



THE FAMILY
FREEZER

5 VEGETARIAN CROCKPOT FREEZER MEALS IN 50 MINUTES

VEGETARIAN

FREE PRINTABLE SHOPPING LIST
AND RECIPES INCLUDED

5 VEGETARIAN CROCKPOT FREEZER MEALS IN 50 MINUTES

Free printable recipes and grocery list below!

Recipe List

1. Hearty Tomato Veggie & Barley Soup
2. Coconut Chickpea Curry
3. Mexican Black Bean Chili with Cornbread Topping
4. Greens & Beans
5. Black Bean Fajitas

HEARTY TOMATO VEGGIE & BARLEY SOUP



Yields: 6 servings

Ingredients

- 24oz jar of pasta sauce
- 1lb carrots, peeled and chopped
- 1/2 cup medium pearled barley (not “quick cooking”)
- 1 small onion, peeled and diced (about one cup)
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn’t look good at the grocery store, so I bought a bag of “ready to cook” fresh green beans in the produce section)
- 1 cup frozen peas, optional (I added what was left in the bag after making the coconut chickpea curry)
- 5oz can of great northern beans, drained and rinsed
- 4 cups of vegetable broth *not needed until day of cooking (you can sub chicken broth if you’re not vegetarian)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add broth.
3. Cook on “low” setting for 8 hours or until veggies are tender.

Serve with fresh bread or baked crescent rolls.

COCONUT CHICKPEA CURRY



Yields: 6 servings

Ingredients

- 1 small onion, peeled and diced (about one cup)
- 2 large cloves of garlic, peeled and minced
- 2 cups frozen peas
- Two 15oz cans of chickpeas, drained and rinsed
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)
- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 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 meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 6-8 hours or until onions are tender and meal is heated through.

Serve with bread or rice.

MEXICAN BLACK BEAN CHILI WITH CORNBREAD TOPPING

3

Yields: 4 servings

Ingredients

- 2 cans of black beans (15oz each)
- 1 small onion, peeled and diced (about one cup)
- 1 bell pepper (any color – I used red), chopped (about 2 cups)
- 1 cup frozen corn
- 1 package store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- .25lb of cheddar cheese, shredded (about one cup) *not needed until day of cooking
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk) *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 meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except Jiffy Corn Mix).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

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 or until vegetables are tender.
3. Top with shredded cheese and assembled corn muffin batter.
4. Bake an additional 30 minutes on “high” setting or until corn bread topping is cooked through.

GREENS & BEANS



Yields: 6 servings

Ingredients

- 8oz dried cannellini beans, rinsed (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want
- 1 tablespoons extra virgin olive oil
- 5 cloves of garlic, peeled and minced
- 1/2 teaspoon salt
- 1/2 teaspoon 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, thinly chopped
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)
- 4 cups of vegetable broth *not needed until day of cooking (You can sub chicken broth if you're not a vegetarian)
- 8 cups of water *not needed until day of cooking
- Parmesan cheese for topping, optional *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 meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth, water, and cheese).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Combine broth, water and frozen ingredients in crockpot and cook on “low” setting for 6-8 hours or until beans are cooked through.
3. Top with parmesan cheese (if you have it).

Serve with fresh bread or rolls.

BLACK BEAN FAJITAS

5

Yields: 4 servings

Ingredients

- 3 bell peppers, sliced (I used red, yellow, and orange ones)
- 1 small onion, peeled and sliced
- 15oz can of black beans, drained and rinsed
- 2 cloves of garlic, peeled and minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons ground 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 meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning. (Don’t forget to add broth!)
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6-8 hours or until peppers are tender.

Serve on tortillas or rice (We also top with lettuce, tomatoes, shredded cheese, and guacamole).

GROCERY LIST FOR ALL 5 MEALS

Produce

- 1lb carrots, peeled and chopped
- 4 small onions
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 9 large cloves of garlic
- 4 bell peppers (I used two red, one orange, one yellow)
- 1 head of escarole
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)

Frozen

- 1lb bag of frozen peas (3 cups)
- 1 cup frozen corn

Spices and Seasonings

- 2 tablespoons curry powder
- 1.5 teaspoons salt
- 1.25 teaspoons crushed red pepper flakes
- 1 package taco seasoning
- 1/2 teaspoon pepper
- pinch of sugar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika

Beans

- 15oz can of great northern beans
- 2 cans of chickpeas (15oz each)
- 3 cans of black beans (15oz each)
- 8oz dried cannellini beans (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want

Miscellaneous

- 24oz jar of pasta sauce
- 1/2 cup medium pearled barley (not “quick cooking”)
- 10.75oz can of condensed tomato soup
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)
- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 5 tablespoons honey
- 1 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar

Materials

- 5 gallon-sized plastic freezer bags

Not Needed Until Day of Cooking

- 8 cups of vegetable broth (you can sub chicken broth if you’re not vegetarian)
- 25lb of cheddar cheese, shredded
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk)

Suggested Side Dishes

1. [Hearty Tomato Veggie & Barley Soup](#) - serve with fresh bread or baked crescent rolls.
2. [Coconut Chickpea Curry](#) - serve with fresh bread or rice.
3. [Greens & Beans](#) - top with parmesan cheese and serve with a side of fresh bread or rolls.
4. [Mexican Black Bean Chili with Cornbread Topping](#) - no side needed!
5. [Black Bean Fajitas](#) - serve with tortillas or rice (and top with lettuce, tomatoes, shredded cheese, and guacamole)