers (10) (Two 2-pound bags [\\$17.98](#))
- 6 pounds stir fry vegetables blend (10) (I bought a 5.5 pound bag [\\$7.99](#))
- 3 pounds frozen pineapple chunks (6) (I bought a 4-pound bag [\\$6.59](#))

Canned

- 12 cans of organic tomato sauce (15oz each) (3, 7) [\\$7.99](#)
- 3 jars of pasta sauce (24oz each) (4) [\\$7.29](#)
- 3 jars of pasta sauce (45oz each) (5) [\\$7.29](#)
- 9 cans of organic diced tomatoes (14.5oz each) (8, 9) (I bought an 8-pack of 14.5oz cans and split them between the recipes [\\$6.49](#))
- 9 cans of black beans (15oz each) (3, 9) (I bought an 8-pack of 15oz cans and split them between the recipes [\\$5.99](#))
- 6 cans of green beans (4, 8) (I bought a 12-pack of 14.5oz cans [\\$7.89](#))
- 12 cans sweet yellow corn (3, 4, 8, 9) (I bought a 12-pack of 15.25oz cans [\\$7.49](#))

Miscellaneous

- 1 ½ cup extra virgin olive oil (1, 2, 7)
- 15 tablespoons rice wine vinegar or apple cider vinegar (6, 10)
- Almost 3 cups soy sauce (about 20oz) (2, 6, 10)
- ¾ cup ketchup (2) (I bought a 3-pack [\\$6.79](#))

Spices

- 3 bay leaves (8)
- 6 tablespoons chili powder (3, 9)
- 3 tablespoons and 1.5 teaspoons ground cumin (3, 9)
- 9 teaspoons garlic powder (1, 2, 3, 6, 7, 9, 10)
- 3 teaspoons ground ginger (6, 10)
- 3 tablespoon Italian seasonings (7)
- 4 ½ teaspoons dried oregano leaves (3)
- 3 tablespoons paprika (3)
- 3 ¾ teaspoons pepper (1, 2, 8)
- 6 teaspoons crushed red pepper flakes (1, 2, 3, 7, 9)
- 3 teaspoon dried rosemary (8)
- 3 ¾ teaspoons salt (1, 7, 8)
- 6 teaspoons dried thyme (8)

Baking

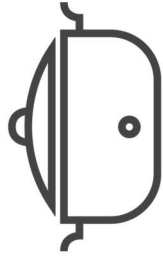
- ¾ cup honey (2)
- 1 ½ cup light brown sugar (6, 7, 10)
- 9 tablespoons cornstarch (6, 10)

Materials

- 30 gallon-sized plastic freezer bags (1-10)
- Measuring cups and spoons
- Cutting board and knife
- Colander to rinse canned beans and vegetables

Not Needed until Day of Cooking

- 12 cups chicken broth (96oz) (9)
- 24 cups beef broth (192oz) (4, 8)
- 6 tablespoons sesame oil (10)
- Suggested Side Dishes
 1. Red Pepper Chicken – tortillas
 2. Honey Sesame Chicken – rice and steamed broccoli
 3. Black Bean Chili – cornbread
 4. Meatball Vegetable Soup – fresh bread
 5. Crockpot Meatballs in Sauce – spaghetti
 6. Sweet and Sour Meatballs – rice
 7. Italian Chicken – spaghetti
 8. Hamburger Veggie Soup – garlic bread
 9. Taco Chicken Soup – shredded cheese and tortilla chips
 10. Korean Potstickers Stirfry – sesame seeds and rice



Red Pepper Chicken

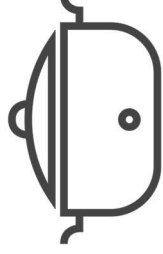
INGREDIENTS

Organic chicken breasts
Red peppers
Extra virgin olive oil
Garlic powder
Onions
Red pepper flakes
Pepper
Salt

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Shred and serve on tortillas.

USE BY:



Honey Sesame Chicken

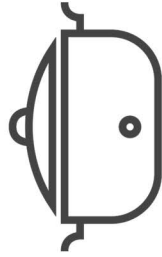
INGREDIENTS

Onions
Honey
Soy sauce
Ketchup
Extra virgin olive oil
Seasonings
Organic chicken breasts

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Top with sesame seeds and serve with broccoli and rice.

