

2021



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

**JUNE**

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

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

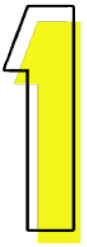
# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN JUNE

Free printable recipes and grocery list below!

## Recipe List

1. Beef, Lime, and Cilantro Chili
2. Honey Sriracha Shredded Chicken
3. Ginger Chicken with Snow Peas
4. Sweet and Sour BBQ Meatballs
5. Asian Chicken Lettuce Wraps
6. Honey Garlic Chicken from [Thirty Handmade Days](#)
7. Sausage-Stuffed Banana Peppers
8. Salsa Verde Shredded Pork
9. Apricot-Ginger Chicken
10. Healthy White Chicken Chili from [Sweet Peas and Saffron](#)
11. Cool Ranch Shredded Chicken
12. Chicken Teriyaki from [Thirty Handmade Days](#)
13. Bonus Recipe: 3-Ingredient Slow Cooker Peach Dump Cake

# BEEF, LIME, AND CILANTRO CHILI



Yields: 6 servings

## Ingredients

- 1 pound 85% lean ground beef
- 14.5oz can tomato sauce
- 14.5oz can petite diced tomatoes, undrained
- 2 cans black beans, drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- The juice and zest from 1 lime
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Fresh cilantro, chopped (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 cilantro 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. Break apart beef and stir.

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

# HONEY SRIRACHA SHREDDED CHICKEN



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.

# GINGER CHICKEN WITH SNOW PEAS



Recipe modified from [Thirty Handmade Days](#)

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 fresh snow peas (1/2 pound) (sugar snap peas are also delicious)

## 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.

Serve with rice.

# SWEET AND SOUR BBQ MEATBALLS



Yields: 6 servings

## Ingredients

- 1-2 pounds of meatballs
- 1 sweet yellow onion, cut into chunks 1 green pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of BBQ 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 6-8 hours or until peppers are tender.

Serve with rice.

# 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 in the Crockpot

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 Boston bibb lettuce with rice.

# HONEY GARLIC CHICKEN



Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 8oz sugar snap peas
- 2 carrots, peeled and shredded
- 6 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup honey
- 2 tablespoons sesame oil
- 2 tablespoon ketchup
- 1 teaspoon onion powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon 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 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.



# SAUSAGE-STUFFED BANANA PEPPERS



Yields: 6 servings

## Ingredients

- 28oz can crushed tomatoes
- 1 pound mild banana peppers (about 10 peppers), tops taken off and seeded (it's OK if you can't get all the seeds out)
- 1 pound ground sweet Italian sausage (if you can only find links, squeeze the meat out of the casing)
- 3 cloves of garlic, minced
- 1 small yellow onion, diced (one cup)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 cup panko Japanese-style breadcrumbs
- 1 large egg
- 6 slices of provolone cheese (not needed until day of cooking)

## Materials

- 2 gallon-sized plastic freezer bags

## To Freeze and Cook Later

1. Label one of your freezer bags.
2. To a large bowl, add all ingredients, except crushed tomatoes, banana peppers, and provolone cheese. Mix well.
3. Spoon mixture into extra freezer bag with one corner snipped off.
4. Pipe mixture into banana peppers and use your fingers to push the filling to the bottom of the peppers so they're completely filled with sausage.
5. Add stuffed peppers to labeled freezer bag with crushed tomatoes. (Cheese can be frozen separately if desired.)
6. 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 contents of freezer bag to crockpot and cook for 6-8 hours on "low" setting.
3. Place provolone cheese on top of peppers and cook additional 10 minutes or until melted.

Serve with a fresh garden salad.

# SALSA VERDE SHREDDED PORK



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 lettuce wraps or soft tortillas with shredded cheese, salsa, and guacamole.

# APRICOT-GINGER CHICKEN



Yields: 6 servings

## Ingredients

- 2 pounds boneless, skinless chicken breasts (Chicken thighs also taste great.)
- 2/3 cup apricot jam
- 1 tablespoon soy sauce
- 1-inch fresh ginger root, peeled and grated (If you buy a large root, you can freeze whatever is left over. I place the leftover root whole in my freezer.)
- 3 cloves garlic, minced
- 1 pound frozen green beans (You can sub fresh.)

## 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.

Serve with rice.

# HEALTHY WHITE CHICKEN CHILI



Recipe from [Sweet Peas and Saffron](#)

Yields: 4 servings

## Ingredients

- 1 pound boneless skinless chicken thighs
- 4 cups small cauliflower florets (fresh, frozen, or “riced” cauliflower)
- 15oz can cannellini beans, drained and rinsed
- 4oz can diced green chiles
- 11.5oz can corn, drained
- 1 jalapeño, de-seeded and finely chopped (please wear gloves)
- 2 ribs of celery, chopped
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 3 tablespoons cornmeal

## Materials

- 1 gallon-sized plastic freezer bag
- Gloves for chopping jalapeño

## To Freeze and Cook Later

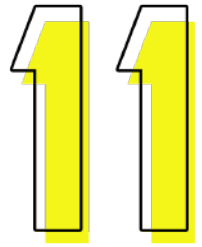
1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## 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 stir.

Serve with shredded cheddar cheese and tortilla chips.

# COOL RANCH SHREDDED CHICKEN



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.)

## 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 lettuce wraps or soft tortillas with shredded cheese, guacamole, and diced tomatoes.

