

2021



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

**MAY**

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

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

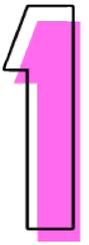
# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN MAY

Free printable recipes and grocery list below!

## Recipe List

1. Tomato Turkey and Vegetable Soup
2. Shredded BBQ Chicken
3. Chicken Fajitas from [Thirty Handmade Days](#)
4. Turkey Black Bean Chili
5. Sloppy Joes
6. Honey Sriracha Chicken Lettuce Wraps
7. Kale and Chorizo Soup
8. Italian Pork
9. Mango Pineapple Beef Barbacoa
10. Four-Bean White Chicken Chili
11. Shredded Buffalo Chicken
12. Salsa Verde Shredded Pork
13. [Bonus Recipe](#): Dairy-Free Ranch Burgers!

# TOMATO TURKEY AND VEGETABLE SOUP



Yields: 6 servings

## Ingredients

- 1 pound ground turkey
- 3 large carrots, peeled and sliced
- 1 lb zucchini, cut into bite-sized pieces (3-4 small zucchinis)
- 1 small onion, diced (about one cup)
- 1 can of cannellini beans (15oz), drained and rinsed
- 28oz can tomato sauce
- 1 tablespoon olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 4 cups chicken broth (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 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 broth and contents of freezer bag to crockpot.
3. Cook on “low” setting for 8 hours or until carrots are soft.
4. Break apart turkey, stir, and serve.

Serve with fresh bread.

# SHREDDED BBQ CHICKEN



Yields: 6 servings

## Ingredients

- 1 pound boneless skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1 1/2 teaspoons hot sauce
- 1 1/2 teaspoons curry powder

## 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 8 hours.
4. Shred chicken and return to slow cooker to mix with sauce.

Serve on hamburger buns with salad and mango coleslaw:

## \*Mango Coleslaw Recipe

- 16oz bag of shredded green cabbage and carrots (coleslaw mix)
- 1 mango, peeled and shredded (about one cup)
- 1 cup mayonnaise
- 1 tablespoon honey
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Combine all ingredients and serve.

# CHICKEN FAJITAS



Recipe modified from [Thirty Handmade Days](#)

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 bell peppers (I use two red peppers and one green pepper)
- 1 sweet yellow onion, sliced
- 3 tablespoons olive oil
- the juice from one lime (about 3 tablespoons)
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon crushed red pepper flakes
- 1 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 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 with a slotted spoon (the peppers release a lot of liquid while cooking) onto soft tortillas rice/lettuce as a burrito bowl. Top with guacamole and sour cream.

# TURKEY BLACK BEAN CHILI



Yields: 6 servings

## Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans (15oz each) black beans, drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn (half of a one pound bag)
- 2 cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 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 6-8 hours.
4. Break apart turkey and stir.

Serve with shredded cheddar cheese and crushed tortilla chips.

# SLOPPY JOES



Yields: 6 servings

## Ingredients

- 2 pounds 85% lean ground beef
- 1 small yellow onion, diced
- 1 green pepper, diced
- 6oz can tomato paste
- 1/2 cup ketchup
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper (increase to 1 teaspoon if you like a little bit of spice)
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon celery seed

## 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 6-8 hours.
4. Crumble beef with a potato masher and stir.

Serve on hamburger buns with corn on the cob.

# 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 or soft tortillas with rice. You can also serve over rice and lettuce as a burrito bowl.

# 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 diced tomatoes, undrained
- 32oz low-sodium vegetable broth (4 cups)

## 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 6-8 hours.
4. 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.)
5. Return chorizo (if taken out) to crockpot and stir.

Top with shredded cheddar cheese and serve with fresh bread.

# ITALIAN PORK



Yields: 8 servings

## Ingredients

- 2 lb boneless pork loin
- 1 teaspoon pepper
- 1 teaspoon onion powder
- 1 teaspoon red pepper flakes
- 1 teaspoon garlic powder
- 16oz jar of banana peppers, undrained
- 1 Italian salad dressing seasoning packet (I used Good Seasons)

## 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 6-8 hours.
4. Shred meat and stir to combine.

Serve on sandwich rolls with provolone cheese and roasted red peppers.

