

## 9 Gluten-Free Crockpot Freezer Meals from ALDI [New Leaf Wellness](#)

Free printable recipes and grocery list below!

### Recipe List

1. White Chicken Chili
2. Strawberry Balsamic Chicken
3. Zuppa Toscana with Sweet Potatoes
4. Chicken Sausage and Peppers (inspired by [one of the meals I made from Walmart](#))
5. Ham and Sweet Potato Soup
6. Italian Chicken with Baby Spinach
7. Beef and Black Bean Chili
8. Sausage-Stuffed Mini Peppers
9. Chicken and Rice Soup

## **Grocery List for All 9 Meals**

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

### **Produce**

- 7 small yellow onions (I bought a 3 pound bag and it was exactly enough – you need to slice one and dice the rest) (1, 2, 4, 5, 6, 7, 9)
- 3 pounds sweet potatoes (I bought a 3 pound bag) (3, 5)
- 2 pounds carrots (5, 9)
- 4 celery ribs or 8 celery hearts (I bought a 16oz bag of organic celery hearts and used half of them. Snack on the extras with peanut butter and raisins or dice and freeze them for next time.) (5, 9)
- 8oz bag spinach (3, 6)
- 1 package rainbow bell peppers (red, yellow, and orange) (4)
- 16oz bag mini sweet peppers (8)
- 12 cloves garlic (1, 2, 5, 7, 9)

### **Meat**

- 5 pounds all-natural boneless chicken breasts (I bought Nature Raised Farms brand) (1, 2, 6, 9)
- 1 1/2 pound bone-in ham steak (5)
- 18oz sweet Italian sausage (8)
- 18oz hot Italian sausage (3)
- 12oz mild Italian chicken sausage (4)
- 1 pound organic grass-fed ground beef (7)

### **Frozen**

- 16oz bag frozen corn (1, 7)

### **Canned**

- 2 cans (15oz each) great northern beans (1)
- 2 cans (15oz each) organic black beans (7)
- 10oz can diced tomatoes with green chiles (1)
- 2 cans (28oz each) organic diced tomatoes (6, 7)
- 15oz can organic tomato sauce (7)
- 24oz jar gluten-free marinara pasta sauce (8)
- 11oz jar organic strawberry preserves (2)

### **Cold/Dairy**

- 8oz block mozzarella cheese (8)

### **Spices and Seasonings**

- 2 tablespoons chili powder (1, 7)
- 1 tablespoon plus 1 teaspoon cumin (1, 7)
- 2 teaspoons oregano (1, 4, 7)

- 1 teaspoon crushed red pepper flakes (1, 2, 6, 7)
- 1 1/4 teaspoon black pepper (2, 3, 5, 6, 9)
- 1 1/2 teaspoons fennel seeds (3)
- 1 1/2 teaspoons paprika (3)
- 1 teaspoon onion powder (3)
- 2 1/2 teaspoons garlic powder (3, 4, 6)
- 1 1/2 teaspoon basil (4, 9)
- 1/2 teaspoon ground thyme (5, 9)
- 1 tablespoon gluten-free Italian seasonings (or equal parts basil, oregano, and rosemary) (6)
- 1 teaspoon salt (6, 9)

### **Baking**

- 3 tablespoons plus 2 teaspoons honey (2, 4, 6)

### **Oil and Vinegar**

- 3 tablespoons gluten-free balsamic vinegar (2)
- 6 tablespoons extra virgin olive oil (2, 4, 6)

### **Materials**

- 9 gallon-sized plastic freezer bags (1-9)
- 2 quart-sized plastic freezer bags (8)

### **Miscellaneous**

- 3/4 cup uncooked dry wild rice (5, 9)

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

- 160oz gluten-free chicken broth (20 cups) (1, 3, 5, 9)
- 2 cans (12oz each) evaporated milk (5, 3)
- Suggested Side Dishes
  1. White Chicken Chili – shredded cheddar cheese and corn chips
  2. Strawberry Balsamic Chicken - rice and steamed asparagus
  3. Zuppa Toscana with Sweet Potatoes – salad or gluten-free roll
  4. Chicken Sausage and Peppers – rice
  5. Ham and Sweet Potato Soup – salad or gluten-free roll
  6. Italian Chicken with Baby Spinach – parmesan cheese and salad
  7. Beef and Black Bean Chili – shredded cheddar cheese and baked sweet potato
  8. Sausage-Stuffed Mini Peppers – salad
  9. Chicken and Rice Soup – baked potato or gluten-free roll

*NOTE: If you are preparing these meals for someone with Celiac Disease or a gluten sensitivity, please read the ingredient list of every item that you purchase carefully. Gluten can be hidden in items that you would not expect, like canned goods, condiments, spice mixes, etc.*

## 1. White Chicken Chili

*Recipe from New Leaf Wellness*

Yields: 6 servings

### Ingredients

- 1 pound all-natural boneless chicken breasts
- 2 cans great northern beans, drained and rinsed
- 10oz can diced tomatoes with green chiles, undrained
- 1 small yellow onion, diced (one cup)
- 1 2/3 cup frozen corn (half of a 16oz bag)
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1/2 teaspoons oregano
- 1/4 teaspoon crushed red pepper flakes
- 32oz gluten-free 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 broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot with broth and cook for 6 hours on “low” setting.
3. Shred chicken and stir.

