

# 17 Healthy Freezer Meals That Can Be Cooked in a Crockpot or Skillet

from [New Leaf Wellness](#)

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Free printable recipes and grocery list below.

## 1. Slow Cooker Asian Chicken Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 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 (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 in the Crockpot

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. Break apart chicken and stir.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to a boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meat is cooked through and peppers are tender.

Serve on pieces of iceberg or Boston bibb lettuce.

## 2. Chicken Fajitas

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds of boneless skinless chicken breasts, fat trimmed and sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves garlic, minced
- 1 tablespoon honey
- 1 tablespoon fresh lime juice
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 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 (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 in the Crockpot

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 or until chicken is tender.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meat is cooked through and veggies are tender.

Serve with a slotted spoon onto tortillas or over rice with shredded lettuce, cheese, and guacamole.

### 3. 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 1/3 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 (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 in the Crockpot

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.
4. Break apart ground turkey and stir.

#### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until turkey is cooked through.

Top with shredded cheddar cheese and crushed tortilla chips.

## 4. Chinese Pepper Steak and Onions

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds beef top sirloin steak, fat trimmed and sliced
- 3 green bell peppers, chopped
- 2 small yellow onions, chopped
- 4 cloves of garlic, minced
- ½ cup soy sauce
- 1 tablespoon honey
- ½ teaspoon ground ginger
- ½ teaspoon black 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 (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 in the Crockpot

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 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Note: If you prefer your veggies al dente, you can wait and add the green peppers during the last 30 minutes of cooking.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until beef is cooked through.

Top with sesame seeds and sliced green onions and serve over rice.

## 5. Sweet and Sour BBQ Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 6 servings if you use two pounds of meatballs

### Ingredients

- 1-2 pounds of meatballs (frozen or homemade)
- 1 sweet onion, cut into chunks
- 1 green pepper, cut into chunks
- 1 red, yellow, or orange pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of BBQ 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 (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 in the Crockpot

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 peppers are tender.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meatballs are heated through and peppers are tender.

Serve with rice and a salad or corn on the cob.

## 6. Chicken Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 small yellow onion (one cup), chopped
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans, drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can petite diced tomatoes, undrained
- 1 red pepper, diced
- 1 cup frozen corn
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces

### 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 in the Crockpot

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 tender.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until chicken is cooked through.

Top with shredded cheese.

## 7. Italian Wedding Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 12oz bag of frozen mini meatballs
- 1 small onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 1 head of escarole, thinly sliced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 1/2 cup uncooked pasta (not needed until day of cooking) (I use acini de pepe, ditallini, or small shells)

### 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 in the Crockpot

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on "low" setting for 6-8 hours or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large pot with broth.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meatballs are cooked through, carrots are soft, and pasta is al dente.

Serve with garlic bread.

## 8. Mushroom Spinach Stroganoff

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 tablespoon butter
- 10oz baby portobello mushrooms; quartered
- 12oz white mushrooms; quartered
- 1 small yellow onion; diced
- 2 cloves garlic; minced
- 1/2 cup broth (vegetable, chicken or beef)
- 8oz sour cream (1 cup)
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1 ½ teaspoons paprika
- 2 ½ oz fresh baby spinach (about 4 cups or 2-3 large handfuls)
- 8oz 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 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 cream cheese.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook in the Crockpot

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.
4. Add cream cheese and stir. Cook for an additional 5 minutes or until everything is heated through.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan with cream cheese.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally.

Serve with egg noodles and a big green salad.

## 9. Chicken Tikka Masala

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- 2 cans of tomato sauce (15oz each)
- 2 cloves of garlic, minced
- 2 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon crushed red pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 8oz heavy cream (1 cup or 1/2 pint)

### 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 in the Crockpot

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 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until chicken is cooked through.

Serve with naan or rice and a salad.

## 10. Steak Fajitas

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 2-lb boneless beef chuck shoulder roast, thinly sliced
- 2 red bell peppers, sliced
- 1 small onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 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 (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 in the Crockpot

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.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meat is cooked through and veggies are tender.

Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

## 11. Thai Pineapple Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 15oz can of chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 13.5oz can of unsweetened coconut milk
- 3 tablespoons curry powder
- 1 ½ teaspoons salt
- 1/2 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 in the Crockpot

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 onions and peppers are tender.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until onions and peppers are tender.

Serve with jasmine rice.

## 12. Southwestern Pork Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound lean ground pork (You can sub ground turkey if you don't eat pork)
- 2 small yellow onions, peeled and chopped (about two cups)
- 2 stalks of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15.5oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 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 (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 in the Crockpot

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.
4. Break apart pork and stir.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to a large pot.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meat is cooked through.

