

# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN JULY

Free printable recipes and grocery list below!

## Recipe List

1. [Italian Pork Roast](#)
2. Skinny Shredded Buffalo Chicken from [Thirty Handmade Days](#)
3. [Sausage-Stuffed Mini Sweet Peppers](#)
4. Chicken Fajitas from [Thirty Handmade Days](#)
5. [Chicken Salad Sandwiches](#)
6. [Meatball Veggie Soup](#)
7. [Honey Sriracha Shredded Chicken Lettuce Wraps](#)
8. [Banana Pepper Shredded Beef Sandwiches](#)
9. [Tuscan Chicken](#)
10. Beef Enchilada "Stack" (inspired by this recipe from [Damn Delicious](#))
11. Shredded BBQ Chicken
12. [Chicken Cacciatore](#)
13. Bonus Recipe: [Zucchini "Lasagna"](#)

# 1. ITALIAN PORK ROAST

Recipe from [The Family Freezer](#)

Yields: 6 servings

## Ingredients

- 2-pound boneless pork roast
- 6 medium sized tomatoes, cored, seeds and juiced removed, and chopped (about 3 cups)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon black 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 6-8 hours.
4. Shred or slice pork.

Serve with a salad.

## 2. 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.

## 3. SAUSAGE-STUFFED MINI SWEET PEPPERS

Recipe from [The Family Freezer](#)

Yields: 4 servings

### Ingredients

- 24oz mini sweet peppers (1 1/2 pounds)
- 1 pound ground Italian sausage (sweet or hot)
- 24oz jar spaghetti sauce (We like Prego Traditional)
- 8oz shredded mozzarella cheese (about 2 cups) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized freezer bag (optional – you can buy cheese ahead of time and freeze it)

### To Freeze and Cook Later

1. Label your freezer bag.
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 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. Add mozzarella cheese and cook for additional 10 minutes or until melted.

Serve over spaghetti.

## 4. CHICKEN FAJITAS

Recipe from Thirty Handmade Days

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 bell peppers (I use two red and one green)
- 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 4-8 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.

## 5. CHICKEN SALAD SANDWICHES

Recipe from [The Family Freezer](#)

Yields: 14 mini chicken salad sandwiches or 7 large ones

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 1/2 small yellow onion, diced (1/2 cup)
- 2 ribs of celery, diced (1/2 cup)
- 1 1/2 cups mayonnaise (not needed until day of cooking)
- 1/4 teaspoon salt (not needed until day of cooking)
- 1/4 teaspoon pepper (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 mayo, salt, and pepper 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.
4. Shred chicken with a fork and cool to room temperature.
5. Add chicken to a bowl and mix with mayonnaise, salt, and pepper.

Serve on croissants with a fresh fruit salad.

## 6. MEATBALL VEGGIE SOUP

Recipe from [The Family Freezer](#)

Yields: 8 servings

### Ingredients

- 1 pound small meatballs (store bought or homemade)
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 4 cups low sodium 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 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 with broth.
3. Cook on "low" setting for 8 hours.

Top with parmesan cheese and serve with fresh bread.

## 7. HONEY SRIRACHA CHICKEN LETTUCE WRAPS

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 4 garlic cloves, minced
- 2 tablespoons Sriracha
- 2 tablespoons honey
- 1/3 cup soy sauce

### 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.



## 8. BANANA PEPPER SHREDDED BEEF SANDWICHES

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless beef chuck shoulder roast
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 small 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.
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 beef from slow cooker and shred with a fork.

Serve on rolls with a side salad.

## 9. TUSCAN CHICKEN

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 4 medium-sized tomatoes, cored, seeds and juice removed, and diced (You can sub 28oz can diced tomatoes – undrained – if fresh tomatoes aren't in season)
- 6oz can tomato paste
- 2-3oz fresh baby spinach
- 1 small yellow onion, diced (one cup)
- 1 tablespoon Italian seasonings
- 1 teaspoon basil
- 1 teaspoon garlic powder
- 1/2 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 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 or serve whole.

