

10 Crockpot Freezer Meals to Make When Chicken is Buy One, Get One Free

New Leaf Wellness

Recipe List

1. [Peanut Lime Chicken](#)
2. [Cherry Chicken Mole Tacos](#)
3. [Mediterranean Chicken](#)
4. [Chicken Philly Cheesesteak](#)
5. [Chicken Cacciatore](#)
6. [Red Pepper Chicken](#)
7. [Chicken Soup with Mexican Seasonings](#)
8. Chicken in Artichoke Marinara Sauce
9. [Chicken in Alla Vodka Sauce](#)
10. [Sweet & Spicy BBQ Chicken](#)

Printable recipes and grocery list below.

1. Peanut Lime Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds chicken breasts, cubed
- ¼ cup peanut butter
- juice of 3 limes
- 2 tablespoons soy sauce
- 3 cloves garlic, minced
- 1 teaspoon cilantro
- ½ teaspoon ground ginger
- ½ teaspoon 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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.

Skillet Option

Thaw. Cook 10 minutes in pan or until chicken is cooked through.

Serve with rice and steamed broccoli.

2. Cherry Chicken Mole Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 12oz frozen cherries (about 2.5 cups)
- 7oz can of chipotle pepper in adobo sauce (add 3 diced chipotle peppers and 1 teaspoon adobo sauce to this recipe and freeze the rest)
- 1 small yellow onion, chopped (one cup)
- 15oz can tomato sauce
- 2 tablespoons cocoa powder
- 2 tablespoons peanut butter
- 2 cloves of garlic, minced
- ½ teaspoon cumin

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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked through.
4. Shred chicken.

Serve in corn tortillas or over rice.

3. Mediterranean Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 12oz jar roasted red peppers, drained
- 1 cup pitted Kalamata olives, chopped
- 1/4 cup fresh basil leaves, chopped
- 3 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 15oz can diced tomatoes, undrained
- 1/4 teaspoon crushed red pepper flakes
- 4oz feta cheese crumbles

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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 6 hours.

Serve with couscous and a salad.

4. Chicken Philly Cheesesteak

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 1 pack rainbow bell peppers (red, yellow, and orange), sliced
- 1/2 teaspoon black pepper
- 1 clove garlic, minced
- 6 slices of provolone cheese (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except cheese.
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours.
4. Lay slices of cheese over mixture and cook an additional 10 minutes on “low” setting.

Serve on rolls with sweet potato fries.

5. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce (I like tomato and basil but feel free to use your favorite kind)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet yellow onion, chopped
- 1 tablespoon Italian Seasoning

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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.

Serve with spaghetti noodles and Parmesan cheese.

6. Red Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 3 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 yellow 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

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 3-6 hours.

Serve with brown rice and broccoli or a salad. You can also shred the chicken and serve on a tortilla with cheddar cheese.

7. Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced
- 2 large cloves garlic, minced
- 2 plum tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1/2 lime (about 2 tablespoons)
- 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

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot with chicken broth.
3. Cook on "low" setting for 4-8 hours or until carrots are soft and chicken is cooked through.
4. Shred chicken.

Top with crushed tortilla chips and shredded cheese.

8. Chicken in Artichoke Marinara Sauce

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, fat trimmed
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 1 orange bell pepper, chopped
- 28oz can crushed tomatoes
- 6oz can tomato paste
- 15oz can quartered artichoke hearts, drained
- 1 tablespoon honey
- 1 tablespoon basil
- 1 teaspoon salt
- ½ 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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours.
4. Shred chicken and stir.

Top with Parmesan cheese and serve on spaghetti with a large garden salad.

9. Chicken in Alla Vodka Sauce

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite sized pieces
- 1/2 cup vodka (optional)
- 8oz heavy cream
- 2 tablespoons butter, chopped
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 teaspoon basil
- 1/2 – 1 teaspoon crushed red pepper (depending on how spicy you like it!)
- 28oz can crushed tomatoes
- 6oz can tomato paste

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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.

Serve over penne pasta, topped with freshly grated Parmesan cheese, a garden salad, and fresh bread.

