

The 10 Best Chicken Crockpot Freezer Meals in 60 Minutes

FROM [NEW LEAF WELLNESS](http://www.NewLeafWellness.biz)

FREE PRINTABLE SHOPPING LIST AND
RECIPES BELOW!

Shopping List for All 10 Meals

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

Produce

- 8oz sugar snap peas (3)
- 6 bell peppers (3, 8, 9) (I bought two packs of rainbow bell peppers – red, orange, and yellow)
- 4 carrots (3, 5)
- 2 celery ribs (5)
- 4 yellow onions (5, 7, 8, 9) (I bought one fresh onion to slice for fajitas and one bag of frozen diced onions for other recipes)
- 1 lime for juice (8)

Meat

- 18 pounds boneless skinless chicken breasts (1-10)

Cold/Frozen

- 4 tablespoons unsalted butter (6)
- 2 1/2 cups frozen corn (9, 10)

Canned/Dried

- 16oz jar salsa verde (10)
- 15oz can tomato sauce (9)
- 15oz can black beans (10)

Spices and Seasonings

- 1/2 teaspoon celery seed (5)
- 2 tablespoons chili powder (2, 8)
- 1 teaspoon ground cumin (8)
- 2 teaspoons curry powder (2)
- 2 1/4 teaspoons garlic powder (3, 4, 7, 8)
- 1 teaspoon ginger (3)
- 1 teaspoon onion powder (8)
- 1 tablespoon paprika (6, 8)
- 1 teaspoon pepper (3, 6, 7)
- 2 1/2 teaspoons salt (3, 5, 7, 8)
- 1 1/2 teaspoons red pepper flakes (3, 7, 8)
- 1/2 teaspoon thyme (5)

- 1/2 teaspoon turmeric (5)
- 2 taco seasoning packets (or double 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, 9)
- 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. Traditional ranch seasoning packets also include 1T dried buttermilk but I omit it because I don't keep it on-hand.) (1)

Baking

- 1 tablespoon light brown sugar (2)
- 1 tablespoon cornstarch (5)
- 3/4 cup + 2 tablespoons + 1 teaspoon honey (3, 4, 7, 9)

Oil and Vinegar

- 10 tablespoons olive oil (1, 7, 8)
- 2 tablespoons red wine vinegar (1)
- 2 tablespoons distilled white vinegar (6)

Miscellaneous

- 3/4 cup + 1/3 cup soy sauce (3, 4, 7)
- 1 1/4 cup ketchup (2, 7)
- 2 tablespoons Worcestershire (2)
- 2 tablespoons Sriracha (4)
- 1 cup + 1 teaspoon hot sauce (we like Frank's Red Hot) (2, 6)
- 2 tablespoons sesame seeds (7)

Materials

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

Not Needed Until Day of Cooking

- 4oz cheddar cheese, shredded (one cup) (9)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) (9)
- 32oz chicken broth (4 cups) (5)
- 2 cups wide egg noodles (5)

- 8oz package cream cheese (10)
- Suggested Side Dishes
 1. Cool Ranch Shredded Chicken Tacos – rice or tortillas, shredded cheese, guacamole
 2. Shredded BBQ Chicken – buns, mango coleslaw, corn on the cob
 3. Chicken Teriyaki – rice, sesame seeds
 4. Honey Sriracha Chicken – Boston Bibb lettuce, rice
 5. Chicken Noodle Soup - bread
 6. Skinny Shredded Buffalo Chicken – buns, watermelon, salad
 7. Honey Sesame Chicken – rice, broccoli
 8. Chicken Fajitas – rice, shredded cheese, guacamole
 9. Mexican Chicken Chili with Cornbread Topping – no side dish needed
 10. Salsa Verde Chicken - rice

Recipe List

1. [Cool Ranch Shredded Chicken Tacos](#)
2. [Shredded BBQ Chicken](#)
3. Chicken Teriyaki from [Thirty Handmade Days](#)
4. [Honey Sriracha Chicken Lettuce Wraps](#)
5. [Chicken Noodle Soup](#)
6. Skinny Shredded Buffalo Chicken from [Thirty Handmade Days](#)
7. Honey Sesame Chicken from [Damn Delicious](#)
8. [Chicken Fajitas](#)
9. [Mexican Chicken Chili with Cornbread Topping](#)
10. [Salsa Verde Chicken](#)

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 red wine 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. Traditional ranch seasoning packets also include 1T dried buttermilk but I omit it because I don't keep it on-hand.)

