

*10 Gluten-Free
and Dairy-Free
Crockpot Freezer Meals
in One Hour*

FROM [NEW LEAF WELLNESS](#)

FREE PRINTABLE SHOPPING LIST AND
RECIPES BELOW!

Recipe List

1. [Turkey and Black Bean Chili](#)
2. Lemon Pepper Chicken from my [Freezer Cooking Cookbooks](#) and shared for free below
3. Chicken Fajitas from [Thirty Handmade Days](#)
4. [Salsa Verde Shredded Pork Tacos](#)
5. [Steak Italiano Marinara](#)
6. [Korean Beef Lettuce Wraps](#)
7. Italian Chicken from the time I made [freezer meals from ALDI ingredients](#)
8. Chicken Teriyaki from [Thirty Handmade Days](#)
9. [Taco Soup](#)
10. [Cranberry Pork Roast](#)

Shopping List for All 10 Meals

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

Produce

- 1 lemon for juice (2)
- 1 lime for juice (3)
- 3 bell peppers (I use two red peppers and one green pepper) (3)
- 6 small yellow onions (3, 4, 5, 6, 7, 9) (I substituted 1 fresh onion and 2 bags of frozen diced onions to save time)
- 5oz fresh baby spinach (5, 7)
- 1 pound fresh or frozen stir fry vegetables (8)

Meat

- 1 pound ground turkey (1)
- 1 pound 93% lean ground beef (9)
- 8 pounds boneless skinless chicken breasts (2, 3, 7, 8)
- 2-pound boneless pork roast (4)
- 2 pounds boneless sirloin tip steak (5)
- 2 pounds sirloin steak (6)
- 2.5 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”) (10)

Frozen

- 1 pound bag frozen corn (1, 9)

Canned/Dried

- 28oz can tomato sauce (1)
- 2 cans (15oz each) black beans (1)
- 14.5oz can petite diced tomatoes (1)
- 28oz can crushed tomatoes (5)
- 2 cans (28oz each) diced tomatoes (7, 9)
- 16oz jar salsa verde (4)
- 4oz can diced green chilis (9)
- 15oz can whole berry cranberry sauce (10)

Baking

- 3/4 cup plus 1 tablespoon honey (6, 7, 8, 10)

Spices and Seasonings

- 1 tablespoon plus 2 1/2 teaspoons paprika (1, 3, 9)
- 3 tablespoon chili powder (1, 3, 9)
- 2 tablespoons plus 1/2 teaspoon ground cumin (1, 3, 4, 9)
- 1 tablespoons ground oregano (1, 7, 9)
- 1 tablespoon plus 1/4 teaspoon crushed red pepper flakes (1, 3, 4, 5, 6, 7, 8, 9)
- 2 3/4 teaspoons black pepper (2, 4, 5, 7, 8, 9)
- 3 3/4 teaspoons salt (2, 3, 5, 7, 8, 9)
- 1 1/2 teaspoons onion powder (3, 9)
- 6 1/2 teaspoons garlic powder (1, 3, 4, 5, 6, 7, 8, 9)
- 1 tablespoon Italian seasoning (5)
- 1 teaspoon basil (5)
- 1 teaspoon ground ginger (6)
- 1/2 teaspoon dried parsley (7)
- 1/4 teaspoon ground ginger (8)
- 1/4 cup dried minced onion (10)

Materials

- 10 gallon-sized plastic freezer bags (1-10)

Oil and Vinegar

- 1/4 cup plus 5 tablespoons extra virgin olive oil (2, 3, 7)
- 1 tablespoon rice vinegar (6)
- 1 tablespoon sesame oil (6)

Miscellaneous

- 1/2 cup soy sauce (6, 8)
- 1 tablespoon sesame seeds (6)

Not Needed Until Day of Cooking

- 32oz (4 cups) beef broth (9)
- Suggested Side Dishes
 1. Turkey and Black Bean Chili – baked sweet potatoes
 2. Lemon Pepper Chicken – steamed broccoli and rice
 3. Chicken Fajitas – rice, shredded lettuce, guacamole
 4. Salsa Verde Shredded Pork Tacos – salsa, shredded lettuce, salsa, guac

