



12 Healthy Freezer Meals from Sam's Club

Free Printable Recipes, Shopping List & Labels

12 Healthy Freezer Meals From Sam's Club

Free printable recipes and grocery list below!

Recipe List

1. Tex Mex Beef and Cabbage (x3)
2. Sweet and Sour BBQ Chicken (x3)
3. Southwest Rice and Bean Soup (x3)
4. Sausage-Stuffed Mini Sweet Peppers (x3)

Note: I tripled each recipe for a total of 12 meals to take advantage of Sam's Club's bulk ingredients.

Freezer Meal Labels

Print on Avery 22827 sticker labels or regular computer paper (attach to bags with clear shipping tape).

Helpful Links

- [Freezer Meal Pro Membership](#) (use coupon code "SAMSCLUB" to save an extra 20%)
- [Jokari Hands-Free Baggy Racks](#)
- [Reusable Freezer Bags](#)
- [Freezer Cooking Apron from my mom's Etsy shop](#)

Tex Mex Beef and Cabbage



Serve with rice and top with shredded cheddar cheese and sour cream.

Yields: 6 servings per freezer bag

Ingredients (for each bag)

- 1 pound lean ground beef (I used 85% organic lean ground beef)
- 8 oz fresh coleslaw mix, grated cabbage and carrots (I split a 32oz bag of cabbage between my three freezer bags, about 3 handfuls per bag)
- 15 oz can black beans, drained and rinsed
- 14.5 oz can diced tomatoes, undrained
- 1 cup corn (I split 4 ears between 3 bags)
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
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 Crockpot

1. Add contents of freezer bag to crockpot and cook 6-8 hours on low.
2. Break apart ground beef and stir.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over.
3. Add 1 cup water or beef broth.
4. Pressure cook 25 minutes.
5. Natural release.
6. Break apart beef and stir.

To Cook on Stovetop

1. Thaw freezer meal.
2. Add contents of freezer bag to large skillet, pot, or sauté pan.
3. Bring to a boil and simmer uncovered for 15 minutes, stirring occasionally, until beef is cooked through and cabbage is tender.

****Note: I tripled this recipe and made three bags ****

Sweet and Sour BBQ Chicken



Serve with rice.

Yields: 4 servings per freezer bag

Ingredients (for each bag)

- 1 pound ground chicken + (I split a 2.75lb container between 3 freezer bags)
- 1 yellow onion, diced (one cup)
- 1 green pepper, diced
- 1 red pepper, diced (I bought a package of red, orange, and yellow peppers and split them between the 3 bags)
- 1 pineapple, diced (I split a 2.5lb container between 3 bags)
- 1 bottle (18oz per bottle) spicy BBQ sauce (I bought a pack of two 40oz bottles and used 1.5 of them between the 3 bags)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook 4-6 hours on low.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over.
3. Add 1/2 cup water.
4. Pressure cook 20 minutes.
5. Natural release.
6. Break apart chicken and stir.

+ Salmon Option: Replace ground chicken with 1 pound of skinless salmon.

**Note: I tripled this recipe and made three bags **

Southwest Rice and Bean Soup



Serve with chips, shredded cheese, and guacamole.

Yields: 6 servings per freezer bag

Ingredients (for each bag)

- 15oz can black beans, drained and rinsed
- 14.5oz can diced tomatoes, undrained
- 1 red pepper, diced
- 1 green pepper, diced
- 1 cup corn (I split 4 ears of corn between 3 freezer bags)
- 1 package Seeds of Change quinoa and brown rice (can substitute $\frac{1}{4}$ cup dry wild rice)
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon onion powder
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 32 oz chicken broth (4 cups) (not needed until day of cooking) (substitute vegetable broth to make vegetarian and vegan)

Materials

- 1 gallon-sized freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot with 32oz broth.
2. Cook 4-6 hours on low.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over and add 32oz (4 cups) broth.
3. Pressure cook 15 minutes.
4. Natural release.

****Note: I tripled this recipe and made three bags ****

Sausage-Stuffed Mini Sweet Peppers



Serve over spaghetti or zucchini “noodles”.

Yields: 4 servings per freezer bag

Ingredients (for each bag)

- 1 pound mini sweet peppers (I bought two 1.5lb bags)
- 3/4 pound ground Italian sausage (I bought a two pound package of sweet ground sausage)
- 32oz jar pasta sauce (I bought a three-pack of Classico Tomato & Basil pasta sauce)
- 8oz shredded mozzarella cheese (not needed until day of cooking) (about 2 cups)

Materials

- 1 gallon-sized 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. Cut tops off peppers and remove seeds. (It’s OK if you don’t get every single seed out.)
3. Stuff the peppers with sausage.
4. Add stuffed peppers and spaghetti sauce to your freezer bag.
5. Remove as much air as possible, seal, and freeze for up to three months.