USE BY:



Black Bean Chili

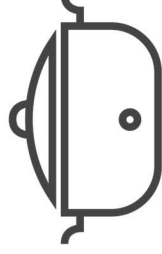
INGREDIENTS

Organic ground beef
Organic tomato sauce
Black beans
Canned corn
Seasonings

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 8 hours on "low" setting.
3. Break apart ground beef.
4. Serve with cornbread.

USE BY:



Meatball Vegetable Soup

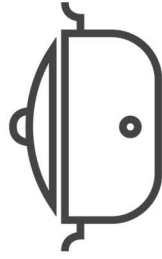
INGREDIENTS

Meatballs
Pasta sauce
Canned corn
Canned green beans
Onions

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to crockpot with 4 cups beef broth and cook for 6 hours on "low" setting or until onions are soft.
3. Serve with fresh bread.

USE BY:



Meatballs in Sauce

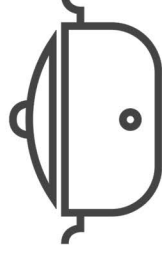
INGREDIENTS

Frozen meatballs
Pasta sauce

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 6-8 hours on "low" setting.
3. Serve with spaghetti.

USE BY:



Sweet and Sour Meatballs

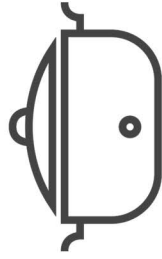
INGREDIENTS

Frozen meatballs
Peppers & Onions
Frozen pineapple chunks
Light brown sugar
Vinegar
Soy sauce
Seasonings
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 6-8 hours on "low" setting.
3. Serve with rice.

USE BY:



Italian Chicken

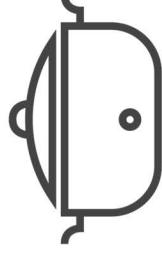
INGREDIENTS

Onions
Fresh baby spinach
Tomato sauce
Honey
Extra virgin olive oil
Seasonings
Organic chicken breasts

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Serve with spaghetti.

USE BY:



Hamburger Vegetable Soup

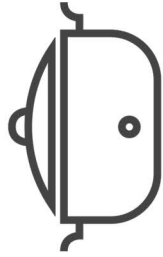
INGREDIENTS

Canned corn
Canned green beans
Organic diced tomatoes
Onions
Seasonings
Organic ground beef

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to crockpot with 4 cups beef broth and cook for 8 hours on "low" setting.
3. Remove bay leaf and break apart ground beef.
4. Serve with garlic bread.

USE BY:



Red Pepper Chicken

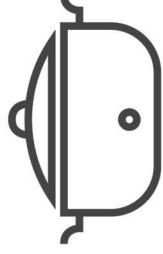
INGREDIENTS

Organic chicken breasts
Red peppers
Extra virgin olive oil
Garlic powder
Onions
Red pepper flakes
Pepper
Salt

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Shred and serve on tortillas.

USE BY:



Honey Sesame Chicken

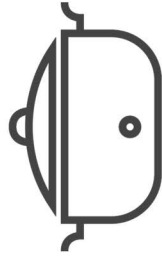
INGREDIENTS

Onions
Honey
Soy sauce
Ketchup
Extra virgin olive oil
Seasonings
Organic chicken breasts

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Top with sesame seeds and serve with broccoli and rice.

USE BY:



Black Bean Chili

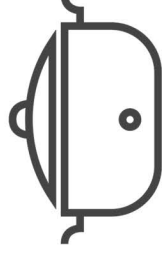
INGREDIENTS

Organic ground beef
Organic tomato sauce
Black beans
Canned corn
Seasonings

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 8 hours on "low" setting.
3. Break apart ground beef.
4. Serve with cornbread.

USE BY:



Meatball Vegetable Soup

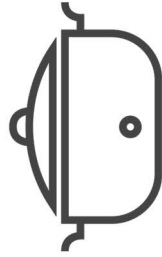
INGREDIENTS

Meatballs
Pasta sauce
Canned corn
Canned green beans
Onions

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to crockpot with 4 cups beef broth and cook for 6 hours on "low" setting or until onions are soft.
3. Serve with fresh bread.

