



12

HEALTHY CROCKPOT
FREEZER MEALS FROM

COSTCO

FREE PRINTABLE RECIPES AND SHOPPING LIST

12 HEALTHY CROCKPOT FREEZER MEALS FROM COSTCO

Free printable recipes and grocery list below!

Recipe List

1. Turkey and Black Bean Chili (x3)
2. Garden Vegetable Soup with Ground Turkey (x3)
3. Red Pepper Chicken (x3)
4. Honey Sesame Chicken (x3)

Note: I tripled each recipe for a total of 12 meals to take advantage of Costco's bulk ingredients.

Helpful Links

- [Freezer Meal Pro Membership](#) (use coupon code "COSTCO" to save an extra 20%)
- [Jokari Hands-Free Baggy Racks](#)
- [Reusable Freezer Bags](#)
- [Freezer Cooking Apron from my mom's Etsy shop](#)

TURKEY BLACK BEAN CHILI



Yields: 6 servings per freezer bag

Serve with shredded cheddar cheese and tortilla chips.

Ingredients (for each freezer bag)

- 1 pound ground turkey
- 28oz can of tomato sauce (I used 2, 15oz cans)
- 2 cans of black beans (15oz each), drained and rinsed
- 1.25 cups frozen corn (I split a one pound bag between the 3 bags)
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon garlic powder

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. (Add the turkey to the bag last, so it’s the first ingredient poured into your crockpot.)
3. Remove as much air as possible, seal, and freeze.

To Cook in Crockpot

4. Cook on “low” setting for 6–8 hours.
5. Break apart ground turkey and serve!

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over and add one cup of water.
3. Pressure cook 25 minutes.
4. Natural release.

** I tripled this recipe and made three bags **

GARDEN VEGETABLE SOUP WITH GROUND TURKEY



Yields: 6 servings per freezer bag

Serve with garlic bread or grilled cheese.

Ingredients (for each freezer bag)

- 1 pound ground turkey
- 28oz can of tomato sauce (I used two 15oz cans)
- 1 can of cannellini beans (15oz), drained and rinsed
- 3 large carrots, peeled and sliced (I split 2 pounds between 3 bags)
- 1 lb zucchini, cut into bite-sized pieces (3-4 small zucchinis)
- 1 small onion, diced (about one cup)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 4 teaspoons chicken bullion granules
- 4 cups of water (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 to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook in Crockpot

4. Add to crockpot with four cups of water and cook on “low” setting for 6-8 hours, or until carrots are soft.
5. Break apart ground turkey and serve!

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over and add 4 cups of water.
3. Pressure cook 25 minutes.
4. Natural release.

** I tripled this recipe and made three bags **

RED PEPPER CHICKEN



Yields: 4 servings per freezer bag

Serve with rice or shredded chicken and serve on soft tortillas topped with shredded cheese.

Ingredients (for each freezer bag)

- 1 1/2 pounds boneless, skinless chicken breasts
- 2 medium-sized red bell peppers, sliced (about 3 cups)
- 1/4 cup extra virgin olive oil
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 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 except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook in Crockpot

1. Cook on “low” setting for 4-6 hours, or until chicken is cooked through.
2. Serve with a slotted spoon.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over and add 1/2 cup of chicken broth. (Extra liquid is needed for Instant Pot)
3. Pressure cook 25 minutes.
4. Natural release.
5. Serve with a slotted spoon.

** I tripled this recipe and made three bags **

HONEY SESAME CHICKEN



Yields: 6 servings per freezer bag

Serve with rice and broccoli.

Ingredients (for each freezer bag)

- 1 small onion, diced (about 1 cup)
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 1/4 cup water
- 2 tablespoons extra virgin olive oil
- 1 tablespoon sesame seeds
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 1 1/2 pounds boneless, skinless chicken breasts

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. Cook on “low” setting for 4-6 hours, or until chicken is cooked through.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over.
3. Pressure cook 25 minutes.
4. Natural release.

** I tripled this recipe and made three bags **

GROCERY LIST FOR ALL 12 MEALS

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

Meat

- 9 pounds of boneless, skinless chicken breasts (You can sub chicken thighs) (3, 4)
- 6 pounds of ground turkey (1, 2)

Produce

- 9 small onions (2, 3, 4)
- 6 red peppers (I used a mix of red, orange, and yellow peppers) (3)
- 2 pounds of carrots (2)
- 3 pounds of zucchini (about 8 small zucchinis) (2)

Frozen

- 1 pound bag of frozen corn (1)

Seasonings

- 3 tablespoons paprika (1)
- 3 tablespoons chili powder (1)
- 3 tablespoons ground cumin (1)
- 3 tablespoons Italian seasonings (2)
- 3 tablespoons sesame seeds (4)
- 4 1/2 teaspoons ground oregano (1)
- 4 1/2 teaspoons crushed red pepper flakes (1, 3, 4)
- 3 teaspoons black pepper (2, 3, 4)
- 2 1/4 teaspoons salt (2, 3)
- 15 teaspoons garlic powder (1, 2, 3, 4)