To Cook in Crockpot

1. Add contents of freezer bag to crockpot and cook 6-8 hours on low.
2. Top with mozzarella cheese and add lid for 5 minutes or until melted.

To Cook in Instant Pot

1. Add frozen meal to Instant Pot and sauté 5 minutes to release some liquid.
2. Flip over.
3. Add one cup water.
4. Pressure cook 25 minutes.
5. Natural release.
6. Top with mozzarella cheese and replace lid for 5 minutes or until melted.

To Cook in Oven (thaw overnight in refrigerator for shorter cooking time)

1. Pre-heat oven to 400° Fahrenheit.
2. Add contents of freezer bag to 9x13" glass or aluminum baking pan.
3. Cover with foil.
4. Bake 30-90 minutes (30 if fresh or thawed and 90 if frozen).
5. Uncover and stir.
6. Top with shredded cheese and bake, uncovered, for additional 10 minutes or until sausage is cooked through.

****Note: I tripled this recipe and made three bags ****

Grocery List for All 12 Meals

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

Produce

- 24oz fresh coleslaw mix, grated cabbage and carrots (I bought a 32oz bag and used all of it) (1)
- 6 cups corn (I bought a pack of 8 ears of corn on the cob and used all of them) (1, 3)
- 3 yellow onions (substitute a bag of frozen diced onions to save time) (2)
- 6 green peppers (2, 3)
- 6 red peppers (I bought a bag with 2 red pepper, 2 orange peppers, and 2 yellow peppers) (2, 3)
- 3 pineapples diced (I bought a 2.5lb container) (2)
- 3 pounds mini sweet peppers (I bought two 1.5lb bags) (4)

Meat

- 3 pounds lean ground beef (1) (I bought 85% lean organic ground beef)
- 3 pounds ground chicken (I bought a 2.75lb package) (2)
- 2 1/4 pound ground Italian sausage (I bought a two pound package of sweet ground sausage) (4)

Canned/Dried

- 3 bottles (18oz per bottle) spicy BBQ sauce (I bought a pack of two 40oz bottles) (2)
- 6 cans (15oz each) black beans (1, 3)
- 6 cans (14.5oz each) diced tomatoes (1, 3) (I bought a pack of 8 cans)
- 3 packages Seeds of Change quinoa and brown rice (can substitute 1/4 cup dry wild rice) (3) (I bought a box with 6 packages and saved the extras)
- 3 jars (32oz each) pasta sauce (I bought a three-pack of Classico Tomato & Basil Pasta Sauce) (4)

Spices and Seasonings

- 12 tablespoons chili powder (1, 3)
- 3 tablespoons paprika (1)
- 5 tablespoons cumin (1, 3)
- 1 tablespoon plus 1/2 teaspoon garlic powder (1, 3)
- 2 tablespoons onion powder (1, 3)
- 1 tablespoon crushed red pepper flakes (1)
- 1 tablespoon plus 1 1/2 teaspoon salt (1, 3)
- 1 1/2 teaspoons oregano (3)
- 3/4 teaspoon pepper (3)

Materials

- 12 gallon-sized freezer bags (1-4)

Not Needed Until Day of Cooking

- 3 cups water or beef broth for IP preparation (1)
- 96oz (12 cups) chicken broth (3)
- 24oz (about 6 cups) shredded mozzarella cheese (4)

Suggested Side Dishes

1. Tex Mex Beef and Cabbage - rice, shredded cheddar cheese, and sour cream
2. Sweet and Sour BBQ Chicken - rice
3. Southwest Rice and Bean Soup - chips, shredded cheese, and guacamole
4. Sausage-Stuffed Mini Sweet Peppers - spaghetti or zucchini “noodles”



CROCKPOT/INSTANT POT/STOVE-TOP TEX MEX BEEF & CABBAGE

Ground beef
Coleslaw veggies
Black beans
Diced tomatoes
Corn
Seasonings: chili powder, paprika, cumin, salt, garlic powder, onion powder, crushed red pepper flakes

Crockpot: Cook on low for 6-8 hours. Break apart ground beef.
Instant Pot: Add to Instant Pot. Sauté 5 min. Flip over. Add 1 cup water or beef broth. Pressure cook 25 min. Natural release. Break apart beef.
Stovetop: Thaw freezer meal. Add to large pot or sauté pan. Bring to a boil and simmer uncovered for 15 min until beef is cooked through.