Top with parmesan cheese. Serve over spaghetti.

# 10. BEEF ENCHILADA STACK

Recipe adapted from [Damn Delicious](#)

Yields: 4 servings

## Ingredients

- 1 pound 85% lean ground beef
- 15oz can black beans, drained and rinsed
- 3 medium-sized tomatoes, cored, seeds and juice removed, and chopped
- 4oz can diced green chilies
- 1 teaspoon garlic powder
- 3/4teaspoon onion powder
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8-10 small corn tortillas (I used 9)
- 8oz mild cheddar cheese, shredded (about 2 cups)

## Materials

- 1 gallon--sized plastic freezer bag
- 24--inch piece of plastic wrap

## To Freeze and Cook Later

1. Label freezer bag.
2. In a large bowl, combine all ingredients except tortillas and cheese.
3. Layer ingredients on piece of plastic wrap in this order:
  1. One tortilla.
  2. Top with 1 cup beef mixture and 1/4 cup cheese. Flatten.
  3. Add another tortilla and continue repeating layers until beef mixture is gone.
  4. Top with final tortilla.
4. Fold plastic wrap over stack and around it.
5. Cover stack with freezer bag, seal, and freeze for up to three months.

## **To Cook**

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, carefully remove stack from bag and add to crockpot.
3. Cover and cook on “low” setting for 6-8 hours or until beef is cooked through.
4. Slice like a pie and serve. (Mine cooked down like a casserole, so we used a spoon to serve.)

Top with extra shredded cheddar cheese and serve with salad.

# 11. SHREDDED BBQ CHICKEN

Recipe from [The Family Freezer](#)

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, corn on the cob, and watermelon.

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.)

# 12. CHICKEN CACCIATORE

Recipe from [The Family Freezer](#)

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 24oz jar spaghetti sauce (I like tomato and basil but feel free to use your favorite kind)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped
- 1 tablespoon Italian Seasoning

## 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 or until chicken is cooked through and tender.
4. Shred chicken and stir.

Top with parmesan cheese and serve over spaghetti

## 13. ZUCCHINI “LASAGNA”

Note: This recipe is layered in the crockpot like a lasagna, so skip the freezing step and make it fresh.

Recipe from New Leaf Wellness

Yields: 4 servings

### Ingredients

- 4 small zucchinis, ends cut off (you can sub two large zucchinis)
- 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 pepper

### To Cook

1. Thinly slice (unpeeled) zucchini length-wise into thin strips, like lasagna noodles. It's easier to do this with a mandolin, but a large knife works just fine. (It's OK if some are only a few inches long.)
2. Create cheese filling by combining 1 cup mozzarella cheese, ricotta cheese,
3. Parmesan cheese, eggs, parsley flakes, salt, and pepper.
4. Create a layer of zucchini at the bottom of your crockpot. (It's OK if pieces overlap.)
5. Top zucchini with a rounded 1/2 cup of cheese filling and 1-3 tablespoons sauce.
6. Continue layering zucchini, cheese, and sauce until you only have enough zucchini left for top layer. (A 6-quart crockpot will have 4-5 layers and a 4-quart crockpot will have 6-8 layers.)
7. Before you add the top layer of zucchini, add whatever sauce and cheese you have left.
8. Top with zucchini and remaining 1 cup of mozzarella cheese.
9. Cover, and cook on low for 6-8 hours.
10. Turn off slow cooker and let rest for 15-30 minutes, so juices become more set.

Serve with garlic bread.

