

7 Crockpot Freezer Meals to Make This Week

[From New Leaf Wellness](#)

Recipe List

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Free printable recipes and grocery list below.

1. Cool Ranch Shredded Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 taco seasoning packet (or this homemade version: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder)
- 1 dry ranch seasoning packet (or this homemade version: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, and 1/2 tsp salt.

Materials

- 1 gallon-sized plastic freezer bag

Directions

1. Combine all ingredients in crockpot.
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 mix with sauces and spices left in crockpot.

To Freeze and Cook Later

1. Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months.
2. When ready to cook, thaw overnight in refrigerator or in morning in water.
3. Follow cooking instructions above.

Serve on soft tortillas with your favorite taco toppings.

2. Chinese Pepper Steak with Green Peppers 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 garlic, minced
- ½ cup soy sauce
- 1 tablespoon honey
- ½ teaspoon ground ginger
- ½ teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

Directions

1. Combine all ingredients in crockpot.
2. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

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.
4. When ready to cook, thaw in refrigerator overnight or in morning in water.
5. Follow cooking instructions above.

To Cook on Your Stovetop

1. If frozen, thaw.
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.

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

3. Italian Wedding Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 12oz bag 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

Directions

1. Combine all ingredients in crockpot except pasta.
2. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Add pasta and cook for an additional 30 minutes.

To Freeze and Cook Later

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients except broth and pasta.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.
4. When ready to cook, thaw in refrigerator overnight or in morning in water.
5. Add contents of freeze bag to crockpot and add 8 cups of broth.
6. Follow cooking instructions above.

Serve with garlic bread.

4. Homemade Mississippi Roast with Carrots

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast, fat trimmed
- 2lbs carrots, peeled and roughly chopped
- 1 stick of butter (I use unsalted)
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- Homemade dry au jus seasoning packet: 4tsp beef bullion granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- Homemade dry ranch seasoning packet: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt

Materials

- 1 gallon-sized plastic freezer bag

Directions

1. Combine all ingredients in crockpot.
2. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Shred meat and return to crockpot to mix with juice.

To Freeze and Cook Later

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.
4. When ready to cook, thaw in refrigerator overnight or in morning in water.
5. Follow cooking instructions above.

Serve with rice or corn muffins.

5. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, peeled and diced (one cup)
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and
- cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

Materials

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

Directions

1. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
2. Separate mixture into four equal parts and firmly stuff into peppers.
3. Place peppers in crockpot and cover with remaining pasta sauce.
4. Pour 1/2 cup of water into the empty sauce jar, shake it up and pour into crockpot. (I don't like to waste anything!)
5. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking
2. instructions, and "use-by" date.
3. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
4. Separate mixture into four equal parts and firmly stuff into peppers.
5. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

Serve with rice.

6. Mexican Chili with Cornbread Topping

Recipe from [New Leaf Wellness](#)

Yields: 3-4 servings

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, chopped (about one cup)
- 1 green pepper, chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of homemade taco seasoning or 1 package of store-bought taco seasoning
- 10.75oz can condensed tomato soup
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup) (not needed until day of cooking)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Directions

1. Add ground beef, onion, peppers, corn, seasoning, and tomato soup to crockpot.
2. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Break apart beef and mix all ingredients.
4. Top with shredded with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for 60 minutes or until cornbread topping is cooked through.

To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Combine all ingredients except cheese and corn muffin mix freezer bag.
3. Remove as much air from the bag as possible and freeze for up to three months.
4. When you’re ready to cook, thaw overnight in refrigerator.
5. Pour contents of freezer bag into your crockpot and cook on “low” setting for 6-8 hours, or until ground beef is cooked through.
6. Break apart beef, and top chili with shredded cheese and cornbread batter.
7. Replace lid and cook for one hour on “high” setting.

7. Cranberry Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 ½ pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion

Materials

- 1 gallon-sized plastic freezer bag

Directions

1. Combine all ingredients in crockpot.
2. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Remove bones and shred meat.

To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months.
3. When ready to eat, thaw overnight in refrigerator.
4. Add to slow cooker and cook on “low” setting for 6-8 hours or until pork shreds easily with a fork.
5. Remove bones and shred meat.

Serve topped with leftover cranberry mixture and green beans.

Grocery List for All 7 Recipes

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

Produce

- 8 green bell peppers (2, 5, 6)
- 5 small yellow onions (2, 3, 5, 6)
- 5 garlic cloves (2, 5)
- 2 ½ pounds carrots (3, 4)
- 1 head of escarole (3)

Meat

- 2 pounds boneless skinless chicken breasts (1)
- 2 pounds beef top sirloin steak (2)
- 2-pound boneless beef chuck shoulder roast (4)
- 2 pounds 85% lean ground beef (5, 6)
- 2 ½ pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”) (7)

Cold/Dairy

- 1 stick of butter (I use unsalted) (4)

Frozen

- 12oz bag frozen mini meatballs (3)
- 1 cup frozen corn (6)

Canned

- 4-6 pepperoncini peppers (4)
- 24oz jar of your favorite pasta sauce (5)
- 10.75oz can of condensed tomato soup (6)
- 15oz can whole berry cranberry sauce (7)

Spices/Seasonings

- 1 tablespoon chili powder (1)
- 1 ¾ teaspoon pepper (1, 2, 4)
- 1 ½ teaspoon salt (1, 4)
- ½ teaspoon ground cumin (1)
- ½ teaspoon red pepper flakes (1)
- ½ teaspoon paprika (1)
- ½ teaspoon oregano (1)
- 2 ¾ teaspoons garlic powder (1, 4)
- 3 ½ teaspoons onion powder (1, 3, 4)
- 2 tablespoons dried parsley (1, 4)
- 2 teaspoons dried onion flakes (1, 4)
- 1 ½ teaspoon dill (1, 4)
- ½ teaspoon ground ginger (2)

- 1 teaspoon garlic salt (3)
- 1 teaspoon Montreal steak seasoning (3)
- 4 teaspoons beef bouillon granules (4)
- 2 tablespoons plus 1 ½ teaspoons homemade taco seasoning (or 1 package of store-bought) (6)
- 1/4 cup dried minced onion (7)

Baking

- 1/4 cup plus 1 tablespoon honey (2, 7)

Oil/Vinegar

- 3 tablespoons olive oil (1)
- 2 tablespoons apple cider vinegar (1)

Miscellaneous

- ½ cup plus 1 teaspoon soy sauce (2, 4)
- 1 tablespoon Worcestershire sauce (3)

Materials

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

Not Needed Until Day of Cooking

- 64oz chicken broth (8 cups) (3)
- 1/2 cup uncooked pasta (I use acini de pepe, ditallini, or small shells) (3)
- 1/4-pound cheese (we use cheddar or pepper jack) (6)
- 1 box of Jiffy corn muffin mix and ingredients listed on box (6)
- Suggested Side Dishes
 1. Cool Ranch Shredded Chicken Tacos – soft tortillas and taco toppings
 2. Chinese Pepper Steak with Green Peppers – rice, sesame seeds, green onions
 3. Italian Wedding Soup – garlic bread
 4. Homemade Mississippi Roast with Carrots – rice or corn muffins
 5. Stuffed Peppers – rice
 6. Mexican Chili with Cornbread Topping – no side dish needed!
 7. Cranberry Pork Roast – green beans