

2021

A stylized logo consisting of two overlapping, cursive 'F' characters. The top 'F' is black with a gold outline, and the bottom 'F' is gold with a black outline. They are positioned in the center of the '2021' text.

12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

OCTOBER

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

THEFAMILYFREEZER.COM

12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN OCTOBER

Free printable recipes and grocery list below!

Recipe List

1. Eggplant Rollatini
2. Caribbean Jerk Chicken Tacos
3. Beef Lime Cilantro Chili
4. Garden Vegetable Soup with Pesto (Panera Copycat)
5. Salsa Verde Chicken
6. Cherry Pot Roast with Sweet Potatoes
7. Greens & Beans
8. Chicken Quesadillas
9. Chinese Green Pepper Steak (Stovetop Option)
10. Spaghetti Squash with Marinara Sauce
11. Ginger-Peach Chicken with Green Beans
12. Steak Fajitas (Stovetop Option)

EGGPLANT 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 spinach
- 24oz part-skim ricotta cheese
- 3 cloves garlic, minced
- 1/2 teaspoon black pepper
- 1 teaspoon Italian seasoning (substitute 1/4 teaspoons of basil, oregano, rosemary, and thyme to make gluten-free)
- 28oz can diced tomatoes, drained (You can sub 6 medium-sized tomatoes, cored, seeds and juiced removed, and chopped – about 3 cups)
- 4oz mozzarella cheese, shredded (one cup) (optional)

Materials

- 1 gallon-sized plastic freezer bag
- 2 quart-sized plastic freezer bags
- Baker's twine

To Freeze and Cook Later

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 minutes.

Serve with garlic bread.

CARIBBEAN JERK CHICKEN TACOS



Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 green onions, chopped
- 3 cloves garlic, minced
- juice and zest of 1 lime
- 4oz can of diced green chilis
- 1 tablespoon ketchup
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon allspice
- 1/2 teaspoon thyme
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper

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.

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” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken with fork or back of spoon.

Serve on soft tortillas or crunchy taco shells and top with shredded cheddar cheese and guacamole.

BEEF LIME 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 (15oz each), drained and rinsed
- 1 small yellow onion, diced (about one cup)
- The juice and zest from 1 lime
- 2 large cloves of 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 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 except cilantro.
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” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Break apart beef and stir.

Serve with chopped, fresh cilantro and shredded cheddar cheese.

GARDEN VEGETABLE SOUP WITH PESTO (PANERA COPYCAT)



Yields: 6 servings

Ingredients

- 2 cans of 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
- 1/4-1/2 cup pearled 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 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 and pesto 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 add 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.

Top with pesto and serve with fresh bread

SALSA VERDE CHICKEN



Yields: 6 servings

Ingredients

- 2lbs boneless chicken breasts
- 15oz can black beans, drained and rinsed
- 1 2/3 cups frozen corn (half of a 1lb bag)
- 16oz jar salsa verde*
- 8oz package cream cheese (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 cream cheese.
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 for 6-8 hours on "low" setting or until chicken is cooked through.
3. Shred chicken.
4. Add cream cheese (just throw it on top) and cook for additional 10 minutes or until melted
5. Stir.

Serve with rice.

NOTE: If you're in a pinch, regular tomato salsa will do, but green salsa gives it a kick.

CHERRY POT ROAST WITH SWEET POTATOES



Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck roast, fat trimmed
- 1 pound sweet potatoes, peeled and cut into 1-inch pieces
- 1 small sweet yellow onion, peeled and chopped
- 16oz frozen pitted dark sweet cherries
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon thyme
- 1/2 teaspoon pepper

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.
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.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with green beans.

GREENS & BEANS



Yields: 6 servings

Ingredients

- 8oz dried cannellini beans, rinsed
- 1 tablespoon extra-virgin olive oil
- 5 cloves of garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1 hearty handful of kale, chopped
- 32oz (4 cups) chicken or vegetable broth (not needed until day of cooking)
- 64oz (8 cups) water (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 and water.
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 broth and water.
3. Cook on “low” setting for 8 hours or until beans are tender.