Serve topped with shredded cheddar cheese and crushed corn chips.

## 2. Strawberry Balsamic Chicken

*Recipe from New Leaf Wellness*

Yields: 6 servings

### Ingredients

- 2 pounds all-natural boneless chicken breasts
- 1 small yellow onion, diced (one cup)
- 11oz jar organic strawberry preserves
- 2 cloves garlic, minced
- 2 tablespoons honey
- 3 tablespoons gluten-free balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground 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

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6-8 hours on “low” setting.

Serve with rice and steamed asparagus.

### 3. Zuppa Toscana with Sweet Potatoes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

#### Ingredients

- 18oz hot Italian sausage (5 links), removed from casing
- 3 sweet potatoes (1 1/2 pounds), washed and thinly sliced (no need to peel)
- 4oz baby spinach (or 1 bunch kale, chopped)
- 1 1/2 teaspoons fennel seeds
- 1 1/2 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 64oz gluten-free chicken broth (8 cups) (not needed until day of cooking)
- 12oz can evaporated milk (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 broth and milk.
3. Remove as much air as possible, seal, and freeze for up to three months.

#### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot with broth and cook for 8 hours on “low” setting.
3. Break apart sausage and stir in canned milk.

Serve with a salad or gluten-free roll.

## 4. Chicken Sausage with Peppers

Recipe inspired by [one of meals I made from Walmart](#)

Yields: 4 servings

### Ingredients

- 12oz package mild Italian chicken sausage (4 links)
- 1 package rainbow bell peppers (red, yellow, and orange), sliced
- 1 small yellow onion, sliced
- 2 tablespoons olive oil
- 2 teaspoons 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 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 overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6-8 hours on "low" setting.

\*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 minutes covered and 30 minutes uncovered).

Serve with rice.

## 5.Ham and Sweet Potato Soup

Recipe from

Yields: 6 servings

### Ingredients

- 1 1/2 pound bone-in ham steak, cut into 1/2 inch pieces (about 3 cups diced)
- 1 pound carrots, peeled and diced
- 3 sweet potatoes (1 1/2 pounds), washed and cubed (no need to peel)
- 2 celery ribs or 4 celery hearts, diced (about one cup)
- 1 small yellow onion, diced (one cup)
- 2 garlic cloves, minced
- 1/2 cup uncooked dry wild rice
- 1/4 teaspoon pepper
- 1/4 teaspoon ground thyme
- 32oz gluten-free chicken broth (not needed until day of cooking)
- 12oz can evaporated milk (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 broth and milk.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot with broth and cook for 8 hours on “low” setting.
3. Stir in canned milk.

Serve with a salad or gluten-free roll.



## 6. Italian Chicken with Baby Spinach

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound all-natural boneless chicken breasts
- 1 small yellow onion, diced (1 cup)
- 4oz fresh baby spinach (about 2 big handfuls)
- 28oz can organic diced tomatoes, undrained
- 1 tablespoon honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon gluten-free Italian seasonings (or equal parts basil, oregano, and rosemary)
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ 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 overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6-8 hours on “low” setting.
3. Shred chicken and stir with sauce in crockpot.

Top with parmesan cheese and serve with a salad.

## 7. Beef and Black Bean Chili

Recipe from

Yields: 6 servings

### Ingredients

- 1 pound organic grass-fed ground beef
- 2 cans organic black beans, drained and rinsed
- 28oz can organic diced tomatoes, undrained
- 15oz can organic tomato sauce
- 1 2/3 cup frozen corn (half of a 16oz bag)
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon 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

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6-8 hours on "low" setting.
3. Shred chicken and stir with sauce in crockpot.

Top with shredded cheddar cheese and serve with baked sweet potatoes.

## 8.Sausage-Stuffed Mini Peppers

Recipe from

Yields: 4 servings

### Ingredients

- 18oz sweet Italian sausage (5 links), removed from casing
- 16oz bag mini sweet peppers
- 24oz jar gluten-free marinara pasta sauce
- 8oz block mozzarella cheese, shredded

### Materials

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

### To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
2. Cut tops off peppers and remove as many seeds as possible (you don't have to remove all of them).
3. Stuff mini peppers with sausage and add to freezer bag.
4. Add sauce to one of the quart-sized bags.
5. Add shredded cheese to the other quart-sized bag.
6. Remove as much air as possible from all bags, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add peppers to crockpot with sauce and cook 8 hours on low. Store mozzarella cheese in refrigerator.
3. Top peppers with cheese and cover for 10-15 minutes or until melted.

\*You can also cook this meal in the oven. Preheat oven to 400 degree F. Pour peppers into a 9x13" baking pan and cover with sauce and cheese. Bake for 60 minutes (30 minutes covered and 30 minutes uncovered).

Serve with a salad.

## 9.Chicken and Rice Soup

Recipe from

Yields: 6 servings

### Ingredients

- 1 pound all-natural boneless chicken breasts
- 1 pound carrots, peeled and diced
- 2 celery ribs or 4 celery hearts, chopped (1 cup)
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 1/4 cup dry wild rice, uncooked
- 1 teaspoon basil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon thyme
- 32oz gluten-free chicken broth (4 cups) (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.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6-8 hours on “low” setting.
3. Shred chicken and stir.

Serve with a baked potato or gluten-free roll.