USE BY:



Meatballs in Sauce

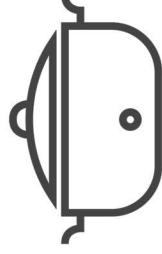
INGREDIENTS

Frozen meatballs
Pasta sauce

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 6-8 hours on "low" setting.
3. Serve with spaghetti.

USE BY:



Sweet and Sour Meatballs

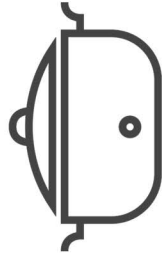
INGREDIENTS

Frozen meatballs
Peppers & Onions
Frozen pineapple chunks
Light brown sugar
Vinegar
Soy sauce
Seasonings
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 6-8 hours on "low" setting.
3. Serve with rice.

USE BY:



Italian Chicken

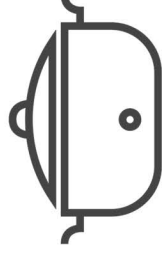
INGREDIENTS

Onions
Fresh baby spinach
Tomato sauce
Honey
Extra virgin olive oil
Seasonings
Organic chicken breasts

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Serve with spaghetti.

USE BY:



Hamburger Vegetable Soup

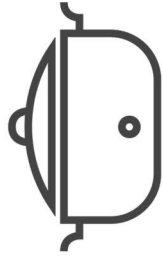
INGREDIENTS

Canned corn
Canned green beans
Organic diced tomatoes
Onions
Seasonings
Organic ground beef

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to crockpot with 4 cups beef broth and cook for 8 hours on "low" setting.
3. Remove bay leaf and break apart ground beef.
4. Serve with garlic bread.

USE BY:



Red Pepper Chicken

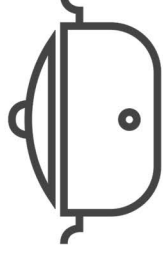
INGREDIENTS

Organic chicken breasts
Red peppers
Extra virgin olive oil
Garlic powder
Onions
Red pepper flakes
Pepper
Salt

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Shred and serve on tortillas.

USE BY:



Honey Sesame Chicken

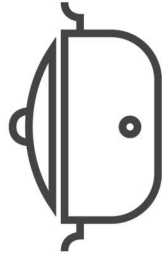
INGREDIENTS

Onions
Honey
Soy sauce
Ketchup
Extra virgin olive oil
Seasonings
Organic chicken breasts

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Top with sesame seeds and serve with broccoli and rice.

USE BY:



Black Bean Chili

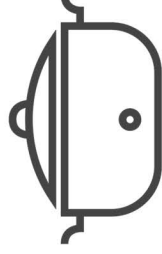
INGREDIENTS

Organic ground beef
Organic tomato sauce
Black beans
Canned corn
Seasonings

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 8 hours on "low" setting.
3. Break apart ground beef.
4. Serve with cornbread.

USE BY:



Meatball Vegetable Soup

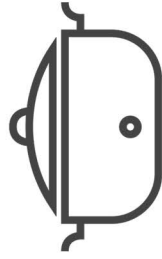
INGREDIENTS

Meatballs
Pasta sauce
Canned corn
Canned green beans
Onions

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to crockpot with 4 cups beef broth and cook for 6 hours on "low" setting or until onions are soft.
3. Serve with fresh bread.

USE BY:



Meatballs in Sauce

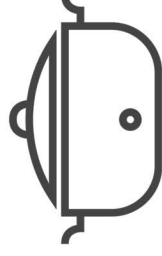
INGREDIENTS

Frozen meatballs
Pasta sauce

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 6-8 hours on "low" setting.
3. Serve with spaghetti.

USE BY:



Sweet and Sour Meatballs

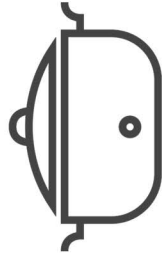
INGREDIENTS

Frozen meatballs
Peppers & Onions
Frozen pineapple chunks
Light brown sugar
Vinegar
Soy sauce
Seasonings
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 6-8 hours on "low" setting.
3. Serve with rice.

USE BY:



Italian Chicken

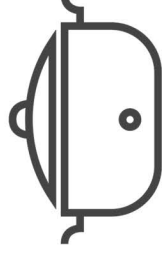
INGREDIENTS

Onions
Fresh baby spinach
Tomato sauce
Honey
Extra virgin olive oil
Seasonings
Organic chicken breasts

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Cook for 4-6 hours on "low" setting or until chicken is cooked through.
3. Serve with spaghetti.

