

11 FIVE-INGREDIENT CROCKPOT RECIPES THAT ACTUALLY TASTE GOOD

Free printable recipes and grocery list below!

Recipe List

1. [Salsa Verde Chicken](#)
2. [Cranberry Pork Roast](#)
3. [Cool Ranch Shredded Chicken Tacos](#) (I'm obsessed with this recipe)
4. [Ginger-Peach Chicken Thighs](#) (you can add green beans the last 30 minutes of cooking for an easy side dish)
5. [Stuffed Peppers](#)
6. [Pot Roast with Carrots and Potatoes](#) (one-pot meal!)
7. [Lasagna Soup](#)
8. [Chipotle Beef Roast with Carrots](#) (my favorite)
9. [Kale and Chorizo Soup](#)
10. [Sausage-Stuffed Mini Peppers](#) (so good)
11. Maple Pork Roast with Cinnamon Applesauce (from my [Complete Freezer Cooking Bundle](#) and shared for free below)



1. SALSA VERDE CHICKEN

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 2lbs boneless chicken breasts
- 15oz can black beans, drained and rinsed
- 15oz can corn, drained and rinsed
- 16oz jar salsa verde*
- 8oz package cream cheese

To Cook

1. Add all ingredients except cream cheese to crockpot and cook on low setting for 6 hours.
2. Add cream cheese (just place on top) and let sit for about 30 minutes.
3. Stir to combine before serving.

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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with rice.

*Note: If you're in a pinch, regular tomato salsa will do...BUT green salsa REALLY gives it a kick!



2. CRANBERRY PORK ROAST

Recipe from [The Family Freezer](#)

Yields: 4 servings

Ingredients

- 2.5 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce
- ¼ cup honey
- ¼ cup dried minced onion

To Cook

1. Add all ingredients to crockpot and cook on low setting for 6-8 hours or until pork shreds easily with a fork.
2. Remove bones and shred meat.

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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve meat and cranberry sauce with green beans and stuffing.



3. COOL RANCH SHREDDED CHICKEN TACOS

Recipe from [The Family Freezer](#)

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.)

To Cook

1. Add all ingredients to crockpot and cook on low setting for 6-8 hours.
2. Shred chicken and mix with sauces and spices left in crockpot.

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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve on soft tortillas with your favorite taco toppings such as shredded cheese, guacamole, and tomatoes.



4. GINGER PEACH CHICKEN THIGHS

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 2lbs boneless, skinless chicken thighs
- 1 cup peach jam
- 1 tablespoon soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

To Cook

1. Add all ingredients to crockpot and cook on low setting for 3-6 hours or until chicken shreds easily with a fork.
2. Shred chicken and return to slow cooker to mix with juice.

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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

For an easy side dish, add one pound of fresh trimmed green beans to the slow cooker the last 30 minutes of cooking.



5. STUFFED PEPPERS

Recipe from [The Family Freezer](#)

Yields: 4 servings

Ingredients

- 1lb ground turkey (or beef)
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

To Cook

1. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
2. Separate mixture into four equal parts and firmly stuff into peppers.
3. Place peppers in crockpot and cover with remaining pasta sauce.
4. Cook on low for 6-8 hours or until meat is cooked through and peppers are soft.

To Freeze and Cook Later

1. Label a gallon-sized plastic 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 meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.
5. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with rice.



6. POT ROAST WITH CARROTS AND POTATOES

Recipe from [The Family Freezer](#)

Yields: 4 servings

Ingredients

- 2-pound boneless beef chuck roast (beef shoulder roast), fat trimmed
- 1 pound of baby carrots
- 15oz can of whole new potatoes, drained
- 1 packet of dry onion soup mix
- 1 cup water

Materials

- 1 gallon-sized plastic freezer bag

To Cook

1. Add all ingredients crockpot and cook on low setting for 8 hours or until beef is tender and shreds easily.
2. Shred beef and return to crockpot to mix with juice.

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 water to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

This one pot meal needs no side dish!



7. LASAGNA SOUP

Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 24oz jar of pasta sauce
- 15oz can of cannellini beans, drained and rinsed
- 2.5oz of fresh baby spinach (about 3 cups or 2-3 handfuls)
- 4 cups of chicken broth or vegetable broth
- 3 uncooked lasagna noodles, broken into small pieces

To Cook

1. Combine all ingredients (except lasagna noodles) in your crockpot and cook for 6-8 hours on "low" setting.
2. Add noodles and cook for an additional 30 minutes.

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 broth and lasagna noodles to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Top with freshly grated mozzarella and Parmesan cheeses and serve with a side of garlic bread.



8. CHIPOTLE BEEF ROAST WITH CARROTS

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- one seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (this taco seasoning is very good: 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)

To Cook

1. Combine all ingredients in your crockpot.
2. Cook on “low” setting for 8 hours until beef shreds easily with a fork.

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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with rice.



9. KALE AND CHORIZO SOUP

Recipe from [The Family Freezer](#)

Yields: 6 servings

Ingredients

- 1 pound chorizo, taken out of casing
- 1 bunch kale, de-stemmed and thinly sliced
- 4 cloves garlic, minced
- 14.5oz diced tomatoes, undrained
- 32oz (4 cups) vegetable broth (not needed until day of cooking)

To Cook

1. Combine all ingredients in crockpot and cook on “low” setting for 6-8 hours.
2. Crumble chorizo (I find it easier to take it out of the crock, place it on a cutting board, and “mash” it with a potato masher or meat tenderizer.)
3. Return chorizo to crockpot and stir.

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 broth to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Top with Parmesan cheese and serve with crusty bread.



10. SAUSAGE-STUFFED MINI PEPPERS

Recipe from [The Family Freezer](#)

Yields: 4 servings

Ingredients

- 1 1/2 pounds (24oz) mini sweet peppers (Our local store sells them in 8oz bags, so I bought three. If you can only find 16oz bags, buy one and mix the extra sausage with the sauce or buy two and eat the extra peppers sliced on a salad.)
- 1 pound ground Italian sausage (sweet or spicy)
- 24oz jar spaghetti sauce (We like Prego Traditional)
- 8oz shredded mozzarella cheese (about 2 cups)

To Cook

1. Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)
2. Stuff the peppers with sausage and add to crockpot.
3. Cover with sauce and cook on "low" setting for 6-8 hours.
4. Top with mozzarella cheese and cook for additional 10 minutes or until melted.

To Freeze and Cook Later

1. Label a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and "use-by" date (three 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. Remove as much air as possible, seal, and freeze for up to three months.
5. When ready to cook, thaw overnight in the refrigerator or in the morning in water. Follow cooking instructions above. (You can also bake in the oven in a 9x13" baking pan. Thaw overnight in refrigerator and then bake for 40 minutes at 350 degrees F or bake frozen for 60-90 minutes.)

Serve over spaghetti.



11. MAPLE PORK ROAST WITH CINNAMON APPLESAUCE

Recipe from my [Complete Freezer Cooking Bundle](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 2 pounds McIntosh apples (about 9 small apples), peeled, cored, and chopped
- The juice from ½ a lemon (2 tablespoons)
- 2 tablespoons pure maple syrup
- 1 teaspoon cinnamon

Materials

- 1 gallon-sized plastic freezer bag

To Cook

1. Add all ingredients to crockpot and cook on low setting for 8 hours.
2. Shred meat with two forks.

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 apples and lemon juice to bag and seal, and shake to combine.
3. Open freezer bag and add remaining ingredients.
4. Remove as much air as possible, seal, and freeze for up to three months.
5. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with applesauce in crockpot and a side of green beans.