

2021



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

# SEPTEMBER

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

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

# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN SEPTEMBER

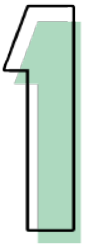
Free printable recipes and grocery list below!

## Recipe List

1. Spaghetti Squash with Meatballs from [All Day I Dream About Food](#)
2. Zuppa Toscana with Sweet Potatoes
3. Cool Ranch Shredded Chicken Tacos
4. Pork with Cabbage and Apples
5. Meatball Vegetable Soup
6. Chicken Fajitas
7. Honey Garlic Chicken and Veggies from [Damn Delicious](#)
8. Sausage Vegetable Soup
9. Asian Chicken Lettuce Wraps
10. Tuscan Pork with Fennel from [Delish](#)
11. Chicken Chili
12. Korean Shredded Beef Lettuce Wraps

+ [Bonus Recipe](#): Stovetop Gnocchi and Swiss Chard

# SPAGHETTI SQUASH WITH MEATBALLS



Recipe modified from [All I Daydream About is Food](#)

Yields: 4 servings

## Ingredients

- 1 small spaghetti squash, cut in half
- 1 1/2 cups crushed tomatoes
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 1/4 tsp dried oregano
- 1 pound frozen meatballs
- 2 tbsp olive oil

## Materials

- 1 gallon-sized plastic freezer bag (If you use a large squash, use two bags)

## 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

1. Thaw freezer bag overnight in refrigerator or in water in the morning until you can break apart sauce to fit in crockpot (since meatballs are already cooked through, you do not need to thaw the meal 100%).
2. Pour contents of freezer bag into your crockpot, standing squash cut, side down.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Using tongs and kitchen gloves, remove spaghetti squash from crockpot. Scoop out seeds and discard.
5. Use a fork to gather “spaghetti” from squash and return to crockpot.
6. Stir to combine.

Serve with garlic bread.

# ZUPPA TOSCANA WITH SWEET POTATOES



Yields: 6 servings

## Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1 1/2 pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1.5 teaspoons fennel seeds
- 1.5 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 1 cup heavy cream (or half and half) (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.
2. Add ingredients (except chicken broth and heavy cream. You can freeze the cream in a separate bag or wait to buy it until you’re ready to cook the soup).
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. Pour contents of freezer bag into your crockpot and add 8 cups of chicken broth.
3. Cook for 8 hours on “low” setting or until sausage is cooked through.
4. Break apart sausage and add heavy cream.
5. Stir to heat through.

Serve with fresh bread.

# COOL RANCH SHREDDED CHICKEN TACOS



Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 taco seasoning packet OR 1T chili powder, 1 tsp pepper, and 1/2tsp of each - salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 ranch seasoning packet OR 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.
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 freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and mix with remaining juice in crockpot.

Serve on soft tortillas with your favorite taco toppings, like shredded cheese, guacamole, and salsa.

# PORK WITH CABBAGE AND APPLES



Yields: 6 servings

## Ingredients

- 2 McIntosh apples, peeled, cored, and sliced
- the juice from one lemon (1/4 cup)
- 1 small head of cabbage, thinly sliced
- 1 small yellow onion, sliced
- 1/4 cup honey
- 1 teaspoon caraway seeds
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes (optional)
- 2-pound boneless pork roast, fat trimmed

## 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.
2. Add all ingredients to your freezer bag. (Add apples and lemon juice first to keep them from browning.)
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. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Slice or shred pork.

Serve with rice.

# MEATBALL VEGETABLE SOUP



Yields: 6 servings

## Ingredients

- 1 pound corn (fresh, frozen, or canned)
- 1 pound trimmed green beans (fresh, frozen, or canned)
- 14.5oz can diced tomatoes, undrained
- 1 small yellow onion, diced (1 cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound meatballs (store-bought or homemade)
- 4 cups low sodium beef broth (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.
2. Add all ingredients to your freezer bag except beef broth.
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. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Remove bay leaf and stir.

Serve with fresh Italian bread.

# CHICKEN FAJITAS



Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 rainbow sweet bell peppers (red, orange, and yellow), sliced
- 1 small yellow onion, sliced
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 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.
2. Add all ingredients to your freezer bag except beef broth.
3. Remove as much air as possible, seal, and freeze.

## To Cook

1. When ready to eat, thaw overnight in the refrigerator (or in warm water, if you forget).
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken.

Stovetop Option: Slice chicken breasts before freezing. When ready to eat, thaw freezer meal and cook in large pan on stovetop for 10-15 minutes or until chicken is cooked through and peppers are tender.