Top with parmesan cheese and serve with a loaf of crusty bread



SHREDDED CHICKEN QUESADILLAS

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small yellow onion, thinly sliced
- 1/4 cup jalapeños, diced (keep the seeds for spicy or omit for a more mild dish)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lime juice
- 1 packet taco seasoning mix or [homemade seasoning](#) mix
- 6 flour tortilla wraps (10" across) (not needed until day of cooking)
- 1/2 pound shredded cheddar cheese (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag
- Gloves to wear while cutting jalapeno

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 except tortillas and cheese.
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.
3. Cook on low for 6-8 hours.
4. Shred chicken. (I use a potato masher to get it nice and smashed so there are no big chunks in my quesadillas.)
5. Place shredded chicken on tortillas with shredded cheese and fold in half so each quesadilla is the shape of a half circle.
6. Broil in the oven for 60-90 seconds or until golden brown.
7. Cut into triangles and serve.

Serve with sour cream, guacamole, salsa, corn, or any of your favorite toppings!

CHINESE GREEN PEPPER STEAK



Yields: 6 servings

Ingredients

- 2 pounds beef top sirloin steak, sliced
- 3 green bell peppers, chopped (if you prefer vegetables al dente, freeze in separate quart-sized bag and add last 30 minutes of cooking)
- 2 small yellow onions, chopped
- 4 cloves of garlic, minced
- ½ cup soy sauce
- 1 tablespoon honey
- ½ teaspoon ground ginger
- ½ teaspoon black pepper

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.

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.

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

Serve with rice.

SPAGHETTI SQUASH WITH MARINARA SAUCE



Yields: 6 servings

Ingredients

- 2 cans tomato sauce (15oz each)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 small spaghetti squash (3-3.5lbs and 10" long or shorter so it fits in crock) (not needed until day of cooking)
- Optional: Add one pound homemade or frozen meatballs to sauce

Materials

- 1 quart-sized plastic freezer bag for sauce (or gallon-sized if adding meatballs)

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 except squash.
3. Remove as much air as possible from both bags, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Poke squash 10-15 times with a fork and place in crockpot.
3. Cover with sauce.
4. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
5. Remove squash from crock and cool to touch (10-15 minutes).
6. Cut in half, remove seeds, and shred flesh with fork.

Serve with remaining sauce in crockpot and top with shredded mozzarella cheese and lots of freshly chopped basil leaves.

APRICOT-GINGER CHICKEN WITH GREEN BEANS



Yields: 6 servings

Ingredients

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

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” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

STEAK FAJITAS



Yields: 6 servings

Ingredients

- 3-lb boneless beef chuck shoulder roast, fat trimmed
- 1 rainbow pack of bell peppers (1 red, yellow, and orange pepper), sliced
- 2 small yellow onions, peeled and sliced
- 2 cloves 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 (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.

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” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred beef.

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

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

GROCERY LIST FOR ALL 12 MEALS

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

Produce

- 1 large eggplant (1)
- 32 cloves of garlic (1, 2, 3, 4, 6, 7, 9, 10, 11, 12)
- 7.5oz fresh spinach (1, 4)
- 3 green onions (2)
- 8 small yellow onions (3, 4, 6, 8, 9, 12)
- 3 limes plus 1 tablespoon extra lime juice (you can split three limes between the recipes instead of buying an extra tablespoon) (2, 3, 8, 12)
- 1 small zucchini (4)
- 1/2lb fresh green beans (4)
- 1 small red bell pepper (4)
- 3 green bell peppers (9)
- 1 rainbow pack of bell peppers (1 red, yellow, and orange pepper) (12)
- 1/4 cup jalapeños (8)
- 1 pound sweet potatoes (6)
- 1 head of escarole (7)
- 1 hearty handful of kale (7)
- 1-inch fresh ginger root (11)

Meat

- 6 pounds boneless skinless chicken breasts (2, 5, 8, 11)
- 1 pound 85% lean ground beef (3)
- 2-pound boneless beef chuck roast (6)
- 3-pound boneless beef chuck shoulder roast (12)
- 2 pounds beef top sirloin steak (9)

Canned

- 28oz can diced tomatoes (1)
- 2 cans of diced tomatoes (14.5oz each) (4)
- 14.5oz can petite diced tomatoes (3)
- 3 cans black beans (15oz each) (3, 5)
- 4oz can of diced green chilis (2)
- 3 cans tomato sauce (15oz each) (3, 10)
- 16oz jar salsa verde (5)
- 2/3 cup apricot jam (11)

Frozen

- 1 2/3 cups frozen corn (half of a 1lb bag) (5)
- 16oz frozen pitted dark sweet cherries (6)
- 1 pound frozen green beans (You can sub fresh) (11)

Cold/Dairy

- 24oz part-skim ricotta cheese (1)
- 4oz shredded mozzarella cheese (optional) (1)

Spices and Seasonings

- 2 teaspoons salt (1, 7, 10)
- 2 1/4 teaspoon pepper (1, 6, 7, 9, 10)
- 3 tablespoons plus 1 teaspoon Italian seasonings (1, 4, 10)
- 1 teaspoon allspice (2)
- 1 1/2 teaspoon thyme (2, 6)
- 1 teaspoon ground ginger (2, 9)
- 1/4 teaspoon cayenne pepper (2)
- 2 tablespoons chili powder (3, 12)
- 4 teaspoons ground cumin (3, 12)
- 1 bay leaf (4)
- 1 packet taco seasoning mix or [homemade seasoning mix](#) (8)
- 1 teaspoon paprika (12)
- 1/4 teaspoon crushed red pepper flakes (12)

Baking

- 2 tablespoons brown sugar (2, 4)
- 2 tablespoons honey (9, 12)
- Pinch of sugar (7)

Oil and Vinegar

- 6 tablespoons extra-virgin olive oil (6, 7, 8, 10)

Materials

- 12 gallon-sized plastic freezer bags
- 3 quart-sized plastic freezer bags
- Baker's twine
- Gloves

Miscellaneous

- 1 tablespoon ketchup (2)
- ½ cup plus 2 tablespoons soy sauce (2, 9, 11)
- 1/4-1/2 cup pearly barley (not quick cooking) (4)
- 8oz dried cannellini beans (7)

Not Needed Until Day of Cooking

- 32oz (4 cups) vegetable broth (4)
- 32oz (4 cups) chicken or vegetable broth (7)
- 6 tablespoons pesto (store-bought or homemade) (4)
- fresh cilantro (3)
- 6 10" flour tortilla wraps (8)
- 1 small spaghetti squash (3-3.5lbs and 10" long or shorter so it fits in crock) (10)
- 8oz package cream cheese (5)
- 1/2 pound shredded cheddar cheese (8)

Suggested Side Dishes

1. [Eggplant Rollatini](#) – garlic bread
2. [Caribbean Jerk Chicken Tacos](#) – tortillas or taco shells, shredded cheddar cheese, and guacamole
3. [Beef Lime Cilantro Chili](#) – fresh cilantro, shredded cheese
4. [Garden Vegetable Soup with Pesto](#) – fresh bread
5. [Salsa Verde Chicken](#) – rice
6. [Cherry Pot Roast with Sweet Potatoes](#) – green beans
7. [Greens & Beans](#) – parmesan cheese and crusty bread
8. [Chicken Quesadillas](#) – sour cream, guacamole, salsa, and corn
9. [Chinese Green Pepper Steak](#) – rice
10. [Spaghetti Squash with Marinara Sauce](#) – mozzarella cheese and fresh basil
11. [Ginger-Peach Chicken](#) with Green Beans – rice
12. [Steak Fajitas](#) – tortillas or rice and guacamole, salsa, and shredded cheese

2021

OCTOBER MEAL PLAN

| | | | | | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | 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 | | | | | | |