

# 7 CROCKPOT FREEZER MEALS IN 30 MINUTES

## Crockpot Freezer Cooking – 7 Meals in 30 Minutes

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# 1. Crockpot Salsa Verde Chicken

Yields: 6 servings

## Ingredients

- 15oz can of black beans, drained and rinsed
- 16oz jar of salsa verde
- 1/2 of a 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 2 pounds boneless skinless chicken breasts
- 8oz package of 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.
2. Add all ingredients to your freezer bag (except cream cheese).
3. Seal and freeze for up to three months.

## To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Add cream cheese and cook additional 10 minutes or until heated through.
4. Stir to combine.

Serve with rice.

## 2. Crockpot Cranberry-Orange Pork Chops

Yields: 6 servings

### Ingredients

- 16oz bag fresh trimmed green beans (I used a 12oz bag)
- 15oz can whole berry cranberry sauce
- 9oz jar of orange marmalade (sweetened with 100% fruit juice, if possible)
- 1 packet of onion soup mix
- 2 pounds of thick cut boneless pork chops

### 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. Seal and freeze for up to three months.

### To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

### **3. Crockpot Turkey Black Bean Chili**

Yields: 6 servings

#### **Ingredients**

- 1/2 of a 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 2 cans of black beans (15oz each), drained and rinsed
- 28oz can tomato sauce
- 15oz can petite diced tomatoes, undrained
- 1 packet of chili seasoning mix
- 1 pound ground turkey

#### **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. Seal and freeze for up to three months.

#### **To Cook**

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Break apart ground turkey and stir.

Serve with shredded cheddar cheese and tortilla chips.

## 4. Crockpot Beef Teriyaki

Yields: 6 servings

### Ingredients

- 2 bags of fresh sugar snap peas (8oz each)
- 2 pounds sliced beef top sirloin steak
- 1 packet of teriyaki marinade dry seasoning mix\*
- 1/2 cup water

### 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 water).
3. Seal and freeze for up to three months.

### To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

\*We tried this recipe and it was pretty bland, so next time I make it I'll use our favorite homemade teriyaki seasoning sauce instead: 1/2 cup low sodium soy sauce, 1/4 cup rice wine vinegar, 1/4 cup light brown sugar, 1 tablespoon cornstarch, 1 teaspoon onion powder, 4 minced cloves of garlic, and 1-inch fresh ginger root, peeled and grated (1 tablespoon).

## 5. Crockpot Chicken Fajitas

Yields: 4 servings

### Ingredients

- 16oz bag of frozen pepper stir fry vegetables (the one I used was 14.4oz)
- 1 packet of fajita seasoning mix
- 1 pound of boneless skinless chicken breasts (I add them to the freezer bag whole, but if you sliced them you can cook the meal in a skillet if you want)

### 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. Seal and freeze for up to three months.

### To Cook

1. Thaw overnight in fridge or in morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir.

Serve on soft tortillas with your favorite fajita toppings like shredded cheese, guacamole, and salsa.

## 6. Crockpot Pot Roast

Yields: 4 servings

### Ingredients

- 1 pound of baby carrots
- 15oz can of whole new potatoes, drained
- 1 packet dry onion soup mix
- 2-pound boneless beef chuck roast
- 1 cup water (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 water).
3. Seal and freeze for up to three months.

### To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with fresh bread.



## 7. Crockpot Meatball Vegetable Soup

Yields: 6 servings

### Ingredients

- 15oz can cannellini beans, drained and rinsed
- 16oz bag of frozen peas and carrots
- 24oz jar marinara sauce
- 1 pound frozen meatballs
- 4 cups 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.
2. Add all ingredients to your freezer bag (except chicken broth).
3. Seal and freeze for up to three months.

### To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with garlic bread.

## Grocery List for All 7 Meals

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

### Produce

- 16oz bag fresh trimmed green beans (I used a 12oz bag) (2)
- 2 bags of fresh sugar snap peas (8oz each) (4)
- 1 pound of baby carrots (6)

### Meat

- 3 pounds boneless skinless chicken breasts (1, 5)
- 2 pounds of thick cut boneless pork chops (2)
- 1 pound ground turkey (3)
- 2 pounds sliced beef top sirloin steak (4)
- 2-pound boneless beef chuck roast (6)

### Frozen

- 16oz bag of frozen yellow corn (1, 3)
- 16oz bag of frozen pepper stir fry vegetables (I used a 14.4oz bag) (5)
- 16oz bag of frozen peas and carrots (7)
- 1 pound frozen meatballs (7)

### Canned

- 3 cans of black beans (15 oz) (1, 3)
- 15oz can cannellini beans (7)
- 16oz jar of salsa verde (1)
- 15oz can whole berry cranberry sauce (2)
- 9oz jar of orange marmalade (sweetened with 100% fruit juice, if possible) (2)
- 28oz can tomato sauce (3)
- 15oz can petite diced tomatoes (3)
- 15oz can of whole new potatoes (6)
- 24oz jar marinara sauce (7)

### Seasonings

- 2 packets of onion soup mix (2, 6)
- 1 packet of chili seasoning mix (3)
- 1 packet of fajita seasoning mix (5)
- 1 packet of teriyaki marinade dry seasoning mix OR this homemade sauce: 1/2 cup low sodium soy sauce, 1/4 cup rice wine vinegar, 1/4 cup light brown sugar, 1 tablespoon cornstarch, 1 teaspoon onion powder, 4 minced cloves of garlic, and 1-inch fresh ginger root, peeled and grated (1 tablespoon). (4)

### Materials

- 7 gallon-sized plastic freezer bags (1-7)

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

- 8oz package of cream cheese (1)
- 4 cups chicken broth (7)
- Suggested Side Dishes
  1. Crockpot Salsa Verde Chicken – rice
  2. Crockpot Cranberry-Orange Pork Chops – rice
  3. Crockpot Turkey Black Bean Chili – shredded cheese and tortilla chips
  4. Crockpot Beef Teriyaki – rice
  5. Crockpot Chicken Fajitas – tortillas and fajita toppings
  6. Crockpot Pot Roast – fresh bread
  7. Crockpot Meatball Soup – garlic bread