

# FAMILY FREEZER

12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

# DECEMBER

FREE PRINTABLE SHOPPING LIST, RECIPES, AND MEAL PLAN INCLUDED

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

# 12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN DECEMBER

Free printable recipes and grocery list below!

## Recipe List

1. Chicken Fajitas from [The Humbled Homemaker](#)
2. Kale and Chorizo Soup
3. Mississippi Roast with Carrots and Sweet Potatoes
4. Orange-Ginger Chicken
5. Taco Soup
6. Italian Pork Roast
7. Shredded Chicken Quesadillas
8. Zuppa Toscana with Sweet Potatoes
9. Beef Roast with Carrots
10. Red Pepper Chicken
11. Beef and Cabbage Soup
12. Chinese Pepper Steak with Green Peppers and Onions

+Bonus: Chicken and Sweet Potato Hash

# CHICKEN FAJITAS



Recipe modified from [The Humbled Homemaker](#)

Yields: 6 servings

## Ingredients

- 2 pounds of boneless skinless chicken breasts, fat trimmed and sliced
- 2 red bell peppers, sliced
- 1 green bell pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves garlic, minced
- 1 tablespoon honey
- the juice from one 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 (three months from when you prepped the meal).
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 water in the morning.
2. Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Serve with a slotted spoon onto rice to make burrito bowls. Top with shredded lettuce, cheese, and guacamole.

# KALE AND CHORIZO SOUP



Yields: 6 servings

## Ingredients

- 1 pound chorizo, taken out of casing
- 1 bunch of kale, thinly sliced
- 4 cloves garlic, minced
- 15oz can diced tomatoes, undrained
- 32oz low-sodium vegetable broth

## 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. Break apart chorizo and serve.

Top with Parmesan cheese and serve with crusty bread.

# 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 of tablespoons of juice from the jar
- 1 packet au jus seasoning or this homemade version: 4 teaspoons beef bouillon 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

## 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.

# ORANGE-GINGER CHICKEN



Yields: 6 servings

## Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- The juice from one orange (about 1/3 cup)
- 1-inch of fresh ginger root, peeled and minced (about 3 tablespoons)
- 2 tablespoons honey
- 2 tablespoons coconut oil
- 1 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.

Serve with steamed broccoli and rice.

# TACO SOUP



Yields: 6 servings

## Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 cup frozen corn
- 4oz can diced green chilis
- 28oz can diced tomatoes, undrained
- 1 packet taco seasoning or this homemade version: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder
- 4 cups 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 (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

1. Thaw freezer bag overnight in refrigerator or in water in the morning. (Don't forget to add broth!)
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.

Top with shredded cheese, sour cream, and green onions. Serve with tortilla chips.

# 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, rice, and sauce in crockpot.



# SHREDDED CHICKEN QUESADILLAS



Yields: 6 servings

## Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small onion, thinly sliced
- 1/4 cup jalapeños, chopped (keep the seeds for spicy or omit for a milder dish)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- 1 packet taco seasoning mix or this homemade version: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder
- 6 flour tortilla wraps (10" across) (not needed until day of cooking)
- 1/2 pound shredded cheddar cheese (8oz) (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.
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. Shred chicken. (I use a potato masher to get it nice and smashed so there are no big chunks in my quesadillas.)
4. Place shredded chicken in tortillas with shredded cheese and broil in the oven for 60-90 seconds or until golden brown. (I also own this quesadilla maker and love it.)
5. Cut into triangles and serve.

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



# 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. (Don't forget to add broth!)
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.

# BEEF ROAST WITH CARROTS



Yields: 6 servings

## Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix, such as this homemade taco seasoning: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder
- 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. 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.
3. Cook on “low” setting for 8 hours until beef shreds easily with a fork.

Serve with rice.

# RED PEPPER CHICKEN



Yields: 6 servings

## Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 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 (three months from when you prepped the meal).
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 water in the morning.
2. Combine all ingredients in crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Serve with rice and asparagus. You can also shred the chicken and serve on tortillas with cheddar cheese.

# 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. (Don’t forget to add broth!)
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.

# CHINESE PEPPER STEAK WITH GREEN PEPPERS AND ONIONS



Yields: 6 servings

## Ingredients

- 2 pounds beef top sirloin steak, fat trimmed and sliced
- 3 green bell peppers, chopped
- 2 small yellow onions, chopped
- 4 cloves of garlic, minced
- 1/2 cup soy sauce
- 1 tablespoon honey
- 1/2 teaspoon ground ginger
- 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 (three months from when you prepped the meal).
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 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.

Note: If you prefer your veggies al dente, you can wait and add the green peppers during the last 30 minutes of cooking.

Top with sesame seeds and sliced green onions, and serve over rice.

# CHICKEN, SPINACH, AND SWEET POTATO HASH (STOVETOP RECIPE)



Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and cubed
- 3oz baby spinach (3 large handfuls)
- 2 large sweet potatoes (2 pounds), peeled and diced
- 6 cloves garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon rosemary
- 1 teaspoon salt
- 1 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 (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 a large sauté pan or pot and cook for 15 minutes, stirring occasionally, or until chicken is cooked through and potatoes are tender.

No side dishes needed!

