



MEAT FREE

Slow Cooker Freezer Meals

Kelly McNelis
New Leaf Wellness

Meat Free Slow Cooker Freezer Meals.

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ABOUT

THE AUTHOR

Dr. Kelly McNelis is a psychologist, blogger, and author of three other freezer cooking eCookbooks: *No Cook Freezer Meals*, *15-Minute Freezer Recipes*, and *Crock'd Slow Cooker Freezer Meals*. Kelly lives in Pittsburgh, PA with her husband, Andy, and their three young daughters, Cameran, Isla, and Caiden. Kelly shares her favorite crockpot recipes and freezer meal prep sessions on her blog, [New Leaf Wellness](#).



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INTRODUCTION

Welcome to Meat Free Slow Cooker Freezer Meals! Here is some information that will help you make the most of this book:

How many servings are in each recipe?

Six. You can find more information about serving size in the nutritional information labels.

What size slow cooker should I use?

All of the recipes should work in a 4-7 quart slow cooker. This [6-quart slow cooker](#) is my favorite and the one that I use most often.

Can I add meat if I'm not a vegetarian?

Yes. Each recipe includes a suggestion for meat if you want to add it. You can add the meat to the freezer bag raw with the rest of ingredients. Adding meat will change the nutritional information of the dish.

Do I have to freeze the meals before cooking?

No. You can add them straight to your slow cooker instead.

How long do the meals last in the freezer?

Most meals will last at least three months in a standard refrigerator/freezer combo.

Do I need to thaw my frozen meals before cooking? If so, how do I do it?

Since these are meat-free meals, they do not need to be thawed for food safety reasons. To help the meals fit in the slow cooker, I thaw overnight in the refrigerator or in the morning in water.

Most of the meals need to cook 6-8 hours. What should I do if I'm out of the house for longer than that?

Most meals will cook perfectly in 6 hours on “low” in a 6-quart slow cooker or 8 hours on “low” in a 4-quart slow cooker. If you need to be out of the house longer than that, I highly recommend purchasing a [slow cooker with a timer](#) that you can program to switch to the “warm” setting after a specified amount of time. This is the easiest way to make sure that your meals do not end up dry and burned. If you only need one extra hour (or less), you can use a standard light timer to turn off your slow cooker instead. However, if your food sits in the slow cooker longer than that, it will start to get cold.

How do I use the printable labels for my freezer meals?

The labels in this book are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75”](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers. You can also print the labels on regular computer paper and attach to your freezer bags with clear shipping tape.

Additional questions?

If you have additional questions, you can email me at kelly@newleafwellness.biz. I would also love to hear what you think of the meals after you freeze and cook them yourself. Please email me or tag me on Instagram [@kellymcnelis](#).

Disclosure: The items recommended above include my Amazon Associate link so I earn a very small percentage of the sales price if you purchase something after clicking on them. Thank you for your support.





BLACK BEAN ENCHILADA STACK



These deconstructed enchiladas are delicious! If you don't like spicy food, substitute a can of regular petite-diced tomatoes for one of the cans of diced tomatoes with green chilies. Serve plain or with sour cream.

Yields: 6 servings

Ingredients

- 4 cans of black beans (15 oz each), drained and rinsed
- 2 cans diced tomatoes with green chilies (10oz each), undrained
- 1 small yellow onion, diced
- 1 teaspoon garlic salt
- 4 teaspoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon pepper
- 8 small corn tortillas, sliced into 8 pieces each
- 8oz sharp cheddar cheese, shredded (about 2 cups)

Materials

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

Prep

1. Label gallon-sized freezer bag.
2. Add cheese to quart-sized bag, seal, and set aside.
3. In a large bowl, combine all remaining ingredients except tortillas.
4. Fill gallon-sized freezer bag in this order:
 - a. Tortillas
 - b. Black bean mixture
5. Remove as much air as possible and seal.
6. Add both bags to freezer and freeze for up to three months.

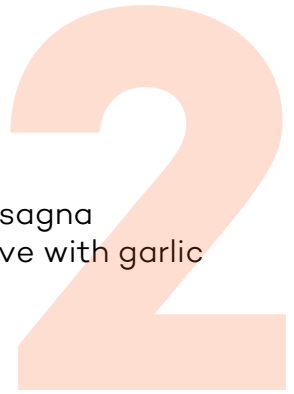
Cook

1. The night before cooking, move both bags to refrigerator to thaw.
2. In the morning, dump the large bag into the slow cooker, and cook on "low" setting for 6-8 hours. (Leave cheese in refrigerator.)
3. Top with shredded cheese and cook additional 15 minutes or until melted.