Use by:



CROCKPOT OR INSTANT POT SWEET AND SOUR BBQ CHICKEN

Ground chicken
Onions
Bell peppers
Pineapple
BBQ sauce

Crockpot: Cook on low 4-6 hours. Break apart chicken and stir.
Instant Pot: Thaw enough to fit in Instant Pot. Sauté 5 min. Flip over. Add 1/2 cup water. Pressure cook 20 minutes. Natural release. Break apart chicken.

Use by:



CROCKPOT OR INSTANT POT SOUTHWEST RICE & BEAN SOUP

Black beans
Diced tomatoes
Corn
Bell peppers
Quinoa and brown rice mix
Seasonings: chili powder, cumin, oregano, salt, pepper
onion powder, garlic powder
ADD: 4 cups chicken broth

Crockpot: Add broth and cook on low 4-6 hours.
Instant Pot: Thaw enough to fit in Instant Pot. Sauté 5 min. Flip over. Add 4 cups broth. Pressure cook 15 minutes. Natural release.

Use by:



CROCKPOT/INSTANT POT/OVEN SAUSAGE-STUFFED PEPPERS

Mini sweet peppers
Ground sausage
Pasta sauce

TO ADD: 2 cups shredded mozzarella cheese

Crockpot: Cook on low for 6-8 hours. Top with cheese and replace lid until melted.
Instant Pot: Add to Instant Pot. Sauté 5 min. Flip over. Add 1 cup water. Pressure cook 25 min. Natural release. Top with cheese.
Oven: Add to 9x13" pan. Cover with foil and bake for 90 min @ 400. Stir. Add cheese and bake uncovered for additional 10 minutes.

Use by:



CROCKPOT/INSTANT POT/STOVE-TOP TEX MEX BEEF & CABBAGE

Ground beef
Coleslaw veggies
Black beans
Diced tomatoes
Corn
Seasonings: chili powder, paprika, cumin, salt, garlic powder, onion powder, crushed red pepper flakes

Crockpot: Cook on low for 6-8 hours. Break apart ground beef.
Instant Pot: Add to Instant Pot. Sauté 5 min. Flip over. Add 1 cup water or beef broth. Pressure cook 25 min. Natural release. Break apart beef.
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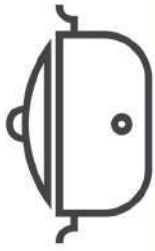


CROCKPOT OR INSTANT POT SWEET AND SOUR BBQ CHICKEN

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Onions
Bell peppers
Pineapple
BBQ sauce

Crockpot: Cook on low 4-6 hours. Break apart chicken and stir.
Instant Pot: Thaw enough to fit in Instant Pot. Sauté 5 min. Flip over. Add 1/2 cup water. Pressure cook 20 minutes. Natural release. Break apart chicken.

Use by:



CROCKPOT OR INSTANT POT SOUTHWEST RICE & BEAN SOUP

Black beans
Diced tomatoes
Corn
Bell peppers
Quinoa and brown rice mix
Seasonings: chili powder, cumin, oregano, salt, pepper
onion powder, garlic powder
ADD: 4 cups chicken broth

Crockpot: Add broth and cook on low 4-6 hours.
Instant Pot: Thaw enough to fit in Instant Pot. Sauté 5 min. Flip over. Add 4 cups broth. Pressure cook 15 minutes. Natural release.

Use by:



CROCKPOT/INSTANT POT/OVEN SAUSAGE-STUFFED PEPPERS

Mini sweet peppers
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Use by:



CROCKPOT/INSTANT POT/STOVE-TOP TEX MEX BEEF & CABBAGE

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Coleslaw veggies
Black beans
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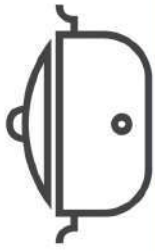


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Black beans
Diced tomatoes
Corn
Bell peppers
Quinoa and brown rice mix
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onion powder, garlic powder
ADD: 4 cups chicken broth

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Use by:



CROCKPOT/INSTANT POT/OVEN SAUSAGE-STUFFED PEPPERS

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Oven: Add to 9x13" pan. Cover with foil and bake for 90 min @ 400. Stir. Add cheese and bake uncovered for additional 10 minutes.

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