

2021



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

FEBRUARY

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

THEFAMILYFREEZER.COM

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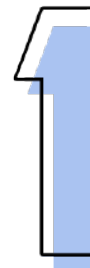
Free printable recipes and grocery list below!

Recipe List

1. Lemon Pepper Chicken
2. Chicken Noodle Soup
3. Italian Pork Roast
4. Balsamic Bacon Chicken and Veggies
5. Minestrone Soup
6. Shredded Pork with Balsamic Pears
7. Shredded Chicken Quesadillas
8. Kale and Chorizo Soup
9. Stuffed Peppers
10. Chicken Curry
11. White Chicken Chili
12. Beef Roast with Carrots

13. Bonus Recipe: Stovetop Gnocchi and Swiss Chard

LEMON PEPPER CHICKEN



Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6-8 hours on “low” setting.

Serve with rice and steamed broccoli.

CHICKEN NOODLE SOUP



Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, diced
- 1 small yellow onion, diced
- 3 carrots, diced
- 2 celery ribs, diced (1 cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 32oz chicken broth (4 cups) (not needed until day of cooking)
- 2 cups wide egg noodles (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except broth and noodles.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot with broth and cook for 6-8 hours on “low” setting.
3. Add noodles last for the last 15 minutes of cooking.

Serve with fresh bread

ITALIAN PORK ROAST



Yields: 6 servings

Ingredients

- 2-pound boneless pork roast
- 28oz can diced tomatoes, undrained
- 1/2 cup grated
- Parmesan cheese
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon black 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve over spaghetti with a side of green beans.

CROCKPOT BACON BALSAMIC CHICKEN AND VEGETABLES



Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1/4 cup balsamic vinegar
- 1/2 cup chicken broth
- 3 cloves garlic, minced
- 1/2 teaspoon pepper
- 3 small sweet potatoes (about 1 1/2 pounds), peeled and cubed
- 1 bunch kale, rinsed and chopped
- 1 pound carrots, peeled and chopped (you can substitute other veggies of your choice – Brussels sprouts or green beans would be great)
- 4 slices bacon, chopped

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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on low setting for 6-8 hours.

This one-pot meal needs no side dish!

MINISTRONE SOUP



Yields: 8 servings

Ingredients

- 1 pound frozen meatballs (optional)
- 28oz can diced tomatoes, undrained
- 15oz can kidney beans, drained and rinsed
- 10oz frozen chopped spinach
- 2 carrots, diced
- 2 celery ribs, diced
- 1 cup green beans
- 1 zucchini, cubed
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon Italian Seasoning
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 32oz vegetable broth* (not needed until day of cooking)
- 1/2 cup uncooked pasta (I use elbow macaroni or ditallini) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

- Label your freezer bag with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
- To your freezer bag, add all ingredients except broth and pasta.
- Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot with broth and cook on low setting for 6-8 hours.
3. Add pasta and cook for additional 15 minutes.

Top with shredded Parmesan cheese and serve with fresh bread.

SHREDDED PORK WITH BALSAMIC PEARS



Yields: 6 servings

Ingredients

- 2-pound boneless pork roast
- 3 Bosc pears, peeled and diced
- 3 garlic cloves, minced
- 1/4 cup balsamic vinegar
- 1/2 teaspoon rosemary
- 1/2 teaspoon thyme
- 1/2 teaspoon sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon black 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on low setting for 8 hours.
3. Shred pork and mix with juice in crockpot.

Serve with pears in crockpot, rice, and peas.

SHREDDED CHICKEN QUESADILLAS



Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small yellow onion, thinly sliced
- 1/4 cup jalapeños, chopped (keep the seeds for spicy or omit for a milder dish)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice (use the rest of the lime to make the white chicken chili)
- 1 packet taco seasoning mix or this homemade version: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder
- 6 flour tortilla wraps (10" across) (not needed until day of cooking)
- 1/2 pound shredded cheddar cheese (8oz) (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except tortilla wraps and shredded cheddar cheese.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on "low" setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken.
4. Place shredded chicken in tortillas with shredded cheese and broil in the oven for 60-90 seconds or until golden brown.
5. Cut into triangles and serve.

Serve with sour cream, guacamole, and salsa.