+ *Meat Option:* Add one pound lean ground beef to black bean mixture.

CHEESY

EGGPLANT BAKE



I like to think of this cheesy eggplant recipe as a combination of lasagna (without the pasta) and eggplant parm (without the breading). Serve with garlic bread.

Yields: 6 servings

Ingredients

- 8 oz mozzarella cheese, freshly shredded (about 2 cups), divided in half
- 1 large eggplant (1 pound), ends cut off and thinly sliced into rounds
- 15oz container of part-skim ricotta cheese
- 1/2 cup shredded Parmesan cheese
- 2 eggs
- 1 tablespoon dried parsley flakes
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup of your favorite pasta sauce

Materials

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

Prep

1. Add half of mozzarella cheese to quart-sized bag, seal, and set aside.
2. Label your gallon-sized plastic freezer bag.
3. In a large bowl, combine remaining half of mozzarella cheese and all of ricotta, parmesan, eggs, parsley flakes, salt, and pepper.
4. Add ingredients to gallon-sized freezer bag in this order:
 - a. sliced eggplant
 - b. cheese mixture
 - c. pasta sauce
5. Remove as much air as possible and seal.
6. Place both bags in the freezer for up to three months.

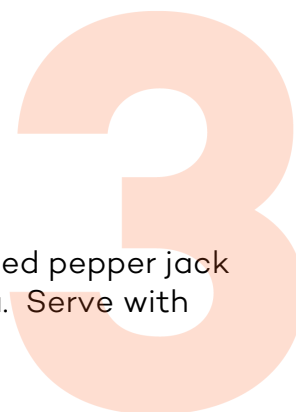
Cook

1. Thaw both bags overnight in the refrigerator.
2. Dump gallon-sized bag into slow cooker and add lid. Leave baggie with cheese in refrigerator.
3. Cook 6-8 hours in slow cooker on “low” setting.
4. Add shredded cheese and cook additional 15 minutes or until melted.

+ *Meat Option:* Add one pound frozen meatballs to top of gallon-sized bag.

MEXICAN

STUFFED PEPPERS



This is my husband's favorite recipe in this book. Top with shredded pepper jack cheese and your favorite taco toppings, like guacamole and salsa. Serve with rice.

Yields: 6 servings

Ingredients

- 6 red bell peppers
- 15oz can black beans, drained and rinsed
- 1 small yellow onion, peeled and diced (one cup)
- 8oz frozen corn (about 1 2/3 cups)
- the juice and zest of one lime
- 1 tablespoon honey
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/2 teaspoon garlic salt
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. In a large bowl, combine all ingredients except bell peppers.
3. Slice off the very tops of the peppers and clean. Dice the tops of the peppers and add to large bowl with black bean mixture (I don't like to waste anything!).
4. Stir bowl and stuff each pepper with about 3/4 cup of filling.
5. Add to freezer bag.

Cook

1. Thaw overnight in refrigerator.
2. Add peppers to slow cooker and add lid.
3. Cook peppers on low setting for 6-8 hours.

✦ *Meat Option:* Add one pound lean ground beef or ground turkey to the black bean mixture and buy two additional peppers to stuff.

POTATO CORN CHOWDER

This potato corn chowder is simple and flavorful. Serve with fresh bread or crescent rolls.

Yields: 6 servings

Ingredients

- 3 pounds of red potatoes (about 9 small potatoes), cut into 1-inch chunks
- 4 stalks of celery, diced (about one cup)
- 1 small yellow onion, diced (about one cup)
- 4 garlic cloves, minced
- 8oz frozen corn (about 1 2/3 cups)
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon dried rosemary
- 4 cups of vegetable broth *not needed until day of cooking
- 12oz can of evaporated milk with vitamin D *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag except broth and evaporated milk.
3. Remove as much air as possible, seal, and freeze for up to three months.

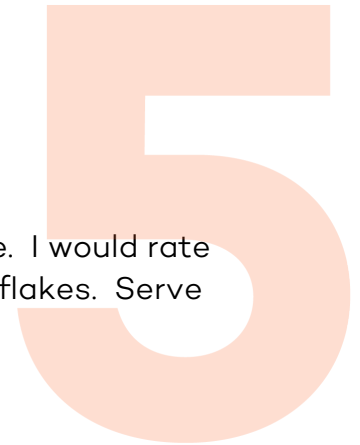
Cook

1. Thaw.
2. Add to slow cooker with vegetable broth and cook for 6-8 hours on "low" setting.
3. Mash some of the potatoes with a potato masher (optional).
4. Add evaporated milk and cook additional 10 minutes or until heated through.