# GROCERY LIST FOR ALL 13 MEALS

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

## Produce

- 3 red bell peppers (1, 10)
- 4 green bell peppers (1, 12)
- 7 small yellow onions (1, 5, 7, 10, 11, 12)
- 31 cloves garlic (1, 2, 5, 6, 10, 11, 13)
- 1 lime for juice (1)
- 1 orange for juice (4)
- 2 bunches of kale (2, 8)
- 4 1/2 pounds carrots (3, 9, 11)
- 6 large sweet potatoes (5-6 pounds) (3, 8, 13)
- 1-inch of fresh ginger root (4)
- 1/4 cup jalapeños (7)
- 1 small cabbage (1.5 pounds) (11)
- 3oz baby spinach (13)

## Meat

- 9 pounds boneless skinless chicken breasts (1, 4, 7, 10, 13)
- 2 pounds 85% lean ground beef (5, 11)
- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!) (9)
- 3-pound boneless beef chuck shoulder roast (9)
- 2 pounds beef top sirloin steak (12)
- 2-pound boneless pork roast (6)
- 1 pound ground spicy sausage (8)
- 1 pound chorizo (2)

## Frozen

- 1 cup frozen corn (5)

## Canned

- 32oz low-sodium vegetable broth (2)
- 4-6 pepperoncini peppers (3)
- 4oz can diced green chilis (5)
- 2 cans (15oz each) diced tomatoes (11, 2)
- 2 cans (28oz each) diced tomatoes (5, 6)

## Cold/Dairy

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



## **Spices and Seasonings**

- 3 tablespoons chili powder (1, 5, 7)
- 3 teaspoons ground cumin (1, 5, 7)
- 3 1/2 teaspoons paprika (1, 5, 7, 8)
- 3 1/4 teaspoon crushed red pepper flakes (1, 4, 5, 7, 10)
- 4 teaspoons beef bouillon granules (3)
- 3 1/4 teaspoons garlic powder (3, 5, 7, 8)
- 7 1/4 teaspoons pepper (3, 5, 6, 7, 8, 10, 11, 12, 13)
- 2 tablespoons dried parsley (3, 6)
- 3 teaspoons onion powder (3, 5, 7, 8)
- 1 teaspoon dried onion flakes (3)
- 3/4 teaspoon dill (3)
- 3 3/4 teaspoons salt (3, 5, 7, 10, 11, 13)
- 1 1/2 teaspoon ground oregano (5, 6, 7)
- 1 teaspoon basil (6)
- 1 1/2 teaspoons fennel seeds (8)
- 3 bay leaves (11)
- 1/2 teaspoon ground ginger (12)
- 1 teaspoon rosemary (13)
- 1 seasoning packet (9)

## **Baking**

- 4 tablespoons honey (1, 4, 12)

## **Oil and Vinegar**

- 2 tablespoons coconut oil (4)
- 1/4 cup plus 9 tablespoons extra virgin olive oil (6, 7, 9, 10, 13)
- 2 tablespoons apple cider vinegar (13)
- 2 tablespoons red wine vinegar (9)

## **Materials**

- 13 gallon-sized plastic freezer bags (1-13)

## **Miscellaneous**

- 1 tablespoon lime juice (7)
- 1/2 cup plus 1 teaspoon soy sauce (3, 12)

## Not Needed Until Day of Cooking

- 8 cups beef broth (64oz) (5, 11)
- 6 flour tortilla wraps (10" across) (7)
- 1/2 pound (8oz) shredded cheddar cheese (7)
- 8 cups chicken broth (64oz) (8)
- 1 cup heavy cream (8oz) (or half and half) (8)

## Suggested Side Dishes

1. Chicken Fajitas from The Humbled Homemaker – rice, shredded lettuce, cheese, and guacamole
2. Kale and Chorizo Soup – Parmesan cheese and crusty bread
3. Mississippi Roast with Carrots and Sweet Potatoes – no side needed
4. Orange-Ginger Chicken – steamed broccoli and rice
5. Taco Soup – tortilla chips, shredded cheese, sour cream, and green onions
6. Italian Pork Roast – green beans and rice
7. Shredded Chicken Quesadillas – sour cream, guacamole, salsa, corn, or any of your favorite toppings
8. Zuppa Toscana with Sweet Potatoes – fresh bread
9. Beef Roast with Carrots – rice
10. Red Pepper Chicken – rice and asparagus or tortillas and shredded cheese
11. Beef and Cabbage Soup – fresh bread
12. Chinese Pepper Steak with Green Peppers and Onions – rice, sesame seeds, sliced green onions
13. Chicken and Sweet Potato Hash – no side needed

# 2021

# DECEMBER MEAL PLAN

			WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<i>1/</i>	<i>2/</i>	<i>3/</i>	<i>4/</i>
SUNDAY	MONDAY	TUESDAY				
<i>5/</i>	<i>6/</i>	<i>7/</i>	<i>8/</i>	<i>9/</i>	<i>10/</i>	<i>11/</i>
<i>12/</i>	<i>13/</i>	<i>14/</i>	<i>15/</i>	<i>16/</i>	<i>17/</i>	<i>18/</i>
<i>19/</i>	<i>20/</i>	<i>21/</i>	<i>22/</i>	<i>23/</i>	<i>24/</i>	<i>25/</i>
<i>26/</i>	<i>27/</i>	<i>28/</i>	<i>29/</i>	<i>30/</i>	<i>31/</i>	