# GROCERY LIST FOR ALL 13 MEALS

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

## Produce

- 13 medium sized tomatoes (1, 9, 10)
- 8 cloves garlic (1, 7)
- 24oz mini sweet peppers (1 1/2 pounds) (3)
- 4 bell peppers (I used two red and two green) (4, 12)
- 4 banana peppers (mild or hot) (8)
- 6 yellow onions (4, 5, 6, 8, 9, 12)
- 1 lime for juice (4)
- 2 ribs of celery (5)
- 1 pound carrots (6)
- 3 cups green beans (6)
- 6 small-medium sized zucchinis (6, 12, 13)
- 2-3oz fresh baby spinach (9)

## Meat

- 2-pound boneless pork roast (1)
- 14 pounds boneless skinless chicken breasts (2, 4, 5, 7, 9, 11, 12)
- 1 pound ground Italian sausage (sweet or hot) (3)
- 1 pound small meatballs (6)
- 2-pound boneless beef chuck shoulder roast (8)
- 1 pound 85% lean ground beef (10)

## Cold/Dairy

- 4 tablespoons unsalted butter (2)
- 8oz mild cheddar cheese (about 2 cups) (10)
- 8oz mozzarella cheese (about 2 cups) (13)
- 15oz container of part-skim ricotta cheese (13)
- 1/2 cup Parmesan cheese (13)
- 2 eggs (13)

## Canned/Dried

- 3 jars (24oz each) plus 1/2 cup spaghetti sauce (3, 6, 12, 13)
- 1 cup beef broth (8)
- 6oz can tomato paste (9)
- 15oz can black beans (10)
- 4oz can diced green chilies (10)



## **Spices and Seasonings**

- 2 tablespoons dried parsley flakes (1, 13)
- 2 teaspoons basil (1, 9)
- 1 teaspoon oregano (1)
- 2 teaspoons black pepper (1, 2, 9, 10, 13)
- 2 1/4 teaspoon salt (1, 4, 9, 10, 13)
- 1 tablespoon paprika (2, 4)
- 2 tablespoons plus 2 teaspoons chili powder (4, 10, 11)
- 1 3/4 teaspoons onion powder (4, 10)
- 1 tablespoon garlic powder (4, 9, 10)
- 1 tablespoon ground cumin (4, 10)
- 1 1/4 teaspoon crushed red pepper flakes (4, 9)
- 2 tablespoons Italian seasoning (9, 12)
- 2 teaspoons curry powder (11)

## **Baking**

- 2 tablespoons honey (7)
- 1 tablespoon light brown sugar (11)

## **Materials**

- 12 gallon-sized plastic freezer bags (1-12)
- 1 quart-sized freezer bag (optional) (3)
- Gloves for cutting peppers (8)
- Plastic wrap (10)

## **Oil and Vinegar**

- 5 tablespoons olive oil (1, 4)
- 2 tablespoons distilled white vinegar (2)

## **Miscellaneous**

- 1 cup plus 1 teaspoon hot sauce (2, 11)
- 1/3 cup soy sauce (7)
- 2 tablespoons Sriracha (7)
- 1 cup ketchup (11)
- 2 tablespoons Worcestershire (11)
- 8-10 small corn tortillas (10)

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

- 8oz (about 2 cups) shredded mozzarella cheese (3)
- 1 1/2 cups mayonnaise (5)
- 1/4 teaspoon salt (5)
- 1/4 teaspoon pepper (5)
- 4 cups low sodium chicken broth (6)

## **Suggested Side Dishes**

1. Italian Pork Roast – salad
2. Skinny Shredded Buffalo Chicken- buns, watermelon, salad
3. Sausage-Stuffed Mini Sweet Peppers- spaghetti
4. Chicken Fajitas – tortillas or rice, guacamole, shredded cheddar cheese
5. Chicken Salad Sandwiches- croissants, fruit salad
6. Meatball Veggie Soup- parmesan cheese, fresh bread
7. Honey Sriracha Shredded Chicken Lettuce Wraps- Boston Bibb lettuce, rice
8. Banana Pepper Shredded Beef Sandwiches- rolls, salad
9. Tuscan Chicken – spaghetti, parmesan cheese
10. Beef Enchilada "Stack" – shredded cheddar cheese, salad
11. Shredded BBQ Chicken- rolls, mango coleslaw, corn on the cob, watermelon
12. Chicken Cacciatore – parmesan cheese, spaghetti
13. Bonus Recipe: Zucchini "Lasagna"- garlic bread

# 07 JULY MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			