Serve with sour cream, cheese, and avocado on the side. Fresh chopped cilantro, two teaspoons of chipotle peppers, and fresh squeezed lime juice also give it a kick.

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

## 13. 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 (1/4 cup)
- 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 in the Crockpot

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.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Cook over medium-high heat for 10 minutes or until chicken is cooked through.

Serve with rice and steamed broccoli.

## 14. Crockpot Vegetarian Garden Vegetable Soup with Pesto

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 cans of diced tomatoes (14.5oz each), undrained
- 1 small zucchini, diced
- 1/2lb fresh green beans, ends cut off and chopped
- 2.5oz fresh baby spinach (about 3 big handfuls)
- 1 small yellow onion, peeled and diced (1 cup)
- 1 small red bell pepper, diced
- 1/4-1/2 cup pearly barley (not quick cooking)
- 4 cloves garlic, minced
- 2 tablespoons honey
- 1 tablespoon brown sugar
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 4 cups vegetable broth (not needed until day of cooking)
- 6 tablespoons pesto (store-bought or homemade) (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 pesto and broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook in the Crockpot

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on "low" setting for 8 hours or until vegetables are soft.
4. Remove bay leaf.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large pot with broth.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until vegetables are soft.
4. Remove bay leaf.

Top with pesto and serve with fresh bread.

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

## 15. Sausage Spinach Tomato Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24oz jar of pasta sauce (we like Prego Traditional)
- 15oz can cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 1/2 pound of carrots (about 4 large carrots), peeled and diced
- 1 small yellow onion, diced (about one cup)
- 4 cups of chicken broth (not needed until day of cooking)
- 1 cup uncooked pasta (not needed until day of cooking) (I like to use elbow macaroni or ditalini)

### 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 broth and pasta.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook in the Crockpot

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6-8 hours.
4. Add pasta during the last 15 minutes of cooking and turn the heat to “high.”
5. Break apart sausage and stir.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to a large pot and add broth and pasta.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until sausage is cooked through and carrots are tender.

Serve with garlic bread.

## 16. Japanese Beef Teriyaki

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds beef top sirloin steak, thinly sliced
- 1 large green pepper, sliced
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar
- 1/4 cup light brown sugar
- 4 cloves garlic, minced
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)
- 1 tablespoon cornstarch
- 1 teaspoon onion powder
- 1/4 cup sesame seeds

### 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 in the Crockpot

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 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until meat is cooked through and peppers are tender.

Serve with rice.

## 17. Zuppa Toscana with Sweet Potatoes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1.5 pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1.5 teaspoons fennel seeds
- 1.5 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 8oz heavy cream (1 cup) (or half and half) (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 and heavy cream. (You can freeze the cream in a separate bag or wait to buy it until you're ready to cook the soup).
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook in the Crockpot

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on "low" setting for 8 hours or until sausage is cooked through.
4. Break apart sausage and stir.
5. Add heavy cream and stir to heat through.

### To Cook on the Stovetop

1. Thaw freezer meal overnight in refrigerator or before cooking in water.
2. Add contents of freezer bag to a large pot and add broth.
3. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until sausage is cooked through and potatoes are soft.
4. Add heavy cream and stir to heat through.

Serve with fresh bread.

## Grocery List for All 17 Recipes

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

### Produce

- 7 green bell peppers (2, 4, 5, 11, 16)
- 1 red, yellow, or orange pepper (5)
- 7 red peppers (1, 2, 6, 10, 12, 14)
- 1 ½ pounds carrots (1, 7, 12, 15)
- 38 garlic cloves (1, 2, 3, 4, 6, 8, 9, 10, 11, 12, 13, 14, 16)
- 13 small yellow onions (2, 4, 5, 6, 7, 8, 10, 11, 12, 14, 15)
- 2 pineapples (5, 11)
- 1 head of escarole (7)
- 1 bunch of kale (17)
- 10oz baby Portobello mushrooms (8)
- 12oz white mushrooms (8)
- 4 limes for juice (10, 13)
- 5oz fresh baby spinach (8, 14)
- 2 ½ pounds sweet potatoes (11, 17)
- 2 ribs of celery (12)
- 1 small zucchini (14)
- 1/2lb fresh green beans (14)
- 1-inch fresh ginger root (16)

### Meat

- 2 pounds of ground chicken (1)
- 7 pounds boneless skinless chicken breasts (2, 6, 9, 13)
- 1 pound ground turkey 3
- 4 pounds beef top sirloin steak (4, 16)
- 2-lb boneless beef chuck shoulder roast (10)
- 1 pound lean ground pork (12)
- 1 pound ground sweet **or** spicy Italian sausage (15)
- 1 pound ground spicy sausage (17)

### Cold/Dairy

- 1 tablespoon butter (8)
- 8oz sour cream (1 cup) (8)
- 8oz heavy cream (1 cup or 1/2 pint) (9)

### Frozen

- 1-2 pounds of meatballs (frozen or homemade) (5)
- 12oz bag of frozen mini meatballs (7)
- 16oz bag of frozen corn (3, 6, 12)
- 1 box of frozen chopped spinach (15)

## **Canned**

- 28oz can tomato sauce (3)
- 3 cans (14-15oz each) tomato sauce (9, 12)
- 14oz can of tomato sauce 12
- 4 cans black beans (15oz each), drained and rinsed (3, 6, 12)
- 2 cans cannellini beans (15oz each) (6, 15)
- 15oz can chickpeas (11)
- 2 cans petite diced tomatoes (14.5oz each) (3, 6)
- 2 cans diced tomatoes (14.5oz each) (14)
- 14.5oz can diced tomatoes with green chilies (6)
- ½ cup broth (vegetable, chicken, or beef) (8)
- 1 cup chicken broth (12)
- 13.5oz can of unsweetened coconut milk (11)
- 24oz jar of pasta sauce (15)

## **Spices/Seasonings**

- 3 ¼ teaspoons crushed red pepper flakes (1, 2, 3, 6, 9, 10, 11, 13)
- 4 tablespoons plus 2 teaspoons chili powder (2, 3, 6, 10, 12)
- 8 teaspoons cumin (2, 3, 6, 10)
- 2 tablespoons plus 5 teaspoons paprika (2, 3, 6, 8, 10, 17)
- 4 teaspoons ground oregano (3, 6, 12)
- 1 teaspoon ground ginger (4, 13)
- 1 ¼ teaspoon black pepper (4, 8, 12, 17)
- 3 ½ teaspoons onion powder (7, 9, 16, 17)
- 1 teaspoon garlic salt (7)
- 1 teaspoon Montreal steak seasoning (7)
- 5 tablespoons curry powder (9, 11)
- 2 ½ teaspoons salt (9, 11, 12)
- 1 teaspoon cilantro (13)
- 2 tablespoons Italian seasonings (14)
- 1 bay leaf (14)
- 1 ½ teaspoons fennel seeds (17)
- 1 teaspoon garlic powder (17)

## **Baking**

- 8 tablespoons honey (1, 2, 4, 9, 10, 14)
- ¼ cup plus 3 tablespoons brown sugar (12, 14, 16)
- 1 tablespoon cornstarch (16)

## **Oil/Vinegar**

- ¼ cup rice wine vinegar (16)

## **Miscellaneous**

- ¾ cup plus 2 tablespoons soy sauce (1, 4, 13, 16)

- ¼ cup plus 2 tablespoons ketchup (1, 8)
- 1 tablespoon fresh lime juice (2)
- 18oz bottle of BBQ sauce (5)
- 1 tablespoon plus 1 teaspoon Worcestershire sauce (7, 8)
- ¼ cup peanut butter (13)
- ¼-½ cup pearly barley (not quick cooking) (14)
- ¼ cup sesame seeds (16)

### **Materials**

- 7 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

### **Not Needed Until Day of Cooking**

- 160oz (20 cups) chicken broth (7, 15, 17) 7
- 4 cups vegetable broth (14)
- 8oz cream cheese (8)
- 6 tablespoons pesto (store-bought or homemade) (14)
- 1 ½ cup uncooked pasta (7, 15)
- 8oz (1 cup) heavy cream or half and half (17)
- Suggested Side Dishes
  1. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce
  2. Chicken Fajitas – tortillas or rice, shredded lettuce, cheese, and guacamole
  3. Turkey Black Bean Chili – shredded cheddar cheese and crushed tortilla chips
  4. Chinese Pepper Steak with Green Peppers and Onions – green onions, sesame seeds, and rice
  5. Sweet and Sour BBQ Meatballs – rice and salad or corn on the cob
  6. Chicken Chili – shredded cheese
  7. Italian Wedding Soup – garlic
  8. Mushroom Spinach Stroganoff – egg noodles and salad
  9. Chicken Tikka Masala – naan or rice and salad
  10. Steak Fajitas – tortillas or rice, and guacamole, salsa, and shredded cheese
  11. Thai Pineapple Curry – jasmine rice
  12. Southwestern Pork Chili – sour cream, cheese, and avocado
  13. Peanut Lime Chicken – rice and steamed broccoli
  14. Vegetarian Garden Vegetable Soup with Pesto (Panera Copycat) – fresh bread
  15. Sausage Spinach Tomato Soup – garlic bread
  16. Japanese Beef Teriyaki – rice
  17. Zuppa Toscana with Sweet Potatoes – fresh bread