

10 Healthy Crockpot Freezer Meals from Walmart

[New Leaf Wellness](#)

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Grocery List for All 10 Recipes

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

Produce

- 7 small yellow onions (I bought a 3-pound bag of organic yellow onions) (1, 3, 5, 6, 8, 9, 10)
- 2 pounds carrots (1, 5)
- 15oz fresh baby spinach (1, 5, 10) (*I bought a 16oz container of organic baby spinach*)
- 8 green bell peppers (3, 6, 8)

Meat

- 1 pound Italian ground turkey (1)
- 1 package sweet Italian turkey sausage (3)
- 1 ½ pounds fresh chicken drumsticks (2) (*I bought organic*)
- 6 pounds boneless skinless chicken breasts (4, 7, 9, 10) (*I bought 4 packages organic chicken breasts*)
- 2 pounds 85% lean ground beef (6, 8) (*I bought grass-fed beef*)

Cold/Dairy

- 4 tablespoons unsalted butter (7)

Frozen

- 28oz bag frozen turkey meatballs (pork meatballs also work well) (5)

Canned

- 15oz can red kidney beans (1) (*I bought organic*)
- 2 cans black beans (15oz each) (8) (*I bought organic*)
- 2 jars marinara sauce (24oz each) (1, 6) (*I bought a 45oz jar of Prego Traditional and split between the two recipes*)
- 6oz can tomato paste (2)
- 2 cans (28oz each) tomato sauce (8, 10)
- 15oz can diced tomatoes (8)

Spices/Seasonings

- ½ teaspoon basil (3)
- 3 tablespoons chili powder (2, 4, 8)
- 1 tablespoon plus ½ teaspoon ground cumin (4, 8)
- 2 teaspoons curry powder (2)
- ¾ teaspoon dill (4)
- 2 tablespoons plus ¾ teaspoon garlic powder (2, 3, 4, 6, 8, 9, 10)
- 1 teaspoon garlic salt (5)
- 1 tablespoon Italian seasonings (10)
- 1 teaspoon Montreal steak seasoning (5)
- 1 teaspoon dried onion flakes (4)

- 3 teaspoons onion powder (2, 4, 5)
- 3 teaspoons oregano (3, 4, 8)
- 1 tablespoon plus 2 ½ teaspoons paprika (2, 4, 7, 8)
- 1 tablespoon dried parsley (4)
- 3 ½ teaspoons pepper (2, 4, 7, 9, 10)
- 1 ½ teaspoons crushed red pepper flakes (4, 8, 9, 10)
- 2 ¼ teaspoon salt (2, 4, 9, 10)

Baking

- ¼ cup light brown sugar OR pure maple syrup (2)
- ¾ cup plus 1 teaspoon honey (3, 9, 10)

Oil/Vinegar

- 9 tablespoons olive oil (3, 4, 9, 10)
- 6 tablespoons apple cider vinegar (2, 4, 7)

Miscellaneous

- 1 tablespoon Worcestershire sauce (5)
- 1 cup hot sauce (like Frank's RedHot) (7)
- ½ cup soy sauce (9)
- ¼ cup ketchup (9)

Materials

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

Not Needed Until Day of Cooking

- 96oz chicken broth (12 cups) (*I bought an 8oz jar of Better Than Bouillon Base*) (1, 5)
- 1/2 cup uncooked pasta (I use acini de pepe, ditallini, or small shells) (5)
- Suggested Side Dishes
 1. Turkey Sausage Vegetable Soup – Parmesan cheese, garlic bread
 2. BBQ Chicken Legs – corn on the cob
 3. Turkey Sausage and Peppers – rice
 4. Cool Ranch Shredded Chicken Tacos – tortillas, shredded cheese, and guacamole
 5. Italian Wedding Soup with Turkey Meatballs – fresh bread
 6. Stuffed Peppers – rice
 7. Shredded Buffalo Chicken – sandwich buns and salad
 8. Beef and Black Bean Chili – shredded cheddar cheese and crushed tortilla chips
 9. Honey Sesame Chicken – sesame seeds, rice, and steamed broccoli
 10. Italian Chicken with Baby Spinach – Parmesan cheese and spaghetti

1. Turkey Sausage Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound Italian ground turkey (If you can't find Italian ground turkey, you can substitute regular ground turkey or Italian ground sausage)
- 15oz red kidney beans, drained and rinsed
- 1 small yellow onion, diced (one cup)
- 1 pound carrots (about 8 large carrots), peeled and diced (about 3 cups)
- 5oz baby spinach (about 3 handfuls)
- 24oz jar marinara sauce (we like Prego Traditional)
- 32oz chicken broth (4 cups) (not needed until day of cooking)*

*If you prefer, you can add 4 teaspoons bouillon to freezer bag and add water day of cooking.

