

31 Keto Crockpot Freezer Meals

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

FREE PRINTABLE RECIPES AND
SHOPPING LIST BELOW!

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1. Crack Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless chicken breasts
- 1/2 cup real bacon bits (they're bigger than the pieces)
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon parsley
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon dill
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 8oz cream cheese (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bags

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.
3. Cook on "low" setting for 4-6 hours.
4. Shred chicken and return to crockpot with cream cheese.
5. Cook additional 5-10 minutes or until cream cheese warms and starts to melt. Mix everything in crockpot.

Serve with a salad and top with shredded cheddar cheese, extra bacon bits, and sliced green onions.

2. Sausage Stuffed Mini Sweet Peppers

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds (24oz) mini sweet peppers
- 1 pound ground Italian sausage
- 24oz jar spaghetti sauce (check the ingredient list)
- 8oz shredded mozzarella 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. Cut tops off peppers and remove seeds. (It’s OK if you don’t get every single seed out.)
3. Stuff the peppers with sausage.
4. Add stuffed peppers and spaghetti sauce to your freezer bag.
5. 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” for 6-8 hours.
4. Top with mozzarella cheese and cook for additional 5 minutes or until melted.

Serve with zucchini “noodles” sautéed in butter.

3. Broccoli Cheddar Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 16oz frozen petite broccoli florets
- 8oz mild cheddar cheese, shredded
- 1 small yellow onion, diced (1 cup)
- 1 large carrot, finely shredded (1 cup)
- 1/4 cup unsalted butter, diced
- 16oz heavy cream (2 cups)
- 16oz chicken broth (2 cups) (substitute vegetable broth to make vegetarian)
- 1/4 cup all-purpose flour
- 1 teaspoon Dijon mustard
- 1 teaspoon hot sauce

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. Place broccoli, cheese, onions, carrots, and butter to your freezer bag.
3. In a medium bowl, whisk cream, broth, flour, mustard and hot sauce.
4. Pour mixture into freezer bag.
5. 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” for 6-8 hours.
4. Puree to desired consistency.

Top with shredded cheddar cheese and bacon bits.

4. Shredded Buffalo Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1/2 cup hot sauce
- 4oz blue cheese crumbles
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried mustard

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” for 6-8 hours.
4. Shred chicken and stir.

Serve with a salad.

5. Spinach and Feta Quiche

Recipe adapted from [Simply Stacie](#)

Yields: 6 servings

Ingredients

- 8 large eggs
- 2 cups heavy cream
- 2 cups fresh baby spinach (about 2 oz)
- 2 cloves garlic, minced
- 1/2 cup shredded Parmesan cheese
- 3/4 cup feta cheese, crumbled
- 1/4 tsp salt
- 1oz mild cheddar cheese, shredded (about 1/4 cup) (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. Whisk eggs and cream in a medium bowl.
3. Add egg and milk mixture and all remaining ingredients except cheddar cheese to your freezer bag.
4. 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. Grease crockpot.
3. Add contents of freezer bag to crockpot.
4. Sprinkle cheddar cheese on top of mixture.
5. Cook on “low” for 7-8 hours.

Serve with bacon and top with shredded cheddar cheese.

6. Chicken Tikka Masala

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- 15oz can tomato sauce (check the ingredient list)
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt
- 4oz heavy cream (1/2 cup)

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” for 6-8 hours.

Serve with Greek yogurt.

7. Salsa Verde Shredded Pork

Recipe adapted from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 3-pound bone-in pork shoulder roast (sometimes labeled “Boston butt” or “pork butt”)
- 16oz jar salsa verde
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- 1/4 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” for 8 hours.
4. Remove bones and shred meat.

Serve topped with shredded cheddar cheese, sour cream, and sliced avocado.

8. Steak Italiano

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless sirloin tip steak, cubed
- 1 small yellow onion, diced (one cup)
- 2oz fresh baby spinach
- 4 cloves garlic, minced
- 28oz can crushed tomatoes
- 1 tablespoon Italian seasoning
- 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 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.

Serve over zucchini “noodles” sautéed in butter. Top with fresh chopped basil leaves, Parmesan cheese, and shredded mozzarella cheese.