KALE AND CHORIZO SOUP



Yields: 6 servings

Ingredients

- 1 pound chorizo, taken out of casing
- 1 bunch kale, de-stemmed
- 4 cloves garlic, minced
- 14.5oz can diced tomatoes, undrained
- 32oz chicken broth (4 cups) (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on low setting for 6-8 hours.
3. 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 cut with a knife and fork.)
4. If taken out, return chorizo to crockpot and stir.

Top with shredded Parmesan cheese and serve with crusty bread.

STUFFED PEPPERS



Yields: 4 servings

Ingredients

- 1 pound 85% lean ground beef (also delicious with ground turkey)
- 1 small yellow onion, diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops diced and added to mix
- 24oz jar marinara pasta sauce (reserve 2 tablespoons)

Materials

- 1 gallon-sized plastic freezer bag 1 quart-sized plastic freezer bag

To Freeze and Cook Later

1. Label your gallon-sized 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 beef, onion, garlic, diced green pepper tops, and 2 tablespoons of pasta sauce and firmly stuff into peppers.
3. Add remaining pasta sauce to quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.
4. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with Parmesan cheese and serve with rice.

CHICKEN CURRY



Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, chopped (one cup)
- 2 cups frozen peas (you can also substitute)
- 2 cups fresh or frozen cauliflower
- 14.5oz can tomato sauce (about 1 3/4 cup)
- 2 large cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

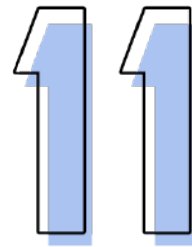
1. Label your freezer bag with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on low setting for 8 hours.

Top with fresh cilantro and serve with pita bread, naan, or rice.

WHITE CHICKEN CHILI



Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breast, cut into small bite-sized pieces
- 1 small yellow onion, diced (one cup)
- 15oz can Northern beans, drained and rinsed
- 15oz can garbanzo beans, drained and rinsed
- 15oz can navy beans, drained and rinsed
- 15oz can cannelloni beans, drained and rinsed
- 2 cans diced green chilis (4.5oz each)
- juice of half a lime (use the other half to make the chicken quesadillas)
- 1 tablespoon fresh cilantro
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon crushed red pepper flakes
- 32oz chicken broth (4 cups) (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot with chicken broth and cook on low setting for 6-8 hours.

Top with shredded cheddar cheese and crushed tortilla chips.

BEEF ROAST WITH CARROTS

12

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 packet taco seasoning (or this homemade version: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder)
- No extra liquid needed!

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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on low setting for 8 hours until beef shreds easily with a fork.

Serve with corn muffins or rice.

STOVETOP GNOCCHI AND SWISS CHARD



Yields: 4 servings

Ingredients

- 16oz package of potato gnocchi
- 1 bunch of swiss chard (green or rainbow), thinly sliced (you can also substitute baby spinach)
- 1 small yellow onion, diced (one cup)
- 15oz can navy beans, drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 4 cloves garlic, minced
- 1 tablespoon Italian seasonings
- 1/4 teaspoon crushed red pepper flakes
- 1-2 tablespoons olive oil (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except olive oil (add tomatoes first and potato gnocchi last, so the gnocchi isn't saturated by the tomatoes).
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Coat a large pan with 1-2 tablespoons of olive oil.
3. Add contents of freezer bag and sauté over medium-high heat for 10 minutes or until heated through.

Top with shredded mozzarella cheese and serve with Italian bread.

GROCERY LIST FOR ALL 13 MEALS

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

Produce

- 1 lime for juice (7, 11)
- 1 lemon for juice (1)
- 7 small yellow onion (2, 5, 7, 9, 10, 11, 13)
- 3 1/2 pounds carrots (2, 4, 5, 12)
- 4 celery ribs (2, 5)
- 24 cloves garlic (2-3 bulbs) (3, 4, 5, 6, 8, 9, 10, 13)
- 3 small sweet potatoes (about 1 1/2 pounds) (4)
- 2 bunches kale (4, 8)
- 1 bunch swiss chard (green or rainbow) (13)
- 1 cup green beans (5)
- 1 zucchini (5)
- 3 Bosc pears (6)
- 1/4 cup jalapeños (7)
- 4 small green bell peppers (9)
- 1 tablespoon fresh cilantro (11)