Serve on tortillas or rice with your favorite fajitas toppings, like shredded cheese, salsa, and guacamole.



# HONEY GARLIC CHICKEN AND VEGGIES



Recipe modified from [Damn Delicious](#)

Yields: 6 servings

## Ingredients

- 16oz baby red potatoes, halved
- 16oz carrots, peeled and chopped
- 16oz green beans, trimmed (if you prefer your green beans al dente, freeze in a separate bag and add last 30 minutes of cooking)
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup ketchup
- 1 teaspoon basil
- 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 2 pounds boneless, skinless chicken thighs

## 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.
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 freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

No side dish required.

# SAUSAGE VEGETABLE SOUP



Yields: 6 servings

## Ingredients

- 1-2 pounds diced fresh vegetables of your choice (zucchini, yellow squash, green beans, corn, peas, spinach or swiss chard all work great. Feel free to mix a couple of them together. You can also substitute frozen veggies if you want.)
- 1 pound carrots, peeled and chopped
- 1 small yellow onion, diced (about 1 cup)
- 24oz jar pasta sauce (about 2.5 cups)
- 1 pound ground Italian sausage (we like spicy)
- 4 cups low sodium 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 with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth.
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. Pour contents of freezer bag into your crockpot and add chicken broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Break apart sausage and stir.

Serve with garlic bread.

# 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
- 1 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium 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 with the name of the recipe, cooking instructions, and "use-by" date.
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 freezer bag overnight in refrigerator or in the morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Break apart chicken and serve.

Serve on big pieces of iceberg or Boston bibb lettuce.

# TUSCAN PORK WITH FENNEL



Recipe modified from [Delish](#)

Yields: 6 servings

## Ingredients

- 2 tsp fennel seeds
- 1 tsp dried rosemary
- 1/2 tsp chicken bullion (you can substitute 1/4 tsp salt)
- 2 pounds red potatoes, halved
- 1 fennel bulb, chopped
- 3 cloves garlic, minced
- 2-pound boneless pork roast, fat trimmed
- 1 pound carrots, peeled and chopped

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

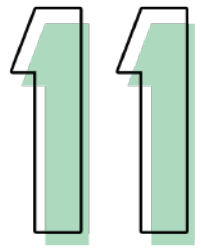
1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot or until pork is very tender.

No side dish needed.

# CHICKEN CHILI



Yields: 6 servings

## Ingredients

- 1 small yellow onion, diced (one cup)
- 1 red pepper, diced
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans, drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can diced tomatoes, undrained
- 1 2/3 cup frozen corn
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless skinless chicken breasts

## 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.
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 freezer bag overnight in refrigerator or in the morning in water.
2. Cook on low setting for 4-6 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir to combine.

Serve with shredded cheese and crushed tortilla chips.

# KOREAN SHREDDED BEEF LETTUCE WRAPS



Yields: 6 servings

## Ingredients

- 2 pounds sirloin steak
- 4 green onions (scallions), diced
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon rice 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.
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 freezer bag overnight in refrigerator or in the morning in water.
2. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred meat and return to crockpot to mix with sauce.

Serve with rice on big pieces of iceberg or Boston bibb lettuce.

# GNOCCHI AND SWISS CHARD



Yields: 4 servings

## Ingredients

- 16oz package of potato gnocchi
- 1 bunch of swiss chard (green or rainbow), thinly sliced (You can also substitute spinach)
- 1 small yellow onion, peeled and diced (1 cup)
- 15oz can navy beans, drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 4 cloves of garlic, minced
- 1 tablespoon Italian seasonings
- 1/4 teaspoon crushed red pepper flakes
- 1-2 tablespoons olive oil (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.
2. To your freezer bag, add all ingredients except olive oil. (Tip: place the tomatoes at the bottom of the bag, the swiss chard and beans in the middle, and the gnocchi on top so the gnocchi doesn’t get soggy from the tomatoes when thawing.)
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. When ready to eat, thaw in refrigerator or in water.
2. Coat a large pan with 1-2 tablespoons of olive oil.
3. Add contents of freezer bag and sauté over medium-high heat for 10 minutes or until heated through.

Top with shredded mozzarella and parmesan cheeses and serve with crusty Italian bread.

# GROCERY LIST FOR ALL 12+ MEALS

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

## Produce

- 1 small spaghetti squash (1)
- 3 pounds red potatoes, halved (7, 10)
- 3 sweet potatoes (about 1 1/2 pounds) (2)
- 2 McIntosh apples (4)
- 1 small head of cabbage (4)
- 2 pounds green beans (can sub frozen or canned) (5, 7)
- 1 fennel bulb (10)
- 5 small yellow onion (4, 5, 6, 8, 11)
- 4 green onions (scallions) (12)
- 19 large cloves of garlic (6, 7, 9, 10, 11, 12)
- 2 red peppers (9, 11)
- 3 rainbow sweet bell peppers (one red, one orange, and one yellow) (6)
- 1 bunch of kale (2)
- 1 lemon for juice (1/4 cup) (4)
- 1 lime for juice (6)
- 3 1/4 pound carrots (7, 8, 9, 10)
- 1-2 pounds fresh vegetables of your choice (zucchini, yellow squash, green beans, corn, peas, spinach or swiss chard all work great. Feel free to mix a couple of them together.) (8)

## Meat

- 5 pounds boneless skinless chicken breasts (3, 6, 11)
- 2 pounds boneless skinless chicken thighs (7)
- 2 pounds ground chicken (9)
- 2 boneless pork roasts (2 pounds each) (4, 10)
- 2 pounds ground spicy sausage (2, 8)
- 2 pounds sirloin steak (12)

## Canned

- 1 1/2 cups crushed tomatoes (1)
- 2 cans diced tomatoes (14.5oz each) (5, 11)
- 15oz can black beans (11)
- 15oz can cannellini beans (11)
- 14.5oz can diced tomatoes with green chilies (11)
- 24oz jar pasta sauce (we like Prego Traditional) (8)



## **Frozen**

- 1 2/3 cup frozen corn (11)
- 1 pound frozen corn (can sub fresh or canned) (5)
- 2 pounds meatballs (1, 5)

## **Spices and Seasonings**

- 2 1/4 teaspoons crushed red pepper flakes (3, 4, 6, 7, 9, 11, 12)
- 1 teaspoon ground ginger (12)
- 2 1/2 teaspoons salt (1, 3, 4, 5)
- 3 teaspoons garlic powder (1, 2, 3)
- 3 1/2 teaspoons black pepper (1, 2, 3, 4, 5, 7)
- 2 3/4 tsp dried oregano (1, 3, 7, 11)
- 3 1/2 teaspoons fennel seeds (2, 10)
- 2 tablespoons paprika (2, 3, 6, 11)
- 2 teaspoons onion powder (2, 3)
- 1 teaspoon caraway seeds (4)
- 2 teaspoons dried thyme (5)
- 4 tablespoons chili powder (6, 11)
- 2 teaspoons dried rosemary (5, 10)
- 1 bay leaf (5)
- 1/2 teaspoon chicken bouillon (10)
- 1 teaspoon basil (7)
- 4 1/2 teaspoons cumin (3, 6, 11)
- 1 tablespoon chili powder (3)
- 1 teaspoon dried onion flakes (3)
- 1 tablespoon dried parsley (3)
- 3/4 teaspoon dill (3)
- 1 tablespoon dried buttermilk (3)

## **Baking**

- 7 tablespoons + 1/2 cup honey (4, 6, 7, 9, 12)

## **Oil and Vinegar**

- 1 tablespoon rice vinegar (12)
- 1 tablespoon sesame oil (12)
- 5 tablespoons olive oil (1, 3)
- 2 tablespoons red wine vinegar (3)

## **Materials**

- 13-14 gallon-sized plastic freezer bags

## Miscellaneous

- 1 tablespoon sesame seeds (12)
- 1 cup low sodium soy sauce (7, 9, 12)
- 1/2 cup ketchup (7, 9)

## Not Needed Until Day of Cooking

- 4 cups low sodium beef broth (5)
- 96oz low sodium chicken broth (12 cups) (2, 8)
- 1 cup heavy cream (or half and half) (2)

## Suggested Side Dishes

1. Spaghetti Squash with Meatballs – garlic bread
2. Zuppa Toscana with Sweet Potatoes – fresh bread
3. Cool Ranch Shredded Chicken Tacos – tortillas, shredded cheese, guacamole, and salsa
4. Pork with Cabbage and Apples – rice
5. Meatball Vegetable Soup – fresh Italian bread
6. Chicken Fajitas – rice or tortillas and shredded cheese, guacamole, and salsa
7. Honey Garlic Chicken and Veggies – no side needed
8. Sausage Vegetable Soup – garlic bread
9. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce
10. Tuscan Pork with Fennel – no side dish needed
11. Chicken Chili – shredded cheese and crushed tortilla chips
12. Korean Shredded Beef Lettuce Wraps – rice and iceberg or Boston bibb lettuce
13. Gnocchi and Swiss Chard – shredded mozzarella and parmesan, crusty Italian bread

# 2021 SEPTEMBER 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		