Canned

- 6 cans of tomato sauce (28oz each) (or 12 cans with 15oz each) (1, 2)
- 5 cans of black beans (15oz each) (1)
- 3 cans of cannellini beans (15oz each) (2)

Miscellaneous

- 1 1/2 cups honey (4)
- 1 1/2 cups low sodium soy sauce (4)
- 3/4 cup ketchup (4)
- 1 1/2 cups and 1 tablespoon extra virgin olive oil (2, 3, 4)
- 12 teaspoons chicken bullion granules (2) - (You will need 1 1/2 additional bullion cubes or broth if you cook recipe #3 in Instant Pot)
- 12 gallon-sized plastic freezer bags (1, 2, 3, 4)

Suggested Side Dishes

1. Turkey Black Bean Chili - shredded cheddar cheese and tortilla chips.
2. Garden Vegetable Soup with Ground Turkey - garlic bread or grilled cheese.
3. Red Pepper Chicken - rice or shredded chicken and serve on soft tortillas topped with shredded cheese.
4. Honey Sesame Chicken - rice and broccoli.



CROCKPOT OR INSTANT POT TURKEY BLACK BEAN CHILI

Ground turkey
Tomato sauce
Black beans
Corn

Seasonings: paprika, cumin,
chili powder, oregano,
garlic powder, crushed red
pepper flakes

Crockpot: Cook on low
6-8 hours. Break apart
turkey and stir.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 1 cup
water. Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT VEGETABLE SOUP W/TURKEY

Ground turkey
Tomato sauce
Cannellini beans
Carrots
Zucchini
Onion
Olive oil

Garlic powder, salt, pepper
Bullion

Crockpot: Add 4 cups
water. Cook on low 6-8
hours. Break apart turkey
and stir.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 4 cups
water. Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT RED PEPPER CHICKEN

Chicken breasts
Bell peppers
Onions
Olive oil
Garlic powder
Crushed red pepper flakes
Pepper
Salt

Crockpot: Cook on low
4-6 hours. Serve with a
slotted spoon.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 2
cups chicken broth.
Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT HONEY SESAME CHICKEN

Chicken breasts
Honey
Soy sauce
Ketchup
Water
Olive oil
Garlic powder, pepper
Crushed red pepper flakes
Sesame seeds

Crockpot: Cook on low
4-6 hours.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Pressure
cook 25 minutes. Natural
release.

Use by:



CROCKPOT OR INSTANT POT TURKEY BLACK BEAN CHILI

Ground turkey
Tomato sauce
Black beans
Corn

Seasonings: paprika, cumin,
chili powder, oregano,
garlic powder, crushed red
pepper flakes

Crockpot: Cook on low
6-8 hours. Break apart
turkey and stir.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 1 cup
water. Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT VEGETABLE SOUP W/TURKEY

Ground turkey
Tomato sauce
Cannellini beans
Carrots
Zucchini
Onion
Olive oil

Garlic powder, salt, pepper
Bullion

Crockpot: Add 4 cups
water. Cook on low 6-8
hours. Break apart turkey
and stir.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 4 cups
water. Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT RED PEPPER CHICKEN

Chicken breasts
Bell peppers
Onions
Olive oil
Garlic powder
Crushed red pepper flakes
Pepper
Salt

Crockpot: Cook on low
4-6 hours. Serve with a
slotted spoon.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 2
cups chicken broth.
Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT HONEY SESAME CHICKEN

Chicken breasts
Honey
Soy sauce
Ketchup
Water
Olive oil
Garlic powder, pepper
Crushed red pepper flakes
Sesame seeds

Crockpot: Cook on low
4-6 hours.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Pressure
cook 25 minutes. Natural
release.

Use by:



CROCKPOT OR INSTANT POT TURKEY BLACK BEAN CHILI

Ground turkey
Tomato sauce
Black beans
Corn

Seasonings: paprika, cumin,
chili powder, oregano,
garlic powder, crushed red
pepper flakes

Crockpot: Cook on low
6-8 hours. Break apart
turkey and stir.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 1 cup
water. Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT VEGETABLE SOUP W/TURKEY

Ground turkey
Tomato sauce
Cannellini beans
Carrots
Zucchini
Onion
Olive oil

Garlic powder, salt, pepper
Bullion

Crockpot: Add 4 cups
water. Cook on low 6-8
hours. Break apart turkey
and stir.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 4 cups
water. Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT RED PEPPER CHICKEN

Chicken breasts
Bell peppers
Onions
Olive oil
Garlic powder
Crushed red pepper flakes
Pepper
Salt

Crockpot: Cook on low
4-6 hours. Serve with a
slotted spoon.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Add 2
cups chicken broth.
Pressure cook 25
minutes. Natural release.

Use by:



CROCKPOT OR INSTANT POT HONEY SESAME CHICKEN

Chicken breasts
Honey
Soy sauce
Ketchup
Water
Olive oil
Garlic powder, pepper
Crushed red pepper flakes
Sesame seeds

Crockpot: Cook on low
4-6 hours.

Instant Pot: Thaw enough
to fit in Instant Pot. Saute
5 min. Flip over. Pressure
cook 25 minutes. Natural
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