

2021



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

**AUGUST**

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

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

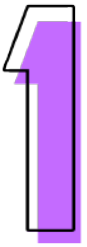
# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN AUGUST

Free printable recipes and grocery list below!

## Recipe List

1. Eggplant "Lasagna" Rollatini
2. Verde Chicken Chili from [Simply Stacie](#)
3. Shredded BBQ Pork
4. Chickpea Tortilla Soup from [Sweet Peas and Saffron](#)
5. Cherry Chicken Mole Tacos
6. Sloppy Joes
7. Vegetarian Garden Vegetable Soup with Pesto
8. Red Pepper Chicken
9. Stuffed Banana Peppers
10. Thai Pineapple Curry
11. Mexican Chicken Chili with Cornbread Topping
12. Stuffed Peppers

[Bonus Recipe: Peach Dump Cake](#)



# EGGPLANT “LASAGNA” ROLLATINI

Yields: 6 servings

## Ingredients

- 1 large eggplant, peeled and thinly sliced with a mandolin or knife
- 1 teaspoon salt (this is wiped off the eggplant before cooking)
- 5oz baby spinach
- 24oz part-skim ricotta cheese
- 3 cloves garlic, minced
- 1/2 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 28oz can diced tomatoes, drained
- 4oz mozzarella cheese, shredded (one cup) (optional)

## Materials

- 1 gallon-sized plastic freezer bag
- 2 quart-sized plastic freezer bags
- Baker’s twine (optional)

## To Freeze and Cook Later

(NOTE: I purposely listed this recipe first so you can skip the freezing steps if you want and cook it fresh instead!)

1. Label your freezer bags with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Slice eggplant lengthwise, lay on a piece of waxed paper, and sprinkle with salt.
3. Let sit for 10-15 minutes, then wipe off the salt and water. (This will reduce bitterness and excess moisture.)
4. Place spinach on eggplant.
5. In a medium bowl, mix ricotta, garlic, black pepper, and Italian seasoning.
6. Spoon cheese mixture onto eggplant/spinach.
7. Roll and layer in your gallon-sized bag. (You may want to wrap them with baker’s twine. I would not recommend using toothpicks, as they can puncture the bag).
8. Add tomatoes and mozzarella cheese in separate quart-sized freezer bags.
9. Remove as much air as possible, seal, and freeze.

**To Cook**

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Layer rollatini in the crockpot and cover with diced tomatoes.
3. Cook on low setting for 4-6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Sprinkle with shredded mozzarella cheese and cover for five additional
5. minutes.

Serve with garlic bread.

# VERDE CHICKEN CHILI



Recipe modified from [Simply Stacie](#)

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 cup frozen corn
- 15oz can white beans (cannelloni or great northern), drained and rinsed
- 1 cup salsa verde
- 1 small yellow onion, diced (one cup)
- 2 garlic cloves, minced
- 1 jalapeño, minced (omit the seeds for a mild dish)
- 2 cups chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon hot sauce

## Materials

- 1 gallon-sized plastic freezer bag
- Gloves to wear while chopping jalapeño pepper

## 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 stir.

Top with chopped fresh cilantro, shredded mozzarella cheese, and sliced avocado and serve with cornbread.

# SHREDDED BBQ PORK



Yields: 8 servings

## Ingredients

- 2-pound boneless pork roast, fat trimmed
- 1 cup ketchup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon light brown sugar
- 1 tablespoon chili powder
- 2 teaspoons curry powder
- 1 teaspoon hot 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.
4. Shred pork and stir.

Serve on sandwich buns with corn on the cob and watermelon.

# CHICKPEA TORTILLA SOUP



Recipe modified from [Sweet Peas and Saffron](#)

Yields: 6 servings

## Ingredients

- 1 cup salsa
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 15oz can chickpeas, drained and rinsed
- 1 cup frozen corn
- 1 small yellow onion, chopped (one cup)
- 3 cloves garlic, minced
- 4 cups chicken stock (not needed until day of cooking)
- 1 tablespoon lime juice (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 chicken stock and lime juice 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 chicken stock.
3. Cook on “low” setting for 6-8 hours.
4. Add lime juice and stir.

