

2021

A stylized logo consisting of two interlocking 'F' characters, one in black and one in teal, enclosed within a circular outline.

10 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

NOVEMBER

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

THEFAMILYFREEZER.COM

10 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN NOVEMBER

Free printable recipes and grocery list below!

Recipe List

1. Italian Chicken with Baby Spinach
2. Turkey and Black Bean Chili
3. Mississippi Roast with Carrots and Sweet Potatoes
4. Korean BBQ Chicken
5. Beef and Cabbage Soup
6. Italian Pork Roast
7. Chicken Cauliflower Curry
8. Zuppa Toscana with Sweet Potatoes
9. Meatball Vegetable Soup
10. Pork Roast with Cinnamon Applesauce

ITALIAN CHICKEN WITH BABY SPINACH



Yields: 6 servings

Ingredients

- 1 small yellow onion, diced (1 cup)
- 5oz fresh baby spinach
- 2 cans tomato sauce (15oz each)
- 1 tablespoon light brown sugar OR 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds 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 (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. Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve over spaghetti and top with parmesan cheese.

TURKEY AND BLACK BEAN CHILI



Yields: 6 servings

Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans black beans (15oz each), drained and rinsed
- 1 can petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn (half of a 1 pound bag)
- 2 large cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoons ground oregano
- 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. Combine all ingredients in 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 ground turkey and stir.

Top with shredded cheddar cheese and crushed tortilla chips.

MISSISSIPPI ROAST WITH CARROTS AND SWEET POTATOES



Yields: 6 servings

Ingredients

- 3-pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 2 large sweet potatoes (1 1/2 pounds), peeled and cubed
- 1 stick unsalted butter
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- 1 packet au jus seasoning or this homemade version: 4 teaspoons beef bullion granules, 1 teaspoon soy sauce, 1/4 teaspoon garlic powder, and 1/4 teaspoon pepper
- 1 packet dry ranch seasoning or this homemade mix: 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried onion flakes, 3/4 teaspoon dill, 1/2 teaspoon pepper, 1/2 teaspoon salt

** NO EXTRA LIQUID NEEDED!**

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. Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Shred meat and return to mix with juice in crockpot.

This delicious one-pot meal needs no side dish.

KOREAN BBQ CHICKEN



Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken thighs
- 1 small yellow onion, chopped (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low sodium soy sauce
- The juice from one lemon (1/4 cup)
- 2 tablespoons light brown sugar
- 1 tablespoon sesame oil
- 1/2 teaspoon crushed red pepper flakes
- 1-inch fresh ginger, peeled and grated (1 tablespoon)
- 16oz bag of fresh coleslaw mix (grated cabbage and carrots) (if you want to use fresh, substitute half of a head of cabbage, thinly sliced, and 2 grated carrots)

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. Combine all ingredients in 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.

BEEF AND CABBAGE SOUP



Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 1 small cabbage (1.5 pounds), sliced
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 4 carrots, peeled and diced
- 15oz can diced tomatoes, undrained
- 3 bay leaves
- 1 teaspoon black pepper
- 1 teaspoon salt
- 32oz beef broth (4 cups) (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 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. Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Break apart ground beef and stir.
4. Taste-test soup and add additional 1/2 – 1 teaspoon salt, if needed (this will depend on the broth that you use).

Serve with fresh bread.

ITALIAN PORK ROAST



Yields: 6 servings

Ingredients

- 2-pound boneless pork roast
- 28oz can diced tomatoes, undrained
- 1/2 cup grated Parmesan cheese
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 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 water in the morning.
2. Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Shred meat.

Serve with green beans and sauce in crockpot.



CHICKEN CAULIFLOWER CURRY

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, diced (about one cup)
- 2 cups fresh or frozen cauliflower florets
- 15oz can tomato sauce (about 1 3/4 cup)
- 2 large cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red 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. Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with pita bread, rice, or naan.



ZUPPA TOSCANA WITH SWEET POTATOES

Yields: 6 servings

Ingredients

- 1 pound ground spicy sausage
- 2 large sweet potatoes (about 1.5 pounds), washed and sliced (no need to peel)
- 1 bunch kale, washed and chopped
- 1 1/2 teaspoons fennel seeds
- 1 1/2 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 8 cups chicken broth (64oz) (not needed until day of cooking)
- 1 cup heavy cream (8oz) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth and heavy cream.
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. Combine all ingredients in crockpot except heavy cream.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart ground sausage.
5. Add heavy cream and stir.

Serve with fresh bread.



MEATBALL VEGETABLE SOUP

Yields: 6 servings

Ingredients

- 1 pound small meatballs (store bought or homemade)
- 24oz jar of pasta sauce (about 2.5 cups) (we like Prego Traditional)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (about 1 cup)
- 4 cups low sodium chicken broth (32oz) (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 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. Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with grated parmesan cheese and serve with garlic bread.