10. Sweet and Spicy BBQ Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 2 cups ketchup (we like Heinz)
- 1/4 cup Worcestershire sauce
- 3 tablespoons light brown sugar
- 2 tablespoons chili powder
- 1 tablespoon hot sauce
- 1 tablespoon curry 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 (three months from when you prepped the meal).
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 water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 4-6 hours or until chicken is tender.
4. Shred chicken.

Serve with cornbread and roasted carrots.

Grocery List for All 10 Recipes

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

Produce

- 4 limes for juice (1, 7)
- 23 cloves garlic (2 bulbs) (1, 2, 3, 4, 6, 7, 8, 9)
- 7 small yellow onions (2, 4, 5, 6, 7, 8, 9) (substitute 2 bags frozen diced onions to save time)
- 1/4 cup fresh basil leaves (3)
- 1 pack rainbow bell peppers (red, yellow, and orange) (4)
- 1 green bell pepper (5)
- 1 red bell pepper (6)
- 1 orange bell pepper (8)
- 1 zucchini (5)
- 1 pound carrots (7)
- 2 plum tomatoes (7)

Meat

- 16 pounds boneless skinless chicken breasts (1-10)

Canned

- 7oz can of chipotle pepper in adobo sauce (2)
- 15oz can tomato sauce (2)
- 15oz can diced tomatoes (3)
- 2 cans (28oz each) crushed tomatoes (8, 9)
- 2 cans (6oz each) tomato paste (8, 9)
- 12oz jar roasted red peppers (3)
- 1 cup pitted Kalamata olives (3)
- 1 cup chicken broth (4)
- 24 ounce jar spaghetti sauce (5)
- 1 cup tomato juice (7)
- 15oz can quartered artichoke hearts (8)

Cold/Dairy

- 4oz feta cheese crumbles (3)
- 8oz heavy cream (9)
- 2 tablespoons butter (9)

Frozen

- 12oz frozen cherries (2)

Oil and Vinegar

- 2 tablespoons balsamic vinegar (3)
- 1/4 cup extra virgin olive oil (6)

Baking

- 2 tablespoons cocoa powder (2)
- 3 tablespoons corn starch (4)
- 3 tablespoons light brown sugar (10)
- 1 tablespoon honey (8)

Spices and Seasonings

- ½ teaspoon ground ginger (1)
- 3 ¼ teaspoon crushed red pepper flakes (1, 3, 6, 8, 9)
- 1 teaspoon cilantro (1)
- 1 ½ teaspoon cumin (2, 7)
- 1 teaspoon black pepper (4, 6)
- 1 tablespoon Italian seasoning (5)
- 2 ¼ teaspoon salt (6, 7, 8)
- 1 teaspoon fennel seeds (7)
- 1 teaspoons plus 2 tablespoons chili powder (7, 10)
- 1 tablespoon plus 1 teaspoon basil (8, 9)
- 1 tablespoon curry powder (10)

Materials

- 10 gallon-sized plastic freezer bags (1-10)

Miscellaneous

- ¼ cup plus 2 tablespoons peanut butter (1, 2)
- 2 tablespoons soy sauce (1)
- ½ cup vodka (optional) (9)
- 2 cups ketchup (we like Heinz) (10)
- ¼ cup Worcestershire sauce (10)
- 1 tablespoon hot sauce (10)

Not Needed Until Day of Cooking

- 6 slices of provolone cheese (4)
- 4 cups fat-free, reduced-sodium chicken broth (7)
- Suggested Side Dishes
 1. Peanut Lime Chicken – rice and steamed broccoli
 2. Cherry Chicken Mole Tacos – rice or tortillas
 3. Mediterranean Chicken – couscous and salad
 4. Chicken Philly Cheesesteak – rolls and sweet potato fries
 5. Chicken Cacciatore – spaghetti and Parmesan cheese
 6. Red Pepper Chicken – brown rice and broccoli or salad
 7. Chicken Soup with Mexican Seasonings – crushed tortilla chips and shredded cheddar cheese
 8. Chicken in Artichoke Marinara Sauce – spaghetti, Parmesan cheese, salad
 9. Chicken in Alla Vodka Sauce – penne pasta, Parmesan cheese, salad, bread
 10. Sweet & Spicy BBQ Chicken – cornbread and roasted carrots