9. Queso Chicken Chili

Recipe adapted from [Pinch of Yum](#)

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 3 bell peppers, minced
- 16oz jar salsa
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 jalapeno pepper, minced (ribs and seeds removed – please wear gloves)
- ~~14oz can corn, rinsed and drained~~ 1 cup riced cauliflower
- ~~14oz can black beans, rinsed and drained~~ 1 cup riced cauliflower
- 6oz Pepper Jack cheese (not needed until day of cooking)
- 4oz cream cheese (not needed until day of cooking)
- 1 1/2 cups water (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag
- Gloves for cutting jalapeno

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, cheese, and water 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 with water.
3. Cook on “low” setting for 6-8 hours.
4. Shred chicken and add cream cheese and Pepper Jack cheese.

Top with extra shredded cheese and fresh cilantro. Serve with a salad.

10. Mississippi Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 1 stick unsalted butter
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- Homemade au jus seasoning packet: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- Homemade dry ranch seasoning packet: 1T dried parsley, 1T onion powder, 1tsp garlic powder, 1/2tsp dill, 1/2tsp pepper, 1/2 tsp 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.
3. Cook on “low” setting for 8 hours.
4. Shred meat and return to crockpot to mix with juice.

Serve with a salad.

11. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, peeled and diced
- 1 garlic clove, minced
- 24oz jar pasta sauce, divided (read the ingredient list)
- 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned

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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. In large bowl, mix ground beef, onion, garlic, and 2 tablespoons of sauce. Firmly stuff into peppers (You can dice the tops of the peppers and add to sauce).
3. Add remaining sauce to quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook on “low” setting for 6-8 hours.

Top with Parmesan cheese and shredded mozzarella cheese.

12. Mediterranean Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 15oz can diced tomatoes, undrained
- 12oz jar roasted red peppers, drained and diced
- 10.2oz jar pitted Kalamata olives, drained and chopped
- 4oz feta cheese crumbles
- 3 cloves garlic, minced
- 1/4 cup fresh basil leaves, chopped
- 2 tablespoons balsamic vinegar
- 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 6-8 hours.

Serve with a Greek salad.

13. Creamy Chicken Stew

Recipe adapted from [Girl on a Mission](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless chicken thighs
- 2 cups chicken stock
- 2 carrots (1/2 cup), peeled and finely diced
- 2 celery ribs (1 cup), diced
- 1/2 small yellow onion
- 3 garlic cloves, minced
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup fresh spinach (1oz)
- 1/2 cup heavy cream

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 4-6 hours.
4. Slice or shred chicken and stir.

Serve topped with shredded cheddar cheese.

14. Pesto Salmon

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound fresh skinless salmon
- 2 tablespoons pesto (store-bought or [homemade](#))

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 salmon and pesto to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Run bag under water to slightly thaw pesto and separate from bag.
2. Add contents of freezer bag to a piece of foil and fold on all sides so that there is some room for air above salmon, but foil is closed on top and all sides.
3. Cook on “low” setting for 4-6 hours.

Serve with steamed broccoli and cauliflower topped with cheese.

15. Steak Bites

Recipe from adapted from [Stockpiling Moms](#)

Yields: 6 servings

Ingredients

- 3-4 pound round steak, cut into 1” cubes
- 1/2 cup beef broth
- 1 tablespoon minced onion
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 tablespoons unsalted butter, sliced thinly

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.

Serve with baked asparagus wrapped with bacon.

16. Pot Roast with Green Beans

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast, fat trimmed
- 1 pound fresh or frozen green beans
- Homemade onion soup mix: 1/2 cup dried onion flakes, 1/2 teaspoon parsley flakes, 1/2 teaspoon onion powder, 1/2 teaspoon celery seed, 1/2 teaspoon paprika, 1/2 teaspoon pepper
- 1 cup beef broth

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 8 hours.
4. Shred meat.

Serve with a salad.

