

# 12 EASY CROCKPOT FREEZER MEALS IN ONE HOUR

Free printable recipes and grocery list below!

## Recipe List

1. Two freezer bags of [Red Pepper Chicken](#) (yum!)
2. Two freezer bags of Cilantro Lime Chicken from [Damn Delicious](#)
3. Two freezer bags of Chicken Pesto Parmesan from [Twin Dragonfly Designs](#)
4. Two freezer bags of [Crockpot Asian Chicken](#)
5. Two freezer bags of [Crockpot Beef and Broccoli](#)
6. Two freezer bags of Crockpot Chicken Tinga from [30 Handmade Days](#)

\*Note: I doubled each recipe for a total of 12 meals.



# 1. RED PEPPER CHICKEN

Recipe from [The Family Freezer](#)

Yields: One gallon-sized bag of Red Pepper Chicken with 6 servings. (I doubled this recipe and made two bags.)

## Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced
- 1 medium-sized yellow bell pepper, sliced
- 1 medium-sized orange bell pepper, sliced
- 1 yellow onion, sliced or diced
- 4 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 1 teaspoon crushed red pepper flakes
- 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 name of the recipe, cooking instructions, and “use-by” date.
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 ingredients of freezer bag to your crockpot.
3. Cook on “low” setting for 3-4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Serve with brown rice and broccoli or a salad or shred the chicken and serve on tortillas with cheddar cheese.



## 2. CILANTRO LIME CHICKEN

Recipe modified from [Damn Delicious](#)

Yields: One gallon-sized bag of Cilantro Lime Chicken with 6 servings. (I doubled this recipe and made two bags.)

### Ingredients

- 1 1/2 pounds boneless skinless chicken breasts, fat trimmed
- 15oz can black beans, drained and rinsed
- 10oz can diced tomatoes and green chilies
- 1 cup frozen corn
- 1/2 cup salsa
- 1/2 cup chopped fresh cilantro leaves
- 1 red onion, diced
- 1 jalapeño, diced (omit seeds for a mild dish)
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 limes for juice

### Materials

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

### To Freeze and Cook Later

1. Label your freezer bag with name of the recipe, cooking instructions, and “use-by” date.
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 ingredients of freezer bag to your crockpot.
3. Cook on “low” setting for 3-4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Serve with rice or tortillas and guacamole, sour cream, and shredded cheese.



### 3. CHICKEN PESTO PARMESAN

Recipe modified from [Twin Dragonfly Designs](#)

Yields: One gallon-sized bag of Chicken Pesto Parmesan with 6 servings. (I doubled this recipe and made two bags.)

#### Ingredients

- 2 pounds boneless skinless chicken breasts, diced
- 6oz jar pesto
- 1 yellow onion, diced
- 1/2 cup Parmesan cheese, grated
- 2 cloves garlic, minced
- 3 oz fresh baby spinach (about 3 cups or 3 handfuls)
- 1/4 cup pine nuts (for serving)

#### Materials

- 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

1. Label your freezer bag with name of the recipe, cooking instructions, and “use-by” date.
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 ingredients of freezer bag to your crockpot.
3. Cook on “low” setting for 4-6 hours.

Serve over zucchini noodles and top with pine nuts (freshly toasted).



## 4. CROCKPOT ASIAN CHICKEN

Recipe from [The Family Freezer](#)

Yields: One gallon-sized bag of Crockpot Asian Chicken with 6 servings. (I doubled this recipe and made two bags.)

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 1/2 cup soy sauce
- 1/2 cup water
- 1 tablespoon sherry
- 1-inch fresh ginger root, peeled and minced
- 1 tablespoon ground ginger
- 2 tablespoons sugar

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with name of the recipe, cooking instructions, and “use-by” date.
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 ingredients of freezer bag to your crockpot.
3. Cook on “low” setting for 4-6 hours.

Serve with green beans and rice.



## 5. CROCKPOT BEEF AND BROCCOLI

Recipe from [The Family Freezer](#)

Yields: One gallon-sized bag of Crockpot Beef and Broccoli with 6 servings. (I doubled this recipe and made two bags.)

