

12 Crockpot Freezer Meals That Will Save You \$200 This Month

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Crockpot Recipe List

1. Turkey Black Bean Chili
2. Zuppa Toscana with Sweet Potatoes
3. Beef Barley Stew
4. Meatball Minestrone
5. Chicken Tikka Masala
6. Easy Chicken Cacciatore
7. Chicken Philly Cheesesteaks
8. Apricot-Ginger Chicken
9. Homemade Mississippi Roast
10. Mexican Pot Roast
11. Cranberry Pork Roast
12. Shredded Lime Pork Tacos

1. Turkey Black Bean Chili

Yields: 6 servings

Ingredients

- 1 pound of ground turkey
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1 can of petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn (half of a 1lb bag)
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. To a gallon-sized plastic freezer bag, add all ingredients.
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. Pour contents of freezer bag into your crockpot.
3. Cook for 8 hours on “low” setting for 6-8 hours.
4. Break apart turkey and stir.

Serve with shredded cheese and chips.

2. Zuppa Toscana with Sweet Potatoes

Yields: 6 servings

Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1 ½ 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
- 8 cups chicken broth (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. To a gallon-sized plastic freezer bag, add all 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).
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. 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. Stir to heat through.

Serve with fresh bread.

3. Beef Barley Stew

Recipe modified from *Live Simply*

Yields: 6 servings

Ingredients

- 2lb beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 4 carrots (about 1/2 pound), peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, chopped (one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup uncooked medium barley (not quick cooking)
- 8 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.
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 8 hours or until carrots are soft.
4. Remove the bay leaf and enjoy!

Serve with fresh bread.

4. Meatball Minestrone

Yields: 6 servings

Ingredients

- 1 pound frozen meatballs
- 28oz can of diced tomatoes, undrained
- 1/2 pound of carrots (about 4 large carrots), peeled and sliced
- 3 cups of fresh green beans (about 1 pound), ends cut off and chopped
- 1oz fresh baby spinach (about 1 handful or 1 cup)
- 1 small onion, peeled and chopped (1 cup)
- 4 cloves of garlic, minced
- 15oz can of kidney beans, drained and rinsed
- 15oz can of cannellini beans, drained and rinsed
- 1 teaspoon honey
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 1/4 teaspoon ground black pepper
- 8 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” (which should be 3 months from the prep day).
2. To your freezer bag, add all ingredients except broth.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw overnight in refrigerator or in water.
2. Add to crockpot with chicken broth.
3. Cook on “low” setting for 8 hours.
4. Remove bay leaf.

Serve with garlic bread.

5. Chicken Tikka Masala

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- Two 15oz cans of tomato sauce
- 2 cloves of garlic, minced
- 2 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon crushed red pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 8oz heavy cream (1 cup or 1/2 pint)

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.

Serve with rice.

6. Easy Chicken Cacciatore

Yield: 6 servings

Ingredients

- 1 pound boneless, skinless chicken breasts, sliced
- 24oz jar of spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped (one cup)

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 (which will be three months from the prep 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. 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 spaghetti and salad.

7. Crockpot Chicken Philly Cheesesteak

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 1 green bell pepper, sliced
- 2 red bell peppers, sliced
- 1 tablespoon honey
- 1 tablespoon extra virgin olive oil
- 2 teaspoons apple cider vinegar
- 2 cloves of garlic, minced

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

Serve on rolls topped with provolone cheese. Serve with a side of sweet potato fries.

8. Apricot-Ginger Chicken with Green Beans

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken thighs
- 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, 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.
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.

9. Homemade Mississippi Roast

Yields: 6 servings

Ingredients

- 3lb boneless beef chuck shoulder roast
- 2lbs carrots, peeled and chopped
- 1 stick of unsalted butter
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- Au jus seasoning: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- Ranch seasoning: 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. 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 8 hours or until meat shreds easily with a fork.
4. Shred meat and return to slow cooker to mix with juice.

Serve with corn muffins.

10. Mexican Pot Roast

Yields: 6 servings

Ingredients

- 3-pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 taco seasoning packet

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 (which will be three months from the prep 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. Cover and cook on “low” setting for 8 hours until beef shreds easily with a fork.

Serve with rice.

11. Cranberry Pork Roast

Yields: 6 servings

Ingredients

- 3 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce (or half of this [homemade cranberry sauce recipe](#))
- 1/4 cup honey
- 1/4 cup dried minced onion

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 6-8 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot (or until pork shreds easily with a fork).
4. Remove bones and shred meat.

Serve with leftover cranberry mixture, green beans, and stuffing.

12. Shredded Lime Pork Tacos

Yields: 6 servings

Ingredients

- 3-lb bone-in pork shoulder roast (sometimes labeled as a “Boston butt” or “pork butt”)
- The juice from two limes
- 1 tablespoon honey
- 1/2 teaspoon ground cayenne red pepper
- 1/4 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 8 hours, or until pork is cooked through and falls off the bone.
3. Remove pork meat from the bone.
4. Shred and serve.

Serve on tortillas or rice with your favorite taco toppings.

Grocery List for all 12 Crockpot Freezer Meals

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

Produce

- 13 cloves of garlic (1, 4, 5, 7, 8)
- 2 limes (12)
- 5 pounds carrots (3, 4, 9, 10)
- 4 yellow onions (3, 4, 6, 7)
- 1 zucchini (6)
- 2 green bell pepper (6, 7)
- 2 red bell peppers (7)
- 3 sweet potatoes (about 1 ½ pounds) (2)
- 1 bunch of kale (2)
- 2 celery ribs (3)
- 3 cups (about 1 pound) of fresh green beans (4)
- 1oz fresh baby spinach (about 1 handful or 1 cup) (4)
- 1-inch fresh ginger root (8)

Meat

- 1 pound of ground turkey (1)
- 1 pound ground spicy sausage (2)
- 5 pounds boneless skinless chicken breasts (5, 6, 7)
- 2 pounds boneless, skinless chicken thighs (8)
- One 2 pound beef chuck roast (3)
- Two 3 pound boneless beef chuck shoulder roasts (9, 10)
- Two 3 pound bone-in pork shoulder roast (sometimes labeled as a “Boston butt” or “pork butt”) (11, 12)

Freezer

- 1 2/3 cup frozen corn (half of a 1lb bag) (1)
- 1 pound frozen green beans (You can sub fresh) (8)
- 1 pound frozen meatballs (4)

Cold/Dairy

- 1 stick of unsalted butter (9)
- 8oz heavy cream (1 cup or 1/2 pint) (5)

Canned

- 24oz jar of spaghetti sauce (6)
- 28oz can of tomato sauce (1)
- Two 15oz cans of tomato sauce (5)
- 15oz can of kidney beans (4)
- 15oz can of cannellini beans (4)
- Two 15oz cans of black beans (1)
- 14.5oz can of petite diced tomatoes (1)
- 28oz can of diced tomatoes (4)
- 15oz can whole berry cranberry sauce (11)
- 2/3 cup apricot jam (8)
- 4-6 pepperoncini peppers (9)

Dried

- ½ cup uncooked medium barley (not quick cooking) (3)

Baking

- 1/2 cup + 1 teaspoon honey (4, 5, 7, 11, 12)

Oils and Vinegars

- 4 tablespoons extra virgin olive oil (7, 10)
- 2 tablespoons red wine vinegar (10)
- 2 teaspoons apple cider vinegar (7)

Miscellaneous

- 1 tablespoon + 1 teaspoon low sodium soy sauce (8, 9)

Materials

- 12 gallon-sized plastic freezer bag

Spices

- 1 ¼ teaspoon crushed red pepper (1, 5)
- 2 ¼ teaspoon black pepper (2, 3, 4, 9)
- 1 ¾ teaspoon salt (3, 5, 9, 12)
- 4tsp beef bouillon granules (9)
- 2 ¼ teaspoon garlic powder (2, 9)
- 1 tablespoon dried parsley (9)
- ¾ teaspoon dill (9)

- 1 tablespoon dried buttermilk (optional, 9)
- 1 taco seasoning packet (10)
- 1 tablespoon chili powder (1)
- 2 teaspoons ground cumin (1)
- 1 ½ teaspoon ground oregano (1)
- ¼ cup + 1 teaspoon dried minced onion (9, 11)
- 1 ½ teaspoons fennel seeds (2)
- 1 tablespoon + 1 ½ teaspoons paprika (1, 2)
- 2 ½ teaspoons onion powder (2, 5, 9)
- 2 teaspoons dried thyme (3)
- 1 teaspoon dried rosemary (3)
- 2 bay leaves (3, 4)
- 2 tablespoons Italian seasonings (4)
- 2 tablespoons curry powder (5)
- ½ teaspoon ground cayenne pepper (12)

Not Needed Until Day of Cooking

- 16 cups chicken broth (2, 4)
- 8 cups beef broth (3)
- 1 cup heavy cream (or half and half) (2)
- Suggested side dishes
 1. Turkey Black Bean Chili – shredded cheese and chips
 2. Zuppa Toscana with Sweet Potatoes – fresh bread
 3. Beef Barley Stew – fresh bread
 4. Meatball Minestrone – garlic bread
 5. Chicken Tikka Masala – rice
 6. Easy Chicken Cacciatore – spaghetti and salad
 7. Chicken Philly Cheesesteaks – rolls, Provolone cheese, sweet potato fries
 8. Apricot-Ginger Chicken - rice
 9. Homemade Mississippi Roast – corn muffins
 10. Mexican Pot Roast - rice
 11. Cranberry Pork Roast – green beans and stuffing
 12. Shredded Lime Pork Tacos – taco toppings and tortillas or rice

MONTHLY 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					

1
**TURKEY
BLACK BEAN
CHILI**
*with shredded
cheese + chips*

3
**CHICKEN
TIKKA
MASALA**
with rice

5
**MISSISSIPPI
ROAST +
CARROTS**
& corn muffins

8
**TURKEY
BLACK BEAN
CHILI**
*with shredded
cheese + chips*

10
**EASY
CHICKEN
CACCIAIORE**
*with salami
and spaghetti*

12
**CRANBERRY
PORK
ROAST**
*with stuffing
and green beans*

15
**ZUPPA
TOSCANA
WITH SWEET
POTATOES**
& fresh bread

17
**CHICKEN
PHILLY
CHEESESTEAK**
*& sweet potato
fries*

19
**MEXICAN
POT
ROAST**
with rice

22
**BEEF
BARLEY
STEW**
& fresh bread

24
**APRICOT
GINGER
CHICKEN +
GREEN BEANS**
with rice

26
**SHREDDED
LIME
PORK TACOS**
with toppings

29
**MEATBALL
MINISTRONE
SOUP**
with garlic bread