# MANGO PINEAPPLE BEEF BARBACOA



Yields: 6 servings

## Ingredients

- 2-pound boneless beef round sirloin tip roast (or chuck roast)
- 1 mango, peeled and diced
- 1 jalapeno pepper, diced (omit the seeds for a mild dish)
- 1 small red onion, diced (1 cup)
- 4 cloves garlic, minced
- the juice from 1 lime
- 8oz can pineapple chunks in 100% juice (or 1 cup fresh)
- 1 tablespoon packed light brown sugar
- 1 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 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 or until beef shreds easily with a fork.
4. Shred meat and mix with liquid in crockpot.
5. Serve with a slotted spoon.

Serve on soft tortillas or rice (or cauliflower rice). Top with shredded lettuce, salsa, and guacamole.

# FOUR BEAN WHITE CHICKEN CHILI



Yields: 6 servings

## Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small yellow onion, diced
- 15oz can Northern beans, drained & rinsed
- 15oz can garbanzo beans, drained & rinsed
- 15oz can navy beans, drained & rinsed
- 15oz can cannellini beans, drained & rinsed
- 2 cans (4.5oz each) diced green chilis
- juice of half a lime
- 1 tablespoon chili powder
- 2 teaspoons curry powder
- 1/2 teaspoon crushed red pepper flakes
- 32oz (4 cups) chicken broth (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

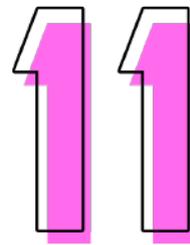
1. Label your freezer bag.
2. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## 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 6-8 hours.
4. Shred chicken and stir.

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

# SHREDDED BUFFALO CHICKEN



Yields: 6 servings

## Ingredients

- 1 ½ pounds boneless skinless chicken breasts
- 1 cup hot sauce (like Frank's RedHot)
- 4 tablespoons unsalted butter
- 2 tablespoons apple cider vinegar
- 1 teaspoon paprika
- 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 6-8 hours.
4. Shred chicken and mix with sauce in crockpot.

Serve on hamburger buns with baby carrots and celery sticks.

# SALSA VERDE SHREDDED PORK

# 12

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.
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 6-8 hours.
4. Shred pork and mix with sauce in crockpot.

Serve on soft tortillas or over rice with shredded cheese, salsa, and guacamole.

# DAIRY FREE RANCH BURGERS



Yields: 6 servings

## Ingredients

- 1 1/2 pounds ground chuck
- 2 tablespoons dried parsley
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried minced onion flakes
- 1 1/2 teaspoons dried dill
- 1 teaspoon salt
- 1 teaspoon pepper

## Materials

- 1 gallon-sized plastic freezer bag

## 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 (which should be 3 months from the prep date).
2. In a large bowl, combine all ingredients and form into six burgers.
3. Place on a cookie sheet lined with waxed paper and freeze for 30-60 minutes.
4. Add to freezer bag and freeze for up to three months.

## To Cook

1. When ready to cook, thaw for at least 2 hours. (You can also thaw them in the microwave or ahead of time by placing in the refrigerator overnight. \*\*Thawing is important because it's easy to overcook and burn frozen burgers.)
2. Place burgers on the grill for 3 minutes, flip, and then grill for 5-7 more minutes until desired doneness.

Serve on buns with your favorite burger toppings and baked sweet potato fries.

# GROCERY LIST FOR ALL 13 MEALS

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

## Produce

- 3 large carrots (1)
- 1 pound zucchini (3-4 small zucchinis) (1)
- 5 small yellow onions (1, 3, 5, 10, 12)
- 1 small red onion (9)
- 3 bell peppers (I use two red peppers and one green pepper) (3)
- 1 green pepper (5)
- 1 jalapeno pepper (9)
- 3 limes for juice (3, 9, 10)
- 17 cloves garlic (4, 6, 7, 9, 12)
- 1 bunch kale (7)
- 1 mango (9)

## Meat

- 2 pounds ground turkey (1, 4)
- 7 1/2 pounds boneless skinless chicken breasts (2, 3, 6, 10, 11)
- 2 pounds 85% lean ground beef (5)
- 1 1/2 pounds ground chuck (13)
- 2-pound boneless beef round sirloin tip roast (or chuck roast) (9)
- 1 pound chorizo (7)
- 2-pound boneless pork loin (8)
- 2-pound boneless pork roast (12)