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients except broth.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot with 4 cups broth.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart turkey and stir.

Top with grated parmesan cheese and serve with garlic bread.

2. BBQ Chicken Legs

Recipe from New Leaf Wellness

Yields: 4 servings

Ingredients

- 1.5 pounds fresh chicken drumsticks
- 6oz can tomato paste
- 1/4 cup light brown sugar OR pure maple syrup
- 2 tablespoons apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons curry powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- 1/2 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot.
3. Cook on "low" setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Optional: Pour chicken legs and sauce onto a foil-lined cookie sheet and bake for 15 minutes at 350 degrees F.

Serve with corn on the cob.

3. Turkey Sausage and Peppers

Recipe from New Leaf Wellness

Yields: 5 servings

Ingredients

- 1 package sweet Italian turkey sausage
- 1 yellow onion, peeled and sliced
- 3 green bell peppers, sliced
- 2 tablespoons olive oil
- 1 teaspoon honey
- 1 teaspoon garlic powder
- 1/2 teaspoon basil
- 1/2 teaspoon oregano

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. When ready to cook, thaw in refrigerator overnight or in morning in water.
2. Add to crockpot.
3. Cook on "low" setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

*You can also cook this meal in the oven. Preheat oven to 400 degree F. Pour into a 9x13" baking pan and bake for 60 minutes (30 minute covered and 30 minutes uncovered).

Serve on rice.

4. Cool Ranch Shredded Chicken Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 1/2 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.

No extra liquid needed!

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred chicken and mix with seasoning in crockpot.

Serve on soft tortillas and top with shredded cheddar cheese and guacamole.

5. Italian Wedding Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 28oz bag frozen turkey meatballs (pork meatballs also work well)
- 1 small yellow onion, diced (one cup)
- 1 pound carrots (about 8 large carrots), peeled and thinly sliced
- 5oz fresh baby spinach
- 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)

*If you prefer, you can add 8 teaspoons bouillon (2 rounded tablespoons) to freezer bag and add water day of cooking.

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients except broth and pasta.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot with chicken broth.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Add pasta and cook for an additional 30 minutes.

Serve with fresh bread.

6. 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 teaspoon garlic powder
- 4 small green bell peppers, tops cut off and diced (added to meat mixture) or sliced (added to Sausage and Peppers recipe)
- 24oz jar marinara sauce (reserve 2T)

Materials

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

To Freeze and Cook Later

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

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add peppers to crockpot and cover with sauce.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with rice.

7. Shredded Buffalo Chicken

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts
- 1 cup hot sauce (like Frank's RedHot)
- 4 tablespoons unsalted butter
- 2 tablespoons apple cider vinegar
- 1 teaspoon paprika
- 1/2 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred chicken and mix with sauce in crockpot.

Serve on sandwich buns with a salad.

8. Beef and Black Bean Chili

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 28oz can tomato sauce
- 15oz can diced tomatoes, undrained
- 2 cans black beans (15oz each), drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- 1 green pepper, chopped (about one cup)
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon ground cumin
- 1 1/2 teaspoons oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart beef and stir.

Top with shredded cheddar cheese and crushed tortilla chips.

9. Honey Sesame Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts
- 1 small yellow onion, diced
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 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.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

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

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

10. Italian Chicken with Baby Spinach

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts
- 1 small yellow onion, diced
- 5oz fresh baby spinach (about 3 handfuls- If you buy a 16oz package to make all 10 recipes, you can add the extra ounce here)
- 28oz can tomato sauce
- 1/4 cup honey
- 2 tablespoons olive oil
- 1 tablespoon Italian seasonings
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later


1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with grated parmesan cheese and serve over spaghetti.


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