PORK ROAST WITH CINNAMON APPLESAUCE



Yields: 6 servings

Ingredients

- 2 pounds McIntosh apples (about 9 small apples), peeled, cored, and chopped
- 2 tablespoons lemon juice
- 2 tablespoons pure maple syrup
- 1 teaspoon cinnamon
- 2-pound boneless pork roast

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 apples and lemon juice to your freezer bag and shake to combine. (This will keep the apples from browning.)
3. Re-open freezer bag and add remaining ingredients.
4. 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. Combine all ingredients in crockpot and cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Shred pork.
4. Mash applesauce to desired consistency.

Serve with peas.

GROCERY LIST FOR ALL 10 MEALS

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

Produce

- 5 small yellow onions (1, 4, 5, 7, 9)
- 5oz fresh baby spinach (1)
- 1 bunch kale (8)
- 16 cloves garlic (1 or 2 bulbs) (2, 4, 5, 6, 7)
- 3 1/2 pounds carrots (3, 5, 9)
- 4 large sweet potatoes (3 pounds) (3, 8)
- 1 lemon for juice (4)
- 1-inch fresh ginger (4)
- 16oz bag of fresh coleslaw mix (grated cabbage and carrots) (4)
- 1 small cabbage (1.5 pounds) (5)
- 2 cups fresh or frozen cauliflower florets (7)
- 3 cups green beans (9)
- 1 medium-sized zucchini (9)
- 2 pounds McIntosh apples (about 9 small apples) (10)

Meat

- 4 pounds boneless skinless chicken breasts (1, 7)
- 2 pounds boneless skinless chicken thighs (4)
- 1 pound ground turkey (2)
- 3-pound boneless beef chuck shoulder roast (3)
- 1 pound 85% lean ground beef (5)
- 2 two-pound boneless pork roasts (6, 10)
- 1 pound ground spicy sausage (8)

Frozen

- 1 pound small meatballs (store bought or homemade) (9)
- 1 2/3 cup frozen corn (half of a 1 pound bag) (2)

Canned

- 3 cans tomato sauce (15oz each) (1, 7)
- 28oz can tomato sauce (2)
- 2 cans black beans (15oz each) (2)
- 14.5oz can petite diced tomatoes (2)
- 15oz can diced tomatoes (5)
- 28oz can diced tomatoes (6)
- 4-6 pepperoncini peppers plus juice from jar (3)
- 6oz can tomato paste (7)
- 13.5oz can unsweetened coconut milk (7)

Canned (cont.)

- 24oz jar of pasta sauce (we like Prego Traditional) (9)

Cold/Dairy

- 1 stick unsalted butter (3)
- 1/2 cup grated Parmesan cheese (6)

Spices and Seasonings

- 1 tablespoon Italian seasonings (1)
- 2 3/4 teaspoons garlic powder (1, 3, 8)
- 3 teaspoons salt (1, 3, 5, 7)
- 3 1/2 teaspoons black pepper (1, 3, 5, 6, 8)
- 2 teaspoons crushed red pepper flakes (1, 2, 4, 7)
- 1 tablespoon plus 1 1/2 teaspoons paprika (2, 8)
- 1 tablespoon chili powder (2)
- 2 teaspoons ground cumin (2)
- 2 1/2 teaspoons ground oregano (2, 6)
- 4 teaspoons beef bouillon granules (3)
- 2 tablespoons dried parsley (3, 6)
- 2 teaspoons onion powder (3, 8)
- 1 teaspoon dried onion flakes (3)
- 3/4 teaspoon dill (3)
- 3 bay leaves (5)
- 1 teaspoon basil (6)
- 2 tablespoons curry powder (7)
- 1 1/2 teaspoons fennel seeds (8)
- 1 teaspoon cinnamon (10)

Baking

- 1 tablespoon light brown sugar OR 1/4 cup honey (1)
- 2 tablespoons light brown sugar (4)
- 3 tablespoons honey (7)

Oil and Vinegar

- 4 tablespoons extra virgin olive oil (1, 6)
- 1 tablespoon sesame oil (4)

Materials

- 10 gallon-sized plastic freezer bags (1-10)

Miscellaneous

- 1/4 cup plus 1 teaspoon low sodium soy sauce (3, 4)
- 2 tablespoons lemon juice (10)
- 2 tablespoons pure maple syrup (10)

Not Needed Until Day of Cooking

- 4 cups beef broth (32oz) (5)
- 12 cups chicken broth (96oz) (8, 9)
- 1 cup heavy cream (8oz) (or half and half) (8)

Suggested Side Dishes

1. Italian Chicken with Baby Spinach – spaghetti and Parmesan cheese
2. Turkey and Black Bean Chili – shredded cheddar cheese and tortilla chips
3. Mississippi Roast with Carrots and Sweet Potatoes – no side dish needed!
4. Korean BBQ Chicken – rice
5. Beef and Cabbage Soup – fresh bread
6. Italian Pork Roast – green beans
7. Chicken Cauliflower Curry – rice, pita bread, or naan
8. Zuppa Toscana with Sweet Potatoes – fresh bread
9. Meatball Vegetable Soup – garlic bread and Parmesan cheese
10. Pork Roast with Cinnamon Applesauce – peas

2021

NOVEMBER 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/				