Serve with tortilla chips, avocado, and shredded cheese.

# CHERRY CHICKEN MOLE TACOS



Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 12oz bag frozen cherries (about 2.5 cups)
- 7oz can of chipotle pepper in adobo sauce (add 3 diced chipotle peppers and 1 teaspoon adobo sauce to this recipe and freeze the rest)
- 1 small yellow onion, chopped (one cup)
- 2 cloves garlic, minced
- 15oz can tomato sauce
- 2 tablespoons cocoa powder
- 2 tablespoons peanut butter
- 1/2 teaspoon cumin

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients except chicken stock and lime juice 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 chicken stock.
3. Cook on "low" setting for 6-8 hours.
4. Shred chicken and stir in crockpot to absorb sauce.

Serve on tortillas with shredded cheese.



# 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 (I like to “mash” it with a potato masher!).
5. Stir.

Serve on sandwich buns with a fresh garden salad.

# 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 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.

# RED PEPPER CHICKEN



Yields: 6 servings

## Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 2 medium-sized red bell peppers, sliced
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small yellow onion, diced or sliced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 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. Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Slice or shred chicken and return to mix with juice in crockpot.

Serve with steamed broccoli and rice.

# 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
- 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. In a large bowl, combine 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".
3. Place provolone cheese on top and cook 10 minutes or until melted.

Serve over spaghetti.

# THAI PINEAPPLE CURRY



Yields: 6 servings

## Ingredients

- 15oz can chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 cloves garlic, minced
- 13.5oz can unsweetened coconut milk
- 3 tablespoons curry powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

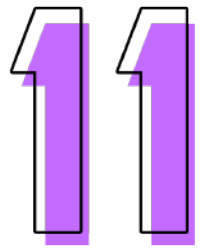
1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours or until peppers and onions are tender.

Serve with rice.

# MEXICAN CHICKEN CHILI WITH CORNBREAD TOPPING



Yields: 4 servings

## Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 small yellow onion, chopped (one cup)
- 1 green pepper, chopped (about one cup)
- 1 cup frozen corn
- 15oz can tomato sauce
- 1 teaspoon honey
- 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)
- 4oz cheddar cheese, shredded (one cup) (not needed until day of cooking)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk and yields 6 muffins) (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 (3 months from when you prepped the meal).
2. Add all ingredients except cheese and cornbread to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” for 4-6 hours.
3. Shred chicken with fork.
4. Cover shredded chicken chili with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

# STUFFED PEPPERS

# 12

Yields: 4 servings

## Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

## Materials

- 1 gallon-sized plastic freezer bag 1 quart-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook on “low” setting for 6-8 hours.

Serve with rice.

# PEACH DUMP CAKE



## 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 used unsalted), cut into 4 pieces

## Directions

1. Add the peaches to the bottom of your crockpot.
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.



# GROCERY LIST FOR ALL 12+ MEALS

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

## Produce

- 1 large eggplant (1)
- 24 cloves garlic (2-3 bulbs) (1, 2, 4, 5, 7, 8, 9, 10, 12)
- 7.5oz baby spinach (1, 7)
- 1 jalapeno (2)
- 10 small yellow onions (substitute 3 bags of frozen diced onions to save time!!) (2, 4, 5, 6, 7, 8, 9, 10, 11, 12)
- 1 small zucchini (7)
- 1/2lb fresh green beans (7)
- 3 red bell peppers (7, 8)
- 7 green peppers (6, 10, 11, 12)
- 1 pound mild banana peppers (9)
- 1 fresh pineapple (10)
- 1 pound sweet potatoes (2 med or 1 large) (10)

## Meat

- 7 pounds boneless skinless chicken breasts (2, 5, 8, 11)
- 2-pound boneless pork roast (3)
- 3 pounds 85% lean ground beef (6, 12)
- 1 pound ground sweet Italian sausage (9)

## Cold/Frozen

- 24oz part-skim ricotta cheese (1)
- 4oz mozzarella cheese (1 cup) (1)
- 3 cups frozen corn (2, 4, 11)
- 12oz bag frozen cherries (about 2.5 cups) (5)

## Italian

- 28oz can diced tomatoes (1)
- 2 cans (14.5oz each) diced tomatoes (7)
- 6oz can tomato paste (6)
- 28oz can crushed tomatoes (9)
- 2 cans (15oz each) tomato sauce (5, 11)
- 24oz jar pasta sauce (12)

## **Canned**

- 15oz can white beans (cannelloni or great northern) (2)
- 1 cup salsa (4) (you can buy a 16oz jar of salsa verde and split between recipes 4 and 2)
- 1 cup salsa verde (2)
- 2 cups chicken broth (2)
- 2 cans (15oz each) chickpeas (4, 10)
- 7oz can chipotle pepper in adobo sauce (5)
- 13.5oz can unsweetened coconut milk (10)

## **Spices and Seasonings**

- 1 tablespoon plus 1/2 teaspoon salt (1, 4, 8, 10, 11)
- 2 1/2 teaspoons black pepper (1, 6, 8, 11)
- 1 tablespoon cumin (2, 4, 5, 11)
- 3 tablespoons plus 2 teaspoons chili powder (2, 3, 4, 6, 11)
- 3 tablespoons plus 2 teaspoons curry powder (3, 10)
- 1 1/2 teaspoon garlic powder (6, 11)
- 2 1/2 teaspoon red pepper flakes (6, 8, 10, 11)
- 1/2 teaspoon celery seed (6)
- 2 tablespoons plus 1 teaspoon Italian seasonings (7, 11)
- 1 bay leaf (7)
- 1/2 teaspoon dried basil (9)
- 1/2 teaspoon paprika (11)
- 1 teaspoon oregano (9, 11)
- 1/2 teaspoon onion powder (11)

## **Baking**

- 2 tablespoons light brown sugar (3, 7)
- 2 tablespoons cocoa powder (5)

## **Materials**

- 13 gallon-sized plastic freezer bags (1- 12)
- 3 quart-sized plastic freezer bags (1, 12)
- Baker's twine (optional—see note about cooking fresh in recipe) (1)
- Gloves to wear while chopping jalapeño pepper (2)

## **Oil and Vinegar**

- 1/4 cup extra virgin olive oil (8)

## Miscellaneous

- 2 teaspoons hot sauce (2, 3)
- 1 1/2 cup ketchup (3, 6)
- 2 tablespoons Worcestershire (3)
- 2 tablespoons peanut butter (5)
- 1/4 cup pearly barley (not quick cooking) (7)
- Not Needed Until Day of Cooking
- 4 cups chicken stock (4)
- 1 tablespoon lime juice (4)
- 4 cups vegetable broth (7)
- 6 tablespoons pesto (7)
- 6 slices of provolone cheese (9)
- 4oz cheddar cheese, shredded (one cup) (11)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk and yields 6 muffins) (11)

## Suggested Side Dishes

1. Eggplant "Lasagna" Rollatini – garlic bread
2. Verde Chicken Chili – cilantro, shredded mozzarella cheese, avocado, cornbread
3. Shredded BBQ Pork – sandwich buns, corn on the cob, watermelon
4. Chickpea Tortilla Soup – tortilla chips, avocado, shredded cheese
5. Cherry Chicken Mole Tacos – tortillas, shredded cheese
6. Sloppy Joes – sandwich buns, salad
7. Vegetarian Garden Vegetable Soup with Pesto – bread
8. Red Pepper Chicken – broccoli, rice
9. Stuffed Banana Peppers – spaghetti
10. Thai Pineapple Curry – rice
11. Mexican Chicken Chili with Cornbread Topping – no side needed
12. Stuffed Peppers – rice

# 2021 AUGUST 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/				