5. Steak Italiano Marinara – sautéed zucchini “noodles”
6. Korean Beef Lettuce Wraps – Boston bibb lettuce, rice
7. Italian Chicken – salad
8. Chicken Teriyaki – rice, sesame seeds
9. Taco Soup – gluten-free/dairy-free corn chips
10. Cranberry Pork Roast – rice, roasted Brussels sprouts

1. Turkey Black Bean Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans (15oz each) black beans, drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn (half of a one pound bag)
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/2 teaspoon garlic powder
- 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 to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

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 turkey and stir.

Serve over baked sweet potatoes.

2. Lemon Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 1/2 teaspoon freshly cracked black 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 to your freezer bag.
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 3-6 hours.

To Cook on the Grill

1. Thaw freezer bag overnight in refrigerator or in water before cooking.
2. Place on the grill and cook for 6-8 minutes, turning half-way through.

Serve over with steamed broccoli and rice.

3. Chicken Fajitas

Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts (If you slice the chicken before freezing you can thaw and then cook in a large pot or pan on the stovetop. Cook for 10-15 minutes.)
- 3 bell peppers (I use two red peppers and one green pepper)
- 1 sweet yellow onion, sliced
- 3 tablespoons olive oil
- the juice from one lime (about 3 tablespoons)
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

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.
4. Shred chicken and mix with sauce in crockpot.

Serve with a slotted spoon (the peppers release a lot of liquid while cooking) onto rice. Top with shredded lettuce and guacamole.

4. Salsa Verde Shredded Pork

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 16oz jar salsa verde
- 1 small yellow onion, diced (1 cup)
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

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. Shred pork and mix with sauce in crockpot.

Serve over rice with shredded lettuce, salsa, and guacamole.

5. Steak Italiano Marinara

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless sirloin tip steak, cubed
- 28oz can crushed tomatoes
- 1 small yellow onion, diced (1 cup)
- 2oz fresh baby spinach
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 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 to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

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.

Serve with sautéed zucchini “noodles”.

6. Korean Beef Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds sirloin steak, cubed
- 1 small yellow onion, diced (one cup)
- 1/4 cup soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 1 teaspoon ground ginger
- 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 to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

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 beef with a fork or the back of a spoon.

Serve wrapped in Boston bibb lettuce with rice.

7. Italian Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small onion, diced (one cup)
- 3oz baby spinach
- 28oz can diced tomatoes
- ¼ cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

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.

Serve with a fresh garden salad.

8. Chicken Teriyaki

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless chicken breasts
- 1 pound fresh or frozen stir fry vegetables*
- ¼ cup soy sauce
- ¼ cup honey
- ½ teaspoon garlic powder
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ 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 to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

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. Shred chicken and mix with sauce in crockpot.

Serve with rice and top with sesame seeds.

*This recipe works great with any kind of fresh or frozen vegetables! My favorite fresh mix is sugar snap peas, sliced red peppers, and shredded carrots (note: fresh broccoli doesn't freeze well). If you prefer al dente vegetables, wait to add them until the last 30 minutes of cooking.

9. Taco Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound 93% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 2/3 cup frozen corn (half of a one pound bag)
- 4oz can diced green chilis
- 28oz can diced tomatoes, undrained
- Homemade taco seasoning - 1 tablespoon chili powder, 1 teaspoon pepper, 1 teaspoon garlic powder, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, and onion powder
- 4 cups beef broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

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. Break apart beef and stir.

Serve with gluten-free/dairy-free corn chips.

10. Cranberry Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2.5 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce (or half of this [homemade cranberry sauce recipe](#))
- 1/4 cup honey
- 1/4 cup dried minced onion

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

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. Remove bones and shred meat.

Serve with sauce in crockpot, rice, and roasted Brussels sprouts.