17. Curried Butternut Squash Soup

Recipe from New Leaf Wellness

Yields: 6 servings

Ingredients

- 1 small butternut squash (about 2 pounds), peeled, gutted, and cubed (about 6 cups)
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 2 cans (13.5oz each) unsweetened coconut milk
- 4.25oz can diced green chilies
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon pepper
- 1/4 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.
3. Cook on “low” setting for 6 hours.
4. Mash or puree to desired consistency with an immersion blender or regular countertop blender (You’ll need to cool before blending).

Serve with a salad.

18. Chicken Alfredo Spaghetti Squash

Recipe adapted from [365 Days of Crockpot](#)

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, fat trimmed
- 1 cup chicken broth
- 1 cup sour cream
- 1 teaspoon garlic powder
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 small spaghetti squash (3-3.5 pounds and 10" long or shorter so it fits in the crockpot) (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 spaghetti squash 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. Poke squash 10-15 times with a fork and place in crockpot.
3. Cover with contents of freezer bag.
4. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
5. Remove squash from crock and cool to touch (10-15 minutes).
6. Cut in half, remove seeds, and shred flesh with fork.

Top with Parmesan cheese and fresh parsley.

19. Creamy Tomato Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 28oz can whole peeled tomatoes
- 28oz can tomato puree
- 16oz heavy cream
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 cup vegetable broth
- 2 tablespoons unsalted butter
- 1/2 teaspoon celery seed
- 1/2 teaspoon oregano
- 1/4 teaspoon 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 6-8 hours.
4. Mash or puree to your liking.

Serve with a salad.

20. Mozzarella-Stuffed Turkey Pesto Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 18 meatballs

Ingredients

- 1 pound ground turkey (or ground beef)
- 1 large egg
- 1/2 cup basil pesto (store-bought or [homemade](#))
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated Parmesan cheese
- 4-5 mozzarella string cheese sticks, cut into 4 pieces each
- 14.5oz can diced tomatoes, undrained (not needed until day of cooking)
- 4oz mozzarella cheese, shredded (about one cup) (not needed until day of cooking)

Materials

- 2 gallon-sized plastic freezer bags

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. In a large bowl, combine ground turkey, egg, pesto, breadcrumbs, and parmesan cheese. Form into 18 meatballs.
3. Press one piece of mozzarella cheese inside each meatball and place in a single layer inside freezer bags.
4. Remove as much air as possible, seal, and freeze.

To Cook

1. Add contents of freezer bags to crockpot and cover with diced tomatoes.
2. Cook on “low” setting for 6-8 hours.
3. Top with shredded cheese and cook for additional 5 minutes or until melted.

Serve with zucchini “noodles” sautéed in butter and top with Parmesan cheese.

21. Broccoli Ginger Turmeric Soup

Recipe adapted from [Sweet Peas and Saffron](#)

Yields: 6 servings

Ingredients

- 16oz frozen petite broccoli florets
- 2-inch fresh ginger root, peeled and chopped (2 tablespoons)
- 2 tablespoons unsalted butter
- 4 cups of leeks, chopped
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 tablespoon sesame oil
- 6 cups chicken stock (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 stock 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 with stock.
3. Cook on “low” setting for 4-6 hours.
4. Mash or puree to your liking before serving.

Serve with Greek yogurt.

22. Peanut Lime Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cubed
- 1/4 cup peanut butter
- juice of 3 limes (1/4 cup)
- 2 tablespoons soy sauce
- 3 cloves garlic, minced
- 1 teaspoon cilantro
- 1/2 teaspoon ground ginger
- 1/2 teaspoon 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 in 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 4-6 hours.

To Cook on the Stovetop

1. Thaw freezer bag.
2. Add contents of freezer bag to large sauté pan or skillet.
3. Cook over medium-high heat for 10 minutes or until chicken is cooked through.

Top with chopped peanuts and cilantro.

23. Beef Roast with Carrots

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (Like [homemade taco seasoning](#).)

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 8 hours or until beef shreds easily with a fork.
4. Shred meat.

Serve with roasted Brussels sprouts with butter.

24. Banana Pepper Shredded Beef

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless beef chuck shoulder roast, fat trimmed
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 medium yellow onion, peeled and sliced
- 1 cup beef broth

Materials

- 1 gallon-sized plastic freezer bag
- Gloves for cutting peppers

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 or until beef shreds easily with a fork.
4. Shred meat and serve with peppers in crockpot.