Meat

- 9 pounds boneless skinless chicken breasts (1, 2, 4, 7, 10, 11)
- Two 2-pound boneless pork roasts (3, 6)
- 2-pound boneless pork roast 6
- 4 slices bacon (4)
- 1 pound chorizo (8)
- 1 pound 85% lean ground beef (9)
- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!) (12)

Frozen

- 10oz frozen chopped spinach (5)
- 1 pound frozen meatballs (optional) (5) 2 cups frozen peas (10)

Canned

- 2 cans (28oz) diced tomatoes (3, 5)
- 14.5oz can diced tomatoes (8)
- 14.5oz can petite diced tomatoes (13)
- 6oz can tomato paste (10)
- 14.5oz can tomato sauce (10)
- 24oz jar marinara pasta sauce (9)
- 13.5oz can unsweetened coconut milk (10)

Canned (cont.)

- 15oz can kidney beans (5)
- 15oz can Northern beans (11)
- 15oz can garbanzo beans (11)
- 2 cans (15oz each) navy beans (11, 13)
- 15oz can cannelloni beans (11)
- 2 cans (4.5oz each) diced green chilis (11)

Cold/Dairy

- 1/2 cup grated Parmesan cheese (3)

Spices and Seasonings

- 1 tablespoon plus 2 teaspoons pepper (1, 3, 4, 5, 6, 7, 12)
- 1 tablespoon plus 3/4 teaspoon salt (1, 2, 5, 7, 10, 12)
- 1 teaspoon thyme (6)
- 1/2 teaspoon celery seed (2)
- 1/2 teaspoon turmeric (2)
- 1 tablespoon parsley (3)
- 1 teaspoon basil (3)
- 2 teaspoons oregano (3, 7, 12)
- 2 tablespoons Italian Seasoning (5, 13)
- 1/2 teaspoon rosemary (6)
- 1/2 teaspoon sage (6)
- 1/2 teaspoon ground mustard (6)
- 3 tablespoons chili powder (7, 11, 12)
- 1/2 teaspoon ground cumin (7, 12)
- 1/2 teaspoon paprika (7)
- 2 1/2 teaspoons paprika (7, 10, 12)
- 1 teaspoon garlic powder (7, 12)
- 1 teaspoon onion powder (7, 12)
- 2 tablespoons plus 2 teaspoons curry powder (10, 11)
- 3/4 teaspoons crushed red pepper flakes (11, 13)

Baking

- 1 tablespoon cornstarch (2)
- 3 tablespoons honey (10)

Oil and Vinegar

- 1/4 cup plus 6 tablespoons olive oil (1, 3, 7, 12)
- 2 tablespoons red wine vinegar (12)
- 1/2 cup balsamic vinegar (4, 6)

Materials

- 1 quart-sized plastic freezer bag (9)
- 13 gallon-sized plastic freezer bags (1-13)

Miscellaneous

- 16oz package potato gnocchi (13)

Not Needed Until Day of Cooking

- 96oz (12 cups) chicken broth (2, 8, 13)
- 32oz (4 cups) vegetable broth (5)
- 2 cups wide egg noodles (2)
- 1/2 cup uncooked pasta (I use elbow macaroni or ditallini) (5)
- 6 flour tortilla wraps (10" across) (7)
- 1/2 pound (8oz) shredded cheddar cheese (7)
- 1-2 tablespoons olive oil (13)

Suggested Side Dishes

1. Lemon Pepper Chicken – steamed broccoli and rice
2. Chicken Noodle Soup – fresh bread
3. Italian Pork Roast – spaghetti and green beans
4. Balsamic Bacon Chicken and Veggies – no side dish needed!
5. Minestrone Soup (list option for meatballs) – Parmesan cheese and fresh bread
6. Shredded Pork with Balsamic Pears – rice and peas
7. Shredded Chicken Quesadillas – sour cream, guacamole, and salsa
8. Kale and Chorizo Soup – Parmesan cheese and crusty bread
9. Stuffed Peppers – Parmesan cheese and rice
10. Chicken Curry – fresh cilantro, rice, pita bread, or naan
11. White Chicken Chili – shredded cheddar cheese and crushed tortilla chips
12. Beef Roast with Carrots – corn muffins or rice
13. Stovetop Gnocchi and Swiss Chard – shredded mozzarella cheese and Italian bread

2021

FEBRUARY 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/						