

2021

A stylized logo consisting of two overlapping, cursive 'f' characters. The top 'f' is black with a light blue shadow, and the bottom 'f' is light blue with a black shadow. They are enclosed within a thin black circular outline.

12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

APRIL

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

[THEFAMILYFREEZER.COM](http://THEFAMILYFREEZER.COM)

# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN APRIL

Free printable recipes and grocery list below!

## Recipe List

1. Curried Sweet Potato Soup
2. Shredded Chicken Quesadillas
3. Chicken Teriyaki from Thirty Handmade Days
4. Mushroom Spinach Stroganoff
5. Cool Ranch Shredded Chicken Tacos
6. Chinese Pepper Steak with Green Peppers and Onions
7. Greens & Beans
8. Asian Chicken Lettuce Wraps
9. Sweet and Sour Pork
10. Garden Vegetable Soup with Pesto (Panera Copycat recipe)
11. Honey Sriracha Chicken Lettuce Wraps (only 5 ingredients!)
12. Beef and Broccoli

# CURRIED SWEET POTATO SOUP



Yields: 6 servings

## Ingredients

- 2 pounds sweet potatoes, peeled and cubed (about 4 potatoes or 6 cups)
- 2 cans unsweetened coconut milk (13.5oz each)
- 4.25oz can diced green chilies
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

## 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 meal overnight in refrigerator or in morning in water.
2. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Puree with immersion blender or regular countertop blender.

Serve with crusty bread.

# SHREDDED CHICKEN QUESADILLAS



Yields: 6 servings

## Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small onion, thinly sliced
- 1/4 cup jalapeños, chopped (keep the seeds for spicy or omit for a milder dish)
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 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.
2. Add all ingredients except tortillas and cheese to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

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

Serve with sour cream, guacamole, salsa, and corn on the cob.

# CHICKEN TERIYAKI



Yields: 6 servings

Recipe modified from [Thirty Handmade Days](#)

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 2 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 pound fresh or frozen stir fry vegetables\* (If you use fresh, I like a combination of sugar snap peas, sliced red peppers, and shredded carrots.)

## 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 overnight in refrigerator or in morning in water.
2. Add to crockpot and cook for 6 hours on “low” setting.
3. Shred chicken and stir with sauce in crockpot.

Serve over rice and top with sesame seeds and diced green onions.

\*If you prefer crunchy vegetables, wait to add until last 30 minutes of cooking and turn the crockpot to the “high” setting.

# MUSHROOM SPINACH STROGANOFF



Yields: 6 servings

## Ingredients

- 1 tablespoon unsalted butter
- 10oz baby Portobello mushrooms, quartered
- 12oz white mushrooms, quartered
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 1/2 cup beef broth (sub vegetable broth to make vegetarian)
- 8oz sour cream (1 cup)
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons paprika
- 2 1/2 oz fresh baby spinach (about 4 cups or 2-3 large handfuls)
- 8oz 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 except cream cheese 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. Add cream cheese and stir. Cook for an additional 5 minutes or until everything is heated through.

Serve over egg noodles.

# COOL RANCH SHREDDED CHICKEN TACOS



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. Traditional ranch seasoning packets also include 1T dried buttermilk but I omitted it because I don't keep it on-hand.)

## 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 overnight in refrigerator or in morning in water.
2. Add all ingredients to slow cooker and cook on "low" setting for 6-8 hours.
3. Shred chicken and mix with sauces and spices left in crockpot.

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

# CHINESE PEPPER STEAK AND ONIONS



Yields: 6 servings

## Ingredients

- 2 pounds beef top sirloin steak, fat trimmed and sliced
- 3 green bell peppers, chopped\*
- 2 small yellow onions, chopped
- 4 cloves garlic, minced
- 1/2 cup soy sauce
- 1 tablespoon honey
- 1/2 teaspoon ground ginger
- 1/2 teaspoon black pepper

## 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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot. Serve with rice.

\*If you prefer your veggies al dente, you can wait and add the green peppers during the last 30 minutes of cooking.



# GREENS AND BEANS



Yields: 6 servings

## Ingredients

- 8oz dry uncooked cannelloni beans, rinsed
- 1 tablespoon olive oil
- 5 cloves garlic, sliced or minced
- 1/2 teaspoon salt
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head escarole, chopped
- 1 hearty handful kale, chopped
- 32oz chicken broth (4 cups) (not needed until day of cooking)
- 32oz water (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.
2. Add all ingredients except water and broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot with water and broth.
3. Cook for on “low” setting for 8 hours or until beans are tender.

Top with Parmesan cheese and serve with a loaf of crusty bread.

# ASIAN CHICKEN LETTUCE WRAPS



Yields: 6 servings

## Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 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 4-6 hours or until chicken is tender.
4. Break apart chicken and stir.

Serve on pieces of iceberg or Boston Bibb lettuce with rice.

# SWEET AND SOUR PORK



Yields: 6 servings

## Ingredients

- 2 pounds boneless thick-cut pork loin, cut into bite-sized pieces
- 1 green bell pepper, chopped
- 8oz can sliced water chestnuts, drained
- 2 tablespoons cornstarch
- 20oz can pineapple chunks in 100% juice, undrained
- 1/4 cup light brown sugar
- 3 tablespoons apple cider vinegar
- 3 tablespoons soy sauce
- 4 cloves garlic, minced
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)

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

Serve with rice.

# CROCKPOT VEGETARIAN GARDEN VEGETABLE SOUP WITH PESTO



Yields: 6 servings

## Ingredients

- 2 cans diced tomatoes (14.5oz each), undrained
- 1 small zucchini, diced
- 1/2lb fresh green beans, ends cut off and chopped
- 2.5oz fresh baby spinach (about 3 big handfuls)
- 1 small yellow onion, peeled and diced (1 cup)
- 1 small red bell pepper, diced
- 1/4-1/2 cup pearly barley (not quick cooking)
- 4 cloves garlic, minced
- 1 tablespoon brown sugar
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 4 cups vegetable broth (not needed until day of cooking)
- 6 tablespoons pesto (store-bought or homemade) (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

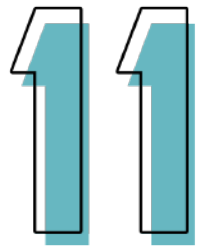
1. Label your freezer bag.
2. Add all ingredients except pesto and broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## 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 or until vegetables are soft.
4. Remove bay leaf.

Top with pesto and serve with fresh bread.

# HONEY SRIRACHA CHICKEN LETTUCE WRAPS



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 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 in lettuce wraps with rice.

# BEEF AND BROCCOLI



Yields: 6 servings

## Ingredients

- 2 pounds sirloin tip steak, fat trimmed and sliced
- 4 cloves garlic, minced
- 1 small yellow onion, diced
- 3 tablespoons corn starch
- 2 tablespoons light brown sugar
- 1-inch fresh ginger root, peeled and grated
- 1/2 cup beef broth
- 1/2 cup soy sauce
- 1/2 teaspoon pepper
- 1 pound fresh broccoli florets\* (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 broccoli (fresh broccoli does not freeze well).
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 broccoli and cook for 6 hours on “low” setting.

Serve with rice.

\*If you prefer crunchy vegetables, wait to add broccoli until last 30 minutes of cooking and turn crockpot to “high” setting.

# GROCERY LIST FOR ALL 12 MEALS

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

## Produce

- 32 cloves garlic (1, 3, 4, 6, 7, 8, 9, 10, 11)
- 2 pounds sweet potatoes (about 4 potatoes or 6 cups) (1)
- 7 small yellow onions (1, 2, 4, 6, 10, 12)
- 1/4 cup jalapeños (2)
- 10oz baby Portobello mushrooms (4)
- 12oz white mushrooms (4)
- 5oz fresh baby spinach (4, 10)
- 1 head escarole (7)
- 1 hearty handful kale (7)
- 4 green bell peppers (6, 9)
- 2 red bell peppers (8, 10)
- 1 small zucchini (10)
- 1/2 pound fresh green beans (10)
- 2 large carrots (8)
- 2-inches fresh ginger root (9, 12)
- 1 tablespoon lime juice (2)

## Meat

- 7 pounds boneless skinless chicken breasts (2, 3, 5, 11)
- 2 pounds beef top sirloin steak (6)
- 2 pounds sirloin tip steak (12)
- 2 pounds ground chicken (8)
- 2 pounds boneless thick-cut pork loin (9)

## Cold/Dairy

- 1 tablespoon unsalted butter (4)
- 8oz (1 cup) sour cream (4)

## Frozen

- 1 pound fresh or frozen stir fry vegetables (If you use fresh, I like a combination of sugar snap peas, sliced red peppers, and shredded carrots.) (3)

## **Canned/Dried**

- 2 cans (13.5oz each) unsweetened coconut milk (1)
- 1 cup beef broth (4, 12)
- 8oz can sliced water chestnuts (9)
- 2 cans (14.5oz each) diced tomatoes (10)
- 4.25oz can diced green chilies (1)
- 20oz can pineapple chunks in 100% juice (9)
- 8oz dry uncooked cannelloni beans (7)

## **Spices and Seasonings**

- 1 tablespoon curry powder (1)
- 1 1/2 teaspoons cumin (1, 2, 5)
- 3 1/2 teaspoons pepper (1, 2, 3, 4, 5, 6, 12)
- 2 1/2 teaspoons salt (1, 2, 3, 5, 7)
- 1 teaspoon ground ginger (3, 6)
- 1 1/2 teaspoons crushed red pepper flakes (2, 3, 5, 8)
- 2 1/2 teaspoons paprika (2, 4, 5)
- 2 tablespoons Italian seasonings (10)
- 1 bay leaf (10)
- 1 tablespoon dried parsley (5)
- 2 teaspoons garlic powder (2, 5)
- 2 teaspoons onion powder (2, 5)
- 1 teaspoon dried onion flakes (5)
- 3/4 teaspoon dill (5)
- 1 tablespoon dried buttermilk (5)
- 2 tablespoons chili powder (2, 5)
- 1 teaspoon oregano (2, 5)

## **Baking**

- 1/4 cup plus 4 tablespoons honey (3, 6, 8, 11)
- 5 tablespoons cornstarch (9, 12)
- 1/4 cup plus 3 tablespoons light brown sugar (9, 10, 12)
- Pinch of sugar (7)

## **Materials**

- 12 gallon-sized plastic freezer bags (1-12)

## **Oil and Vinegar**

- 5 tablespoons olive oil (2, 5, 7)
- 3 tablespoons apple cider vinegar (9)



## Miscellaneous

- 2 cups soy sauce (3, 6, 8, 9, 11, 12)
- 1/4 cup plus 2 tablespoons ketchup (4, 8)
- 1/4-1/2 cup pearly barley (not quick cooking) (10)
- 2 tablespoons Sriracha (11)
- 1 teaspoon Worcestershire sauce (4)
- 2 tablespoons red wine vinegar (5)

## Suggested Side Dishes

1. Curried Sweet Potato Soup – crusty bread
2. Shredded Chicken Quesadillas – sour cream, guacamole, salsa, and corn
3. Chicken Teriyaki – rice, sesame seeds, and sliced green onions
4. Mushroom Spinach Stroganoff – egg noodles
5. Cool Ranch Shredded Chicken Tacos – tortillas, shredded cheese, guacamole, and tomatoes
6. Chinese Pepper Steak with Green Peppers and Onions – rice
7. Greens & Beans – Parmesan cheese and crusty bread
8. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce and rice
9. Sweet and Sour Pork – rice
10. Garden Vegetable Soup with Pesto – fresh bread
11. Honey Sriracha Chicken Lettuce Wraps – rice and lettuce wraps
12. Beef and Broccoli – rice

# 2021 APRIL 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/	