Serve with a salad.

25. Cheese Cauliflower Soup

Recipe adapted from [Recipes that Crock](#)

Yields: 6 servings

Ingredients

- 4 tablespoons unsalted butter, diced
- 2 leeks, sliced
- 2 cloves garlic, minced
- 8oz mushrooms (crimini or button)
- 16oz frozen cauliflower florets
- 8oz mild cheddar cheese, shredded
- 16oz heavy cream (or half and half) (2 cups)
- 16oz chicken broth (2 cups)
- 1/4 cup all-purpose flour
- 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add butter, leeks, garlic, mushrooms, cauliflower, and cheese to your freezer bag.
3. In a medium-sized bowl (or 32oz liquid measuring cup), whisk together heavy cream, chicken broth, flour, salt, and pepper. Add to freezer bag.
4. 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 4-6 hours.
4. Puree to desired consistency.

Top with shredded cheddar cheese, bacon bits, and sliced green onions.

26. Garlic Butter Chicken

Recipe adapted from [Our Small Hours](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 stick unsalted butter
- 8 garlic cloves, sliced in half
- 1 1/2 teaspoons salt
- 1 small yellow onion, sliced
- 8oz 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.
3. Cook on “low” setting for 6 hours.
4. Add cream cheese and cook for an additional 10 minutes or until melted.

Serve chicken with sauce spooned over the top with a side of sautéed yellow squash.

27. Easy Meatballs

Recipe adapted from [Grass Fed Girl](#)

Yields: 6 servings

Ingredients

- 2 pounds 85% lean ground beef
- 1 tablespoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups beef broth (not needed until day of cooking)
- 2 tablespoons tomato paste (not needed until day of cooking)

Materials

- 2 gallon-sized plastic freezer bags

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. In a large bowl, combine ground beef, cumin, paprika, salt, and pepper. Form into 18 large meatballs.
3. Place meatballs in a single layer inside freezer bags.
4. Remove as much air as possible, seal, and freeze.

To Cook

1. Add contents of freezer bags to crockpot.
2. Combine broth and tomato paste and pour over meatballs.
3. Cook on “low” setting for 6-8 hours.

Serve with mashed cauliflower.

28. Sausage Stuffed Banana Peppers

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound ground sweet Italian sausage (if you can only find links, squeeze the meat out of the casing)
- 3 cloves of garlic, minced
- 1 small yellow onion, diced (one cup)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup panko Japanese-style breadcrumbs
- 1 large egg
- 28oz can crushed tomatoes
- 1 pound mild banana peppers (about 10 peppers), tops taken off and seeded (it's OK if you can't get all the seeds out)
- 6 slices of provolone cheese (not needed until day of cooking)

Materials

- 2 gallon-sized plastic freezer bags

To Freeze and Cook Later

1. Label one of your freezer bags.
2. To a large bowl, add all ingredients, except crushed tomatoes, banana peppers, and provolone cheese. Mix well.
3. Spoon mixture into extra freezer bag with one corner snipped off.
4. Pipe mixture into seeded banana peppers and use your fingers to push the filling to the bottom of the peppers so they're completely filled with sausage.
5. Add stuffed peppers to labeled freezer bag with crushed tomatoes. (Cheese can be frozen separately if desired.)
6. 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 contents of freezer bag to crockpot and cook for 6-8 hours on “low” setting.
3. Place provolone cheese on top of peppers and cook additional 10 minutes or until melted.

Serve with spaghetti squash topped with butter.

29. Zucchini Lasagna with Meat Sauce

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 4 small zucchini, ends cut off (you can sub two large zucchini)
- 1 pound cooked ground meat or chopped meatballs
- 1/2 cup of your favorite pasta sauce
- 8oz mozzarella cheese, freshly shredded (about 2 cups), divided
- 15oz container of part-skim ricotta cheese
- 1/2 cup Parmesan cheese, freshly grated
- 2 eggs
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper

Materials

- 9x13" disposable or aluminum baking pan
- Lid or foil to cover

To Freeze and Cook Later

1. Cut ends off zucchini and thinly slice length-wise with a mandolin, side of a box grater, or knife (no need to peel). Split zucchini into three equal-sized piles with the prettiest pieces in one pile to use on the top layer of lasagna.
2. In a large bowl, create cheese filling by combining ricotta cheese, 1 cup mozzarella cheese, Parmesan cheese, eggs, parsley, salt, and pepper.
3. Add a layer of zucchini to the bottom of your pan. (It's OK if pieces overlap.)
4. Top zucchini with a rounded 1/2 cup of cheese filling, 1 cup meat, and 1-3 tablespoons sauce.
5. Continue layering zucchini, cheese, meat, and sauce until you only have enough zucchini left for top layer.
6. Before you add the top layer of zucchini, add whatever sauce, meat, and cheese you have left.
7. Top with zucchini and remaining 1 cup of mozzarella cheese.
8. Add lid, label, and freeze for up to three months.

To Cook

1. Pre-heat oven to 400° Fahrenheit.
2. Add frozen pan to oven and bake for 1 1/2 hours covered and then uncover and bake for additional 30 minutes or until middle is 165° Fahrenheit.

30. Mushroom Spinach Stroganoff

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients (Optional: For more protein, add 1 pound top sirloin steak, cubed)

- 1 tablespoon unsalted butter
- 10oz baby Portobello mushrooms; quartered
- 12oz white mushrooms; quartered
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1/2 cup broth (vegetable, chicken or beef)
- 8oz sour cream (1 cup)
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1.5 teaspoons paprika
- 8oz cream cheese (not needed until day of cooking)
- 2.5oz fresh baby spinach (about 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 (3 months from when you prepped the meal).
2. Add all ingredients except cream cheese and spinach 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. Add cream cheese and spinach and cook for additional 15 minutes or until everything is heated through.

Serve with zucchini “noodles.”

31. Indian Butter Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken thighs, cut into bite-sized pieces
- 1 tablespoon unsalted butter, chopped
- 1 teaspoon onion powder
- 15oz can tomato sauce (read the label)
- 8oz heavy whipping cream (1 cup)
- 1 tablespoon garam masala
- 1 tablespoon curry powder
- 2 cloves garlic, minced

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 4-6 hours.

Serve with cauliflower rice.

Shopping List for 31 Recipes

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

Produce

- 11 yellow onions (substitute 4 bags of frozen diced onions to save time) (3, 7, 8, 11, 13, 17, 19, 24, 26, 28, 30)
- 4 1/2 pounds carrots (3, 10, 13, 23)
- 14oz fresh baby spinach (5, 8, 13)
- 44 cloves garlic (4-5 bulbs) (5, 6, 7, 8, 11, 12, 13, 17, 19, 22, 25, 26, 28, 30, 31)
- 2 cups riced cauliflower (fresh or frozen) (9)
- 1/4 cup fresh basil leaves (12)
- 2 celery ribs (13)
- 1 pound fresh or frozen green beans (16)
- 1 small butternut squash (about 2 pounds) (17)
- 2-inches fresh ginger root (21)
- 3 limes for juice (22)
- 1 bunch of leeks (21, 25)
- 1 1/2 pounds (24oz) mini sweet peppers (2)
- 3 bell peppers (any color) (9)
- 4 small green bell peppers (11)
- 1 jalapeno pepper (9)
- 1 1/2 pounds mild banana peppers (about 14 peppers) (24, 28)
- 8oz mushrooms (crimini or button) (25)
- 10oz baby Portobello mushrooms (30)
- 12oz white mushrooms (30)
- 4 small zucchini (you can sub two large zucchini) (29)

Meat

- 14 pounds boneless chicken breasts (1, 4, 6, 9, 12, 18, 22, 26)
- 3 1/2 pounds boneless chicken thighs (13, 31)
- 1/2 cup real bacon bits (1)
- 1 pound ground Italian sausage (2, 28)
- 3-pound bone-in pork shoulder roast (sometimes labeled “Boston butt” or “pork butt”) (7)
- 3-4 pound round steak (15)
- 2 pounds boneless sirloin tip steak (8)
- 4 two-pound boneless beef chuck shoulder roasts (10, 16, 23, 24)
- 3 pounds 85% lean ground beef (11, 27)
- 1 pound ground turkey (20)

- 1 pound cooked ground meat or chopped meatballs (29)
- 1 pound fresh skinless salmon (14)

Frozen

- 2 bags (16oz each) frozen petite broccoli florets (3, 21)
- 16oz frozen cauliflower florets (25)

Cold/Dairy

- 16oz mild cheddar cheese (3, 25)
- 5 mozzarella string cheese sticks (20)
- 8oz mozzarella cheese (29)
- 1 1/4 cup shredded Parmesan cheese (5, 20, 29)
- 8oz feta cheese (5, 12)
- 4oz blue cheese crumbles (4)
- 15oz part-skim ricotta cheese (29)
- 80oz (10 cups) heavy cream (3, 5, 6, 13, 19, 25, 31)
- 2 1/4 cups sour cream (4, 18, 30)
- 12 large eggs (5, 20, 28, 29)
- 4 1/4 sticks unsalted butter (3, 10, 15, 19, 21, 25, 26, 30, 31)

Canned/Dried

- 24oz jar plus 1/2 cup spaghetti sauce (2, 29)
- 40oz chicken broth (5 cups) (3, 18, 25)
- 16oz (2 cups) chicken stock (13)
- 20oz (2 1/2 cups) beef broth (15, 16, 24)
- 8oz (1 cup) vegetable broth (19)
- 4oz (1/2 cup) broth (vegetable, chicken or beef) (30)
- 16oz jar salsa verde (7)
- 16oz jar salsa (9)
- 2 cans (28oz each) cans crushed tomatoes (8, 28)
- 15oz can diced tomatoes (12)
- 28oz can whole peeled tomatoes (19)
- 28oz can tomato puree (19)
- 2 cans (15oz each) tomato sauce (6, 31)
- 4-6 pepperoncini (11)
- 12oz jar roasted red peppers (12)
- 10.2oz jar pitted Kalamata olives (12)
- 2 cans (13.5oz each) unsweetened coconut milk (17)
- 4.25oz can diced green chilies (17)

- 1/2 cup plus 2 tablespoons basil pesto (14, 20)

Spices and Seasonings

- 2 tablespoons dried parsley flakes (1, 29)
- 1 tablespoon plus 1 1/4 teaspoon onion powder (1, 6, 31)
- 1 tablespoon plus 1/2 teaspoon garlic powder (1, 4, 15, 18)
- 1/2 teaspoon dill (1)
- 1 tablespoon plus 1 3/4 teaspoon pepper (1, 4, 7, 8, 13, 15, 17, 18, 25, 27, 29, 30)
- 2 tablespoons plus 2 1/2 teaspoons salt (1, 5, 6, 8, 9, 13, 15, 17, 18, 21, 25, 26, 27, 29)
- 1/2 teaspoon dried mustard (4)
- 3 tablespoons curry powder (6, 17, 31)
- 2 1/4 teaspoons crushed red pepper flakes (6, 7, 8, 12, 19, 22)
- 2 tablespoons plus 1 1/2 teaspoons cumin (7, 9, 17, 27)
- 1 tablespoon Italian seasoning (8)
- 1 1/2 teaspoon dried basil (8, 28)
- 2 teaspoons chili powder (9)
- 1/2 teaspoon dried rosemary (13)
- 1 1/2 teaspoons dried oregano (13, 19, 28)
- 1 tablespoon minced onion (15)
- 1/2 teaspoon celery seed (19)
- 1 teaspoon ground turmeric (21)
- 1 teaspoon cilantro (22)
- 1/2 teaspoon ground ginger (22)
- 2 1/2 teaspoons paprika (27, 30)
- 1 tablespoon garam masala (31)
- 1 seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (23)
- Homemade au jus seasoning packet: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper (10)
- Homemade dry ranch seasoning packet: 1T dried parsley, 1T onion powder, 1tsp garlic powder, 1/2tsp dill, 1/2tsp pepper, 1/2 tsp salt (10)
- Homemade onion soup mix: 1/2 cup dried onion flakes, 1/2 teaspoon parsley flakes, 1/2 teaspoon onion powder, 1/2 teaspoon celery seed, 1/2 teaspoon paprika, 1/2 teaspoon pepper (16)

Baking

- 1/2 cup plus 3 tablespoons all-purpose flour (3, 18, 25)

Materials

- 33 gallon-sized plastic freezer bags (1-28, 30-31)
- 1 quart-sized plastic freezer bag (11)
- Gloves for cutting peppers (9, 24)
- 9x13" disposable or aluminum baking pan (29)
- Lid or foil to cover baking pan (29)

Oil and Vinegar

- 6 tablespoons extra virgin olive oil (1, 23)
- 1 tablespoon sesame oil (21)
- 2 tablespoons balsamic vinegar (12)
- 4 tablespoons red wine vinegar (1, 23)

Miscellaneous

- 1 teaspoon Dijon mustard (3)
- 1/2 cup plus 1 teaspoon hot sauce (3, 4)
- 1/4 cup mayonnaise (4)
- 1/4 cup peanut butter (22)
- 2 tablespoons soy sauce (22)
- 1/2 cup Italian breadcrumbs (20)
- 1/2 cup panko Japanese-style breadcrumbs (28)
- 2 tablespoons ketchup (30)
- 2 teaspoons Worcestershire sauce (4, 30)

Not Needed Until Day of Cooking

- 28oz cream cheese (1, 9, 26, 30)
- 16oz mozzarella cheese (2, 20)
- 10z mild cheddar cheese (5)
- 6oz Pepper Jack cheese (9)
- 6 slices provolone cheese (28)
- 14.5oz can diced tomatoes (20)
- 48oz (6 cups) chicken stock (21)
- 16oz (2 cups) beef broth (27)
- 2 tablespoons tomato paste (27)
- 2.5oz (about 4 cups) fresh baby spinach (30)
- 1 small spaghetti squash (3-3.5 pounds and 10" long or shorter so it fits in the crockpot) (18)
- Suggested Side Dishes (serve salads with full-fat salad dressing)

1. Crack Chicken – salad, shredded cheddar cheese, bacon bits, and sliced green onions
2. Sausage-Stuffed Mini Sweet Peppers – sautéed zucchini “noodles”
3. Broccoli Cheddar Soup – shredded cheddar cheese and bacon bits
4. Shredded Buffalo Chicken – salad
5. Spinach and Feta Quiche – bacon and shredded cheddar cheese
6. Chicken Tikka Masala – Greek yogurt
7. Salsa Verde Shredded Pork – shredded cheddar cheese, sour cream, and avocado
8. Steak Italiano – zucchini “noodles”, fresh chopped basil leaves, Parmesan cheese, and shredded mozzarella cheese.
9. Queso Chicken Chili – salad, shredded cheese, fresh cilantro
10. Mississippi Roast – salad
11. Stuffed Peppers – Parmesan and mozzarella cheeses
12. Mediterranean Chicken – Greek salad
13. Creamy Chicken Stew – shredded cheddar cheese
14. Pesto Salmon – steamed broccoli and cauliflower, cheese
15. Steak Bites – baked asparagus wrapped in bacon
16. Pot Roast with Green Beans – salad
17. Curried Butternut Squash Soup – salad
18. Chicken Alfredo Spaghetti Squash – Parmesan cheese and fresh parsley
19. Creamy Tomato Soup – salad
20. Mozzarella-Stuffed Turkey Pesto Meatballs – sautéed zucchini “noodles” and Parmesan cheese
21. Broccoli Ginger Turmeric Soup – Greek yogurt
22. Peanut Lime Chicken – chopped peanuts and cilantro
23. Beef Roast with Carrots – roasted Brussels sprouts
24. Banana Pepper Shredded Beef – salad
25. Cheesy Cauliflower Soup – shredded cheddar cheese, bacon bits, and sliced green onions
26. Garlic Butter Chicken with Cream Cheese Sauce – sautéed yellow squash

27. Easy Meatballs – mashed cauliflower
28. Stuffed Banana Peppers – spaghetti squash
29. Zucchini Lasagna with Meat Sauce – no side needed!
30. Mushroom Spinach Stroganoff – zucchini “noodles”
31. Indian Butter Chicken – cauliflower rice