# CHICKEN TERIYAKI

# 12

Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

## 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.

# 3-INGREDIENT SLOW COOKER PEACH DUMP CAKE



Yields: 6 servings

## Ingredients

- 2 pounds ripe peaches (about 4 medium-large sized fruits), peeled, cored, and sliced
- 1 box of yellow cake mix
- 1 stick of butter (I use unsalted), cut into 4 pieces

## To Cook

1. Add the peaches to the bottom of your slow cooker (I use a 6-quart slow cooker).
2. Top with dry cake mix.
3. Top with butter.
4. Add lid and cook on “low” setting for 4 hours or until top is golden brown.

Serve with vanilla ice cream.

# GROCERY LIST FOR ALL 12+ MEALS

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

## Produce

- 5 small yellow onions (1, 4, 7, 8, 10)
- 1 lime for juice and zest (1)
- 33 cloves garlic (1, 2, 3, 5, 6, 7, 8, 9, 10, 12)
- 2-inches fresh ginger root (3, 9)
- 8 carrots (1 pound) (3, 5, 6)
- 8oz fresh snow peas (1/2 pound) (3)
- 8oz sugar snap peas (6)
- 1 green pepper (4)
- 2 red peppers (4, 5)
- 1 pineapple (4)
- 1 pound mild banana peppers (about 10 peppers) (7)
- 4 cups small cauliflower florets (fresh, frozen, or “riced” cauliflower) (10)
- 2 ribs of celery (10)
- 1 jalapeño (10)
- 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.) (12)
- 2 pounds ripe peaches (about 4 medium-large sized fruits) (13)

## Meat

- 1 pound 85% lean ground beef (1)
- 1 pound boneless skinless chicken thighs (10)
- 2 pounds boneless skinless chicken breasts OR thighs (3)
- 10 pounds boneless skinless chicken breasts (2, 6, 9, 11, 12)
- 1-2 pounds of meatballs (4)
- 2 pounds of ground chicken (5)
- 1 pound ground sweet Italian sausage (if you can only find links, squeeze the meat out of the casing) (7)
- 2-pound boneless pork roast (8)

## Frozen

- 1 pound frozen green beans (You can sub fresh) (9)

## Cold/Dairy

- 1 large egg (7)
- 1 stick of butter (13)



## **Canned/Dried**

- 14.5oz can tomato sauce (1)
- 14.5oz can petite diced tomatoes (1)
- 8oz can sliced water chestnuts (3)
- 28oz can crushed tomatoes (7)
- 16oz jar salsa verde (8)
- 2 cans (15oz each) black beans (1)
- 15oz can cannellini beans (10)
- 4oz can diced green chiles (10)
- 11.5oz can corn (10)

## **Spices and Seasonings**

- 1 tablespoon chili powder (1)
- 2 tablespoons plus 1 1/2 teaspoons ground cumin (1, 8, 10, 11)
- 1 1/2 teaspoon crushed red pepper flakes (5, 6, 8, 11, 12)
- 2 1/2 teaspoons onion powder (6, 11)
- 1 tablespoon salt (6, 10, 11, 12)
- 2 1/4 teaspoons black pepper (6, 8, 11, 12)
- 1/2 teaspoon dried basil (7)
- 1 teaspoon dried oregano (7, 11)
- 1 teaspoon ground coriander (10)
- 1 tablespoon chili powder (11)
- 1/2 teaspoon paprika (11)
- 1/2 teaspoon garlic powder (11)
- 1 teaspoon garlic powder (11)
- 1 tablespoon dried parsley (11)
- 1 teaspoon dried onion flakes (11)
- 3/4 teaspoon dill (11)
- 1/2 teaspoon ground ginger (12)

## **Baking**

- 1/2 cup plus 3 tablespoons honey (2, 5, 6, 12)
- 1 box of yellow cake mix (13)

## **Materials**

- 13 gallon-sized plastic freezer bags (1-12)
- Gloves for chopping jalapeño (10)

## **Oil and Vinegar**

- 2 tablespoons rice wine vinegar (3)
- 3 tablespoons sesame oil (3, 6)

- 3 tablespoons olive oil (11)
- 2 tablespoons red wine vinegar (11)

### **Miscellaneous**

- 2 tablespoons Sriracha (2)
- 1 1/4 cup soy sauce (2, 3, 5, 6, 9, 12)
- 18oz bottle of BBQ sauce (4)
- 1/4 cup plus 2 tablespoons ketchup (5, 6)
- 1/2 cup panko Japanese-style breadcrumbs (7)
- 2/3 cup apricot jam (9)
- 3 tablespoons cornmeal (10)

### **Not Needed Until Day of Cooking**

- Fresh cilantro (1)
- 6 slices of provolone cheese (7)

### **Suggested Side Dishes**

1. Beef, Lime, and Cilantro Chili – shredded cheese, tortilla chips
2. Honey Sriracha Shredded Chicken – Boston bibb lettuce, rice
3. Ginger Chicken with Snow Peas – rice
4. Sweet and Sour BBQ Meatballs - rice
5. Asian Chicken Lettuce Wraps – Boston bibb lettuce
6. Honey Garlic Chicken – rice, sesame seeds
7. Sausage-Stuffed Banana Peppers - salad
8. Salsa Verde Shredded Pork – Boston bibb lettuce, cheese, salsa, guacamole
9. Apricot-Ginger Chicken - rice
10. Healthy White Chicken Chili – shredded cheddar cheese, chips
11. Cool Ranch Shredded Chicken – Boston bibb lettuce, shredded cheese, guacamole, diced tomatoes
12. Chicken Teriyaki – rice, sesame seeds, diced green onions

# 2021 JUNE 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/			