+ *Meat Option:* Add 1/2 pound diced ham to freezer bag or serve cooked soup with pieces of chopped bacon.

THAI

PINEAPPLE CURRY



This is a sweet and spicy curry that tastes great served over rice. I would rate the spiciness 5/10. If you want to decrease, add less red pepper flakes. Serve with jasmine rice.

Yields: 6 serving

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
- 1.5 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag, remove as much air as possible, and seal.
3. Freeze for up to three months.

Cook

1. Thaw overnight in refrigerator.
2. Add to slow cooker and cook for 6-8 hours on “low” setting or until onions and peppers are tender.

+ *Meat Option:* Add one pound boneless, skinless chicken breasts, cut into bite-sized pieces.

THREE

BEAN CHILI

This chili is so delicious and flavorful that you won't even miss the meat. Top with shredded cheddar cheese and crushed tortilla chips.

Yields: 6 servings

Ingredients

- 2 cans red kidney beans (15oz each), drained and rinsed
- 1 can pinto beans (15oz), drained and rinsed
- 1 can black beans (15oz), drained and rinsed
- 28oz can tomato sauce
- 14.5oz can diced tomatoes, undrained
- 4 large cloves of garlic, minced
- 2 tablespoons light brown sugar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/4 teaspoon crushed red pepper flakes
- 1 cup water *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to your freezer bag except water, remove as much air as possible, and seal.
3. Freeze for up to three months.

Cook

1. Thaw overnight in refrigerator.
2. Add to slow cooker with water and cook for 6-8 hours on "low" setting.

+ *Meat Option:* Add one pound lean ground beef to freezer bag.

TUSCAN TORTELLINI SOUP

This is a hearty soup full of fresh vegetables. Top with parmesan cheese and serve with a side of garlic bread.

Yields: 6 servings

Ingredients

24oz jar of pasta sauce (about 2.5 cups)
15oz can cannellini beans, drained and rinsed
5oz fresh baby spinach
8 large carrots (about one pound), peeled and diced
1 small yellow onion, diced (one cup)
1/2lb fresh green beans, ends cut off and cut into 1-inch pieces
4 cups vegetable broth (32oz) *not needed until day of cooking
19oz bag frozen cheese tortellini *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

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

Cook

1. Thaw.
2. Add to slow cooker with broth and cook 6-8 hours or until carrots and onions are soft.
3. Add tortellini and cook additional 15 minutes on high.

+ Meat Option: Add one pound meat to freezer bag – lean ground beef, ground Italian sausage, frozen meatballs, or boneless chicken breasts would all taste great.

NUTRITIONAL

INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings and side dishes were not included.

Black Bean Enchilada Stack

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	Total Fat	13g 20%	Total Carb	66g 22%
1 piece	Saturated Fat	8g 40%	Dietary Fiber	23g 92%
Servings 6	Trans Fat	0g	Sugars	10g
Calories 520	Cholesterol	40mg 13%	Protein	32g 64%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	1440mg 60%		
	Vitamin A	30%	Vitamin C	25%
	Calcium	40%	Iron	120%

Cheesy Eggplant Bake

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	Total Fat	17g 26%	Total Carb	11g 4%
1 piece	Saturated Fat	10g 50%	Dietary Fiber	4g 16%
Servings 6	Trans Fat	1g	Sugars	4g
Calories 310	Cholesterol	121mg 40%	Protein	24g 48%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	830mg 35%		
	Vitamin A	15%	Vitamin C	4%
	Calcium	60%	Iron	10%

Mexican Stuffed Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	Total Fat	1g 2%	Total Carb	36g 12%
1 stuffed pepper	Saturated Fat	0g 0%	Dietary Fiber	10g 40%
Servings 6	Trans Fat	0g	Sugars	12g
Calories 190	Cholesterol	0mg 0%	Protein	8g 16%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	290mg 12%		
	Vitamin A	85%	Vitamin C	260%
	Calcium	4%	Iron	35%