### Ingredients

- 2-pound sirloin tip steak, fat trimmed and sliced
- 4 cloves garlic, minced
- 1 yellow onion, diced
- 3 tablespoons cornstarch
- 2 tablespoons brown sugar
- 1-inch fresh ginger root, peeled and grated
- 1/2 cup beef broth
- 1/2 cup soy sauce
- 1/2 teaspoon pepper
- 1 pound fresh broccoli florets\* (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with name of the recipe, cooking instructions, and “use-by” date.
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 ingredients of freezer bag to your crockpot with broccoli.
3. Cook on “low” setting for 6 hours.

Serve over rice.

\*If you prefer crunchy vegetables, wait to add broccoli until last 45 minutes to one hour of cooking.



## 6. CROCKPOT CHICKEN TINGA

Recipe modified from Thirty Handmade Days

Yields: One gallon-sized bag of Crockpot Chicken Tinga with 6 servings. (I doubled this recipe and made two bags.)

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 2 cans (14.5oz each) roasted diced tomatoes, drained
- ½ can chipotle peppers in adobo sauce (I bought a 7oz can to split between the two bags)
- 1 yellow onion, chopped
- 8 cloves garlic, minced
- 2 tablespoons chopped fresh cilantro leaves
- 2 tablespoons brown sugar
- 1 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon ground cloves

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with name of the recipe, cooking instructions, and “use-by” date.
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 ingredients of freezer bag to your crockpot.
3. Cook on “low” setting for 6 hours.

Serve over rice or with tortillas and top with avocado and sour cream.

# GROCERY LIST FOR ALL 12 MEALS

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

## Produce

- 2 medium-sized red bell pepper (1)
- 2 medium-sized yellow bell pepper (1)
- 2 medium-sized orange bell pepper (1)
- 2 red onions (2) 2 jalapeños (2)
- 8 yellow onions (1, 3, 5, 6)
- 4 limes for juice (2)
- 6 oz fresh baby spinach (6)
- 4-inches fresh ginger root (4, 5)
- 44 cloves garlic (1, 2, 3, 5, 6)
- 1 cup plus 4 tablespoons chopped fresh cilantro leaves (2, 6)

## Meat

- 19 pounds boneless skinless chicken breasts (1, 2, 3, 4, 6)
- 4-pound sirloin tip steak (5)

## Cold/Dairy

- 1 cup Parmesan cheese (3)

## Canned/Dried

- 2 cans (15oz each) black beans (2)
- 2 cans (10oz each) diced tomatoes and green chilies (2)
- 1 cup salsa (2)
- 2 jars (6oz each) pesto (3)
- 1 cup beef broth (5)
- 4 cans (14.5oz each) roasted diced tomatoes (6)
- 7oz can chipotle peppers in adobo sauce (6)

## Frozen

- 2 cups frozen corn (2)

## Spices and Seasonings

- 2 teaspoons dried oregano (6)
- 1 teaspoon cinnamon (6)
- 1/4 teaspoon ground cloves (6)
- 2 teaspoons crushed red pepper flakes (1)
- 1 tablespoon plus 1 teaspoon cumin (2)
- 1 tablespoon plus 1 teaspoon chili powder (2)



### **Spices and Seasonings (cont.)**

- 2 1/2 teaspoons salt (1, 2, 6)
- 2 tablespoons ground ginger (4)
- 1 tablespoon plus 2 teaspoons pepper (1, 2, 5, 6)

### **Baking**

- 4 tablespoons sugar (4)
- 6 tablespoons cornstarch (5)
- 8 tablespoons brown sugar (5, 6)
- Oil and Vinegar
- 1/2 cup extra virgin olive oil (1)

### **Miscellaneous**

- 2 cups soy sauce (4, 5)
- 2 tablespoons sherry (4)
- 1/2 cup pine nuts (3)

### **Materials**

- 12 gallon-sized plastic freezer bags (1-6)
- Not Needed Until Day of Cooking
- 2 pounds fresh broccoli florets (5)

### **Suggested Side Dishes**

1. Red Pepper Chicken - rice and steamed broccoli
2. Cilantro Lime Chicken - rice or tortillas and guacamole, sour cream, and shredded cheese
3. Chicken Pesto Parmesan - zucchini noodles and pine nuts
4. Crockpot Asian Chicken - green beans and rice
5. Beef and Broccoli - rice
6. Chicken Tinga - rice or tortillas, avocado, and sour cream