USE BY:



Hamburger Vegetable Soup

INGREDIENTS

Canned corn
Canned green beans
Organic diced tomatoes
Onions
Seasonings
Organic ground beef

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to crockpot with 4 cups beef broth and cook for 8 hours on "low" setting.
3. Remove bay leaf and break apart ground beef.
4. Serve with garlic bread.

USE BY:



Korean Potstickers Stir Fry

INGREDIENTS

Organic vegetable potstickers
Stir fry vegetables blend
Garlic powder and ginger
Soy sauce
Vinegar
Light brown sugar
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to large non-stick pan or skillet with 2 tbsp sesame oil.
3. Pan fry over medium-high heat for 10 minutes, stirring occasionally.
4. Serve with rice.

USE BY:



Korean Potstickers Stir Fry

INGREDIENTS

Organic vegetable potstickers
Stir fry vegetables blend
Garlic powder and ginger
Soy sauce
Vinegar
Light brown sugar
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to large non-stick pan or skillet with 2 tbsp sesame oil.
3. Pan fry over medium-high heat for 10 minutes, stirring occasionally.
4. Serve with rice.

USE BY:



Korean Potstickers Stir Fry

INGREDIENTS

Organic vegetable potstickers
Stir fry vegetables blend
Garlic powder and ginger
Soy sauce
Vinegar
Light brown sugar
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to large non-stick pan or skillet with 2 tbsp sesame oil.
3. Pan fry over medium-high heat for 10 minutes, stirring occasionally.
4. Serve with rice.

USE BY:



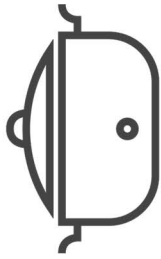
INGREDIENTS

Organic vegetable potstickers
Stir fry vegetables blend
Garlic powder and ginger
Soy sauce
Vinegar
Light brown sugar
Cornstarch

DIRECTIONS

1. Thaw overnight in refrigerator or in water in the morning.
2. Add to large non-stick pan or skillet with 2 tbsp sesame oil.
3. Pan fry over medium-high heat for 10 minutes, stirring occasionally.
4. Serve with rice.

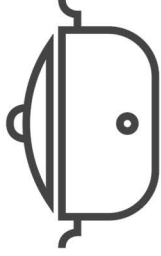
USE BY:



INGREDIENTS

DIRECTIONS

USE BY:



INGREDIENTS

DIRECTIONS

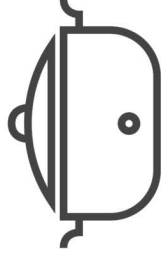
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INGREDIENTS

DIRECTIONS

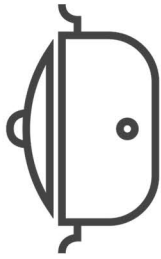
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INGREDIENTS

DIRECTIONS

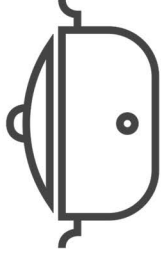
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INGREDIENTS

DIRECTIONS

USE BY:



INGREDIENTS

DIRECTIONS

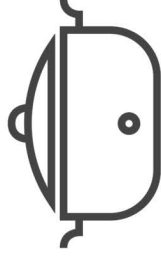
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INGREDIENTS

DIRECTIONS

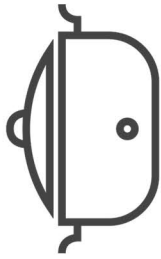
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INGREDIENTS

DIRECTIONS

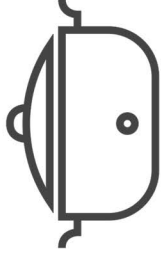
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INGREDIENTS

DIRECTIONS

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INGREDIENTS

DIRECTIONS

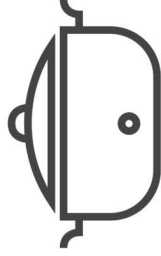
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INGREDIENTS

DIRECTIONS

USE BY:



INGREDIENTS

DIRECTIONS

USE BY: