

2021



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

MARCH

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

THEFAMILYFREEZER.COM

12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN MARCH

Free printable recipes and grocery list below!

Recipe List

1. Beef and Broccoli
2. Lemon Pepper Chicken
3. Salsa Verde Shredded Pork Tacos
4. Beef, Lime, and Cilantro Chili
5. Ginger Chicken with Snow Peas
6. Corned Beef and Cabbage
7. Hearty Beef Vegetable Soup
8. Citrus Chicken (from my Clean Eating Crockpot eCookbook)
9. Italian Pork Roast
10. Korean Beef Lettuce Wraps
11. Italian Chicken
12. Homemade Mississippi Roast with Carrots

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 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.
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.
3. Serve with rice.

*If you prefer crunchy vegetables, wait to add broccoli until last 45-60 minutes of cooking.

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.
3. Serve with rice and steamed asparagus*.

*Tip: Save a pot by adding one pound of trimmed asparagus to the crockpot the last 30 minutes of cooking.

SALSA VERDE SHREDDED PORK TACOS



Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 16oz jar salsa verde
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- 1/4 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 for 6-8 hours on “low” setting.
3. Shred pork and mix with sauce in crockpot.

Serve over rice to make burrito bowls or add to soft tortillas with shredded cheese, salsa, and guacamole.

BEEF, LIME, AND CILANTRO CHILI



Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 15oz can tomato sauce
- 14.5oz can petite diced tomatoes, undrained
- 2 cans (15oz each) black beans, drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- The juice and zest of 1 lime
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- fresh cilantro (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 cilantro.
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 8 hours on “low” setting.
3. Break apart beef and stir.

Serve topped with fresh chopped cilantro, shredded cheddar cheese, and crushed tortilla chips.

GINGER CHICKEN WITH SNOW PEAS



Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts or thighs, sliced
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1-inch fresh ginger root, peeled and grated (one tablespoon)
- 4 garlic cloves, minced
- 4 carrots, sliced (1/2 pound)
- 8oz can sliced water chestnuts (optional, but adds an extra crunch)
- 8oz (1/2 pound) fresh snow peas (sugar snap peas are also delicious)

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.

Top with sesame seeds and extra soy sauce and serve over rice.

CORNED BEEF AND CABBAGE



Yields: 8 servings

Ingredients

- 3-pound boneless corned beef brisket
- Seasoning packet that comes with the corned beef
- 3-pound head of cabbage, cored and chopped
- 4 red potatoes, cut into four's
- 1/2 pound carrots, peeled and chopped (frozen sliced carrots are also good)
- 1/2 cup honey
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon pepper
- 1/2 teaspoon caraway seeds

Materials

- 2 gallon-sized plastic freezer bags*

To Freeze and Cook Later

1. Label your freezer bags with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
2. To your freezer bags, add all ingredients. (You can split the ingredients equally between the two bags or put all the vegetables in one bag and the meat with sauce in the other – it doesn't matter.)
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. Slice or shred beef and serve with cabbage, potatoes, and carrots in crockpot.

No additional side dishes needed!

*The corned beef and cabbage take up a lot of space, so you will need two bags and an crockpot (6 quarts or bigger).

** If you are only cooking for 2-4 people, you can split the recipe in half or make two bags and only cook one at a time (same cooking time).

HEARTY BEEF VEGETABLE SOUP



Yields: 6 servings

Ingredients

- 1 pound ground beef (1 pound frozen meatballs is also delicious)
- 2 cans (15oz each) tomato sauce
- 1 1/2 cups frozen mixed vegetables or vegetable of your choice (diced carrots,
- fresh chopped green beans and/or zucchini, and frozen peas all work great)
- 2oz fresh baby spinach (about 1 handful)
- 1 small onion, diced (about one cup)
- 2 cloves garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 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 with broth and cook for 8 hours on “low” setting.
3. Break apart beef and stir.

Top with Parmesan cheese and serve with garlic bread.

CITRUS CHICKEN



Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts (about 6 small chicken breasts)
- 1 orange, half juiced/half thinly sliced
- 1 lemon, half juiced/half thinly sliced
- 1 lime, half juiced/half thinly sliced 4 cloves garlic, minced
- 1 tablespoon honey
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- 1/2 teaspoon parsley
- 1/2 teaspoon basil

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 brown rice and steamed broccoli.

ITALIAN PORK ROAST



Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 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.

KOREAN BEEF LETTUCE WRAPS



Yields: 6 servings

Ingredients

- 2 pounds sirloin steak, cubed
- 4 green onions (scallions), diced
- 4 cloves garlic, minced
- 1/4 cup soy sauce
- 1 tablespoon honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 1 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

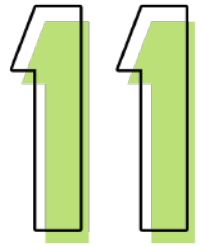
1. Label your freezer bag with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

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.
3. Break apart beef with a fork or the back of a spoon and stir in crockpot to absorb sauce.

Serve wrapped in green leaf or Bibb lettuce leaves with rice.

ITALIAN CHICKEN



Yields: 6 servings

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts
- 1 small yellow onion, diced (1 cup)
- 5oz fresh baby spinach (about 2 big handfuls)
- 2 cans (15oz each) tomato sauce
- 1 tablespoon honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black 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 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..
3. Shred chicken and stir with sauce in crockpot

Top with Parmesan cheese and serve over spaghetti.

HOMEMADE MISSISSIPPI ROAST WITH CARROTS



Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 1 stick of butter (I use unsalted. You can substitute 1/4 – 1/2 cup olive oil if you prefer.)
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- 1 packet dry au jus seasoning or this homemade version: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- 1 packet dry ranch seasoning or this homemade version: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, 1/2 tsp salt (Traditional ranch seasoning packets also include dried buttermilk. Add 1T if you have some on-hand.)

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 8 hours on “low” setting.
3. Shred meat and stir in crockpot to mix with juice.

Serve with rice or corn muffins.

GROCERY LIST FOR ALL 12 MEALS

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

Produce

- 17 cloves garlic (2-3 bulbs) (1, 3, 4, 5, 7, 8, 9, 10)
- 5 small yellow onions (1, 3, 4, 7, 11)
- 2-inch fresh ginger root (1, 5)
- 2 lemons (2, 8)
- 2 limes (4, 8)
- 3-pound head of cabbage (6)
- 4 red potatoes (6)
- 1 orange (8)
- 3 pounds carrots (5, 6, 12)
- 8oz (1/2 pound) fresh snow peas (5)
- 7oz fresh baby spinach (7, 11)
- 4 green onions (scallions) (10)

Meat

- 4 pounds sirloin tip steak (1, 10)
- 2 pounds 85% lean ground beef (4, 7)
- 2-pound boneless beef chuck shoulder roast (12)
- 7 1/2 pounds boneless skinless chicken breasts (2, 5, 8, 11)
- 2 two-pound boneless pork roasts (3, 9)
- 3-pound boneless corned beef brisket (6)

Frozen

- 1 1/2 cups frozen mixed vegetables or vegetable of your choice (7)

Canned

- 16oz jar salsa verde (3)
- 2 cans (15oz each) black beans (4)
- 8oz can sliced water chestnuts (5)
- 5 cans (15oz each) tomato sauce (4, 7, 11)
- 28oz can diced tomatoes (9)
- 14.5oz can petite diced tomatoes (4)
- 1 jar pepperoncini peppers (12)

Cold/Dairy

- 1/2 cup grated Parmesan cheese (9)
- 1 stick of butter (12)

Spices and Seasonings

- 4 1/2 teaspoons black pepper (1, 2, 3, 6, 7, 8, 9, 11, 12)
- 1 3/4 teaspoon salt (2, 7, 11, 12)
- 1 tablespoon plus 2 teaspoons ground cumin (3, 4)
- 1 teaspoon crushed red pepper flakes (3, 10, 11)
- 1 tablespoon chili powder (4)
- 2 tablespoons Italian seasonings (7, 11)
- 1/2 teaspoon thyme (8)
- 1/2 teaspoon parsley (8)
- 1 1/2 teaspoon basil (8, 9)
- 2 tablespoons dried parsley (9, 12)
- 1 teaspoon oregano (9)
- 1 teaspoon ground ginger (10)
- 1 3/4 teaspoon garlic powder (11, 12)
- 4 teaspoons beef bouillon granules (12)
- 1 teaspoon onion powder (12)
- 1 teaspoon dried onion flakes (12)
- 3/4 teaspoon dill (12)
- 1 tablespoon dried buttermilk (optional) (12)
- 1/2 teaspoon caraway seeds (6)

Baking

- 3 tablespoons corn starch (1)
- 2 tablespoons brown sugar (1)
- 1/2 cup plus 3 tablespoons honey (6, 8, 10, 11)

Oil and Vinegar

- 1/4 cup plus 4 tablespoons extra virgin olive oil (2, 9, 11)
- 2 tablespoons sesame oil (5, 10)
- 3 tablespoons rice wine vinegar (5, 10)
- 1/4 cup apple cider vinegar (6)

Materials

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

Miscellaneous

- 1/2 cup beef broth (1)
- 3/4 cup plus 2 tablespoons and 1 teaspoons soy sauce (1, 5, 10, 12)
- 1 tablespoon sesame seeds (10)
- 1 tablespoon Dijon mustard (6)

Not Needed Until Day of Cooking

- 1 pound fresh broccoli florets (1)
- fresh cilantro (4)
- 32oz (4 cups) chicken broth (7)

Suggested Side Dishes

1. [Beef and Broccoli](#) - serve with rice.
2. [Lemon Pepper Chicken](#) - serve with asparagus and rice.
3. [Salsa Verde Shredded Pork Tacos](#) - serve over rice to make burrito bowls or add to soft tortillas with shredded cheese, salsa, and guacamole.
4. [Beef, Lime, and Cilantro Chili](#) - serve with cilantro, cheese, and chips.
5. [Ginger Chicken with Snow Peas](#) - serve with rice.
6. [Corned Beef and Cabbage](#) - No additional side dishes needed!
7. [Hearty Beef Vegetable Soup](#) - serve with parmesan cheese and bread.
8. [Citrus Chicken](#) - serve with rice and broccoli.
9. [Italian Pork Roast](#) - serve with spaghetti and green beans.
10. [Korean Beef Lettuce Wraps](#) - serve with rice.
11. [Italian Chicken](#) - serve with parmesan cheese and spaghetti.
12. [Homemade Mississippi Roast with Carrots](#) - serve with rice.

2021 MARCH 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/			