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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

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 sauces and spices left in crockpot

Serve with rice or tortillas, and shredded cheese and guacamole on lettuce with chopped avocado.

2. Shredded BBQ Chicken

Recipe from [New Leaf Wellness](#)

Yields: 8 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 1 cup ketchup
- 2 tablespoons Worcestershire
- 1 tablespoon light brown sugar
- 1 tablespoon chili powder
- 2 teaspoons curry powder
- 1 teaspoon hot sauce

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 stir.

Serve on sandwich buns with mango coleslaw and corn on the cob.

Recipe for homemade mango coleslaw: 16oz bag of shredded green cabbage and carrots (coleslaw mix), 1 mango, peeled and shredded (about one cup), 1 cup mayonnaise, 1 tablespoon honey, 1 teaspoon apple cider vinegar, 1/2 teaspoon salt, 1/4 teaspoon pepper. (Mix all ingredients in a large bowl. If you want, you can prepare the day ahead of time and store in the refrigerator.)

3. Chicken Teriyaki

Recipe modified from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 8oz sugar snap peas
- 2 bell peppers (I used one orange and one red), sliced
- 1 carrot, peeled and shredded
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 teaspoon ginger
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon 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 to your freezer bag.
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 hours on “low” setting.
3. Shred chicken and stir with sauce in crockpot.

Serve over rice and top with sesame seeds and diced green onions.

4. Honey Sriracha Chicken Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 2 tablespoons Sriracha
- 2 tablespoons honey
- 1/3 cup soy sauce
- 1/2 teaspoon garlic powder

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients except broth 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 on big pieces of Boston bibb lettuce with rice.

5. Chicken Noodle Soup

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small yellow onion, diced (one cup)
- 3 carrots, diced
- 2 celery ribs, diced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 32oz chicken broth (not needed until day of cooking)
- 2 cups wide egg noodles (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 except broth and noodles 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 with broth.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked though.
4. Shred chicken and stir.
5. Add noodles and cook for an additional 15 minutes or until al dente.

Serve with bread.

6. Skinny Shredded Buffalo Chicken

Recipe from [Thirty Handmade Days](#)

Yields: 8 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 cup hot sauce (we like Frank's Red Hot or Sriracha)
- 4 tablespoons unsalted butter
- 2 tablespoons distilled white vinegar
- 1 teaspoon paprika
- ½ teaspoon 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

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 on buns with watermelon and a salad.

7. Honey Sesame Chicken

Recipe modified from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 small yellow onion, diced (one cup)
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons olive oil
- 2 tablespoons sesame seeds
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

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 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with steamed broccoli and rice.

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8. Chicken Fajitas

Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 bell peppers (I use two yellow and one orange)
- 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4-6 hours.
3. Shred chicken and mix with sauce in slow cooker.
4. Serve with a slotted spoon (the peppers release a lot of liquid while cooking).

Serve on soft tortillas or rice. Top with shredded cheddar cheese and guacamole.

9. Mexican Chicken Chili with Cornbread Topping

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 small yellow onion, chopped (one cup)
- 1 red pepper, chopped (about one cup)
- 1 cup frozen corn
- 15oz can tomato sauce
- 1 teaspoon honey
- 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)
- 4oz cheddar cheese, shredded (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

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients except cheese and cornbread to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4-6 hours.
3. Shred chicken with fork.
4. Cover shredded chicken chili with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

10. Salsa Verde Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless chicken breasts
- 15oz can black beans, drained and rinsed
- 1 1/2 cups frozen corn
- 16oz jar salsa verde (regular red salsa can also be substituted)
- 8oz package cream cheese (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 (3 months from when you prepped the meal).
2. Add all ingredients except cream cheese to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6 hours.
3. Shred chicken and stir.
4. Add cream cheese and cook for additional 10 minutes or until heated through.
5. Stir to combine.

Serve with rice.