Potato Corn Chowder

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2 cups	Total Fat	5g 8%	Total Carb	62g 21%
	Saturated Fat	2g 10%	Dietary Fiber	7g 28%
Servings 6	Trans Fat	0g	Sugars	8g
Calories 340	Cholesterol	0mg 0%	Protein	10g 20%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	1130mg 47%		
	Vitamin A	20%	Vitamin C	45%
	Calcium	20%	Iron	10%

Thai Pineapple Curry

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	Total Fat	2g 3%	Total Carb	45g 15%
	Saturated Fat	1g 5%	Dietary Fiber	8g 32%
Servings 6	Trans Fat	0g	Sugars	22g
Calories 210	Cholesterol	0mg 0%	Protein	5g 10%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	750mg 31%		
	Vitamin A	130%	Vitamin C	150%
	Calcium	15%	Iron	20%

Three Bean Chili

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 1/3 cup	Total Fat	1g 2%	Total Carb	65g 22%
	Saturated Fat	0g 0%	Dietary Fiber	17g 68%
Servings 6	Trans Fat	0g	Sugars	15g
Calories 330	Cholesterol	0mg 0%	Protein	18g 36%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	1200mg 50%		
	Vitamin A	20%	Vitamin C	30%
	Calcium	10%	Iron	30%

Tuscan Tortellini Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	Total Fat	9g 14%	Total Carb	74g 25%
	Saturated Fat	3g 15%	Dietary Fiber	11g 44%
Servings 6	Trans Fat	0g	Sugars	13g
Calories 450	Cholesterol	38mg 13%	Protein	20g 40%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	1470mg 61%		
	Vitamin A	285%	Vitamin C	20%
	Calcium	20%	Iron	20%

GROCERY

LIST

Note: the number(s) listed next to each ingredient corresponds to its recipe number.

Produce

- 5 oz baby spinach (7)
- 8 large carrots (about one pound) (7)
- 4 stalks celery (4)
- 1 large eggplant (one pound) (2)
- 8 cloves garlic (4, 5, 6)
- 1/2 pound green beans (7)
- 1 lime (3)
- 1 green pepper (5)
- 6 red bell peppers (3)
- 1 pineapple (5)
- 3 pounds red potatoes (about 9 small potatoes) (4)
- 1 pound sweet potatoes (2 medium or 1 large) (5)
- 5 small yellow onions (1, 3, 4, 5, 7)

Dairy/Cold

- 8 oz mozzarella cheese (about 2 cups shredded) (2)
- 1/2 cup Parmesan cheese (2)
- One 15 oz container part skim Ricotta cheese (2)
- 8 oz sharp cheddar cheese (about 2 cups shredded) (1)

Freezer

- One 16 oz bag frozen corn (3, 4)

Italian

- 1/2 cup + 24 oz jar pasta sauce (2, 7)
- One 14.5 oz can diced tomatoes (6)
- One 28 oz can tomato sauce (6)

Canned

- Six 15 oz cans black beans (1, 3, 6)
- One 15 oz can cannellini beans (7)
- One 15 oz can chickpeas (5)
- One 15 oz can pinto beans (6)
- Two 15 oz cans red kidney beans (6)
- Two 10 oz cans diced tomatoes with green chilies (1)
- One 13.5 oz can unsweetened coconut milk (5)

Seasonings

- Chili powder - 4 teaspoons + 2 tablespoons (1, 3, 6)
- Crushed red pepper flakes - 1 teaspoon (3, 5, 6)
- Cumin - 8 teaspoons (1, 3, 6)
- Curry powder - 3 tablespoons (5)
- Dried rosemary - 1 teaspoon (4)
- Garlic salt - 1 ½ teaspoon (1, 3)
- Parsley flakes - 1 tablespoon (2)
- Pepper - 1 ½ teaspoons (1, 2, 4)
- Salt - 3 ¼ teaspoons (2, 4, 5)

Baking

- 2 eggs (2)
- Honey - 1 tablespoon (3)
- Light brown sugar - 2 tablespoons (6)

Miscellaneous

- 8 corn tortillas (1)
- 7 gallon-sized plastic freezer bags (1-7)
- 2 quart-sized plastic freezer bags (1, 2)

Not Needed Until Day of Cooking

- One 12 oz can evaporated milk (4)
- One 19 oz bag frozen cheese tortellini (7)
- 8 cups or 2 cartons vegetable broth (4, 7)
- Suggested Toppings and Side Dishes
 - 1) Black Bean Enchilada Stack – Serve plain or with sour cream.
 - 2) Cheesy Eggplant Bake – Serve with garlic bread.
 - 3) Mexican Stuffed Peppers – Top with shredded pepper jack cheese and your favorite taco toppings, like guacamole and salsa. Serve with rice.
 - 4) Potato Corn Chowder - Serve with fresh bread or crescent rolls.
 - 5) Thai Pineapple Curry - Serve with jasmine rice.
 - 6) Three Bean Chili - Top with shredded cheddar cheese and crushed tortilla chips.
 - 7) Tuscan Tortellini Soup - Top with parmesan cheese and serve with a side of garlic bread.