## Frozen

- 1 2/3 cup frozen corn (half of a one pound bag) (4)

## Cold/Dairy

- 4 tablespoons unsalted butter (11)

## Canned/Dried

- 2 cans (15oz each) cannellini beans (1, 10)
- 2 cans (15oz each) black beans (4)
- 15oz can Northern beans (10)
- 15oz can garbanzo beans (10)
- 15oz can navy beans (10)
- 2 cans (28oz each) tomato sauce (1, 4)
- 6oz can tomato paste (5)
- 14.5oz can petite diced tomatoes (4)
- 14.5oz diced tomatoes (7)

- 32oz (4 cups) low-sodium vegetable broth (7)
- 16oz jar of banana peppers (8)
- 8oz can pineapple chunks in 100% juice (or 1 cup fresh) (9)
- 2 cans (4.5oz each) diced green chilis (10)
- 16oz jar salsa verde (12)

### **Spices and Seasonings**

- 1 tablespoon Italian seasonings (1)
- 3 1/2 teaspoons salt (1, 3, 9, 13)
- 5 1/4 teaspoons garlic powder (1, 3, 5, 8, 13)
- 4 teaspoons black pepper (1, 5, 8, 11, 12, 13)
- 3 1/2 teaspoons curry powder (2, 10)
- 5 tablespoon chili powder (2, 3, 4, 5, 10)
- 1 tablespoon plus 3 teaspoons paprika (3, 4, 11)
- 4 teaspoons onion powder (3, 8, 13)
- 1 tablespoon plus 3 teaspoons ground cumin (3, 4, 12)
- 3 1/2 teaspoons crushed red pepper flakes (3, 4, 5, 8, 10, 12)
- 1 1/2 teaspoon ground oregano (4)
- 1/2 teaspoon celery seed (5)
- 2 tablespoons dried parsley (13)
- 2 teaspoons dried minced onion flakes (13)
- 1 1/2 teaspoons dried dill (13)
- 1 Italian salad dressing seasoning packet (I used Good Seasons) (8)

### **Baking**

- 2 tablespoons + 1 teaspoon brown sugar (2, 9)
- 2 tablespoons honey (6)

### **Materials**

- 13 gallon-sized plastic freezer bags

### **Oil and Vinegar**

- 4 tablespoons olive oil (1, 3)
- 2 tablespoons apple cider vinegar (11)

### **Miscellaneous**

- 1 1/2 cup ketchup (I like Simply Heinz) (2, 5)
- 2 tablespoons Worcestershire Sauce (2)
- 1 cup plus 1 1/2 teaspoons hot sauce (like Frank's RedHot) (2, 11)
- 2 tablespoons Sriracha (6)
- 1/3 cup soy sauce (6)

## Not Needed Until Day of Cooking

- 64oz (8 cups) chicken broth (1, 10)

## Suggested Side Dishes

1. Tomato Turkey and Vegetable Soup – fresh bread
2. Shredded BBQ Chicken – hamburger buns, mango coleslaw, salad
3. Chicken Fajitas – tortillas or rice, guacamole, and sour cream
4. Turkey Black Bean Chili – shredded cheddar cheese, tortilla chips
5. Sloppy Joes – hamburger buns, corn on the cob
6. Honey Sriracha Chicken Lettuce Wraps – Bibb lettuce, rice
7. Kale and Chorizo Soup – cheddar cheese, fresh bread
8. Italian Pork – sandwich rolls, provolone cheese, roasted red peppers, salad
9. Mango Pineapple Beef Barbacoa – tortillas or rice, lettuce, salsa, guacamole
10. Four-Bean White Chicken Chili – chopped fresh cilantro, shredded cheddar cheese, tortilla chips
11. Shredded Buffalo Chicken – hamburger buns, baby carrots, celery
12. Salsa Verde Shredded Pork – tortillas or rice, shredded cheese, salsa, guacamole
13. Dairy-Free Ranch Burgers – buns, sweet potato fries

2021

# MAY MEAL PLAN

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2/	3/	4/	5/	6/	7/	1/
9/	10/	11/	12/	13/	14/	15/
16/	17/	18/	19/	20/	21/	22/
23/	24/	25/	26/	27/	28/	29/
30/	31/					