PRINTABLE LABELS

FOR FREEZER MEALS

Use the labels below on your freezer bags. Each label contains the name of the recipe, ingredients inside, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

There is also a page of blank labels in case you want to edit the ingredient list or cooking instructions. You can also use these blank labels for other freezer recipes that are not included in this book.

The freezer labels are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75”](#).

This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

You can also print these labels on regular computer paper and attach to your freezer bags with clear shipping tape.

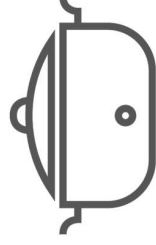


Slow Cooker Black Bean Enchilada Stack

Black beans
Diced tomatoes with
green chilies
Onion
Seasonings
Corn tortillas
Sharp cheddar cheese

1. Thaw.
2. Add large bag to slow cooker, and cook 6-8 hrs on "low" setting. (Leave bag with cheese in the refrigerator.)
3. Top with shredded cheese and cook 15 min.

Use by:



Slow Cooker Cheesy Eggplant Bake

Eggplant
Mozzarella cheese
Part-skim ricotta cheese
Parmesan cheese
Eggs
Seasonings
Pasta sauce

1. Thaw.
2. Add large bag to slow cooker, and cook 6-8 hrs on "low" setting. (Leave bag with cheese in the refrigerator.)
3. Top with shredded cheese and cook 15 min.

Use by:



Slow Cooker Mexican Stuffed Peppers

Red bell peppers
Black beans
Onion
Frozen corn
Lime juice and zest
Honey
Seasonings

1. Thaw.
2. Add peppers to slow cooker, and cook 6-8 hrs on "low" setting.

Use by:



Slow Cooker Potato Corn Chowder

Red potatoes
Celery
Onion
Garlic cloves
Frozen corn
Salt
Pepper
Rosemary

1. Thaw.
2. Add to slow cooker with 4 cups vegetable broth. and cook 6-8 hours on "low" setting.
3. Mash some potatoes.
4. Add 12oz can of evaporated milk.

Use by:



Slow Cooker Thai Pineapple Curry

Chickpeas

Pineapple

Sweet potatoes

Green bell pepper

Onion

Garlic cloves

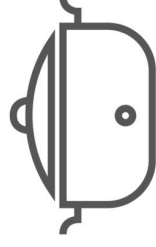
Coconut milk

Seasonings

1. Thaw.

2. Add to slow cooker and cook 6-8 hours on “low” setting or until onions and peppers are tender.

Use by:



Slow Cooker Three Bean Chili

Red kidney beans

Pinto beans

Black beans

Tomato sauce

Diced tomatoes

Garlic cloves

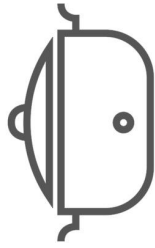
Light brown sugar

Seasonings

1. Thaw.

2. Add to slow cooker with 1 cup water and cook 6-8 hours on “low” setting.

Use by:



Slow Cooker Tuscan Tortellini Soup

Pasta sauce

Cannellini beans

Baby spinach

Carrots

Onion, diced

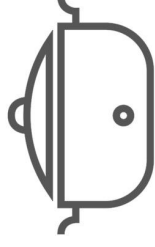
Green beans

1. Thaw.

2. Add to slow cooker with 4 cups vegetable broth and cook 6-8 hours on “low” setting.

3. Add 19oz bag of frozen cheese tortellini and cook 15 min on high.

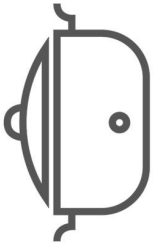
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Ingredients

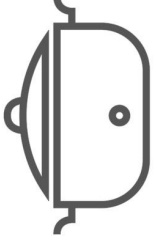
Directions

Use by:



Ingredients

Directions



Ingredients

Directions

Use by:



Ingredients

Directions



Ingredients

Directions

Use by:

Use by: