

[31 Easy and Healthy Crockpot Freezer Recipes](#)

Free Printable Recipes and Grocery List Below

Recipe List

1. [Red Pepper Chicken](#)
2. [Italian Pork Roast](#)
3. [Korean Shredded Beef Lettuce Wraps](#)
4. [Thai Pineapple Curry](#)
5. [Cool Ranch Shredded Chicken Tacos](#)
6. [Stuffed Peppers](#)
7. [Vegetarian Curried Lentils](#)
8. [Shredded Beef and Carrots](#)
9. [Turkey Black Bean Chili](#)
10. Beef Barley Stew from [Live Simply](#)
11. [Seafood Boil](#)
12. Lemon Pepper Chicken from [this post](#)
13. [Salsa Verde Chicken](#)
14. Ginger Peach Chicken from [this blog post](#)
15. [Asian Chicken Lettuce Wraps](#)
16. [Greens & Beans](#)
17. [Beef Fajitas](#)
18. [Sausage-Stuffed Mini Sweet Peppers](#)
19. [Cabbage Casserole](#)
20. [Meatball Vegetable Soup](#)
21. Honey Bourbon Chicken from [Once a Month Meals](#)
22. [Lime Shredded Pork](#)
23. [Banana Pepper Shredded Beef](#)
24. [Hot Pepper Pork Sirloins and Butternut Squash](#)
25. [Chicken Cacciatore](#)
26. [Homemade Mississippi Pot Roast](#)
27. [Chicken Soup with Mexican Seasonings](#)
28. [Turkey White Bean & Kale Soup](#)
29. Chicken Teriyaki from [this blog post](#)
30. [Easy Pesto Salmon](#)
31. [Chicken Curry](#)

1. Red Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 3 servings (use 2 pounds of chicken to increase to 6 servings)

Ingredients

- 1 pound 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.
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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Shred the chicken and serve on tortillas with cheddar cheese.

2. Italian Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 4 servings (increase roast to 3 pounds to feed more people)

Ingredients

- 2-pound boneless pork roast
- 28oz can diced tomatoes, undrained (You can sub 6 medium-sized tomatoes, cored, seeds and juiced removed, and chopped – about 3 cups)
- 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
- 1/4 teaspoon salt, optional (I only add salt if I'm using fresh tomatoes and want to bring out the flavor)

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 over spaghetti with a side of broccoli or green beans.

3. Korean Beef Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds sirloin steak
- 4 green onions (scallions), diced and divided (use the bottom bulb end in the crock and save the rest for topping)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 1 teaspoon ground ginger
- 1/2 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.
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.
4. Break apart beef and mix with juice in crockpot.

Spoon over green leaf or bibb lettuce with your favorite toppings such as Kimchi carrots, radishes, scallions, or Asian pears.

4. Thai Pineapple Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 serving

Ingredients

- 15oz can of chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 13.5oz can of unsweetened coconut milk
- 3 tablespoons curry powder
- 1.5 teaspoons salt
- 1/2 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.
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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

5. Cool Ranch Shredded Chicken Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 taco seasoning packet OR 1T chili powder, 1 tsp pepper, and 1/2tsp of each-salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 ranch seasoning packet OR 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. 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 on soft tortillas with your favorite taco toppings, like shredded cheese, guacamole, and salsa.

6. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 tablespoon olive oil
- 1lb+ 85% lean ground beef)
- 1 small yellow onion, peeled and diced (one cup)
- 1 garlic clove, minced
- 4 small bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Place peppers in an olive-oil-coated slow cooker and top with sauce.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with rice.

7. Vegetarian Curried Lentils

Recipe from [New Leaf Wellness](#)

Yields 4 servings

Ingredients

- 1 cup dried lentils, rinsed and drained
- 2 cups vegetable broth
- 15oz can unsweetened coconut milk
- 1 small yellow onion, diced (one cup)
- 3 cloves of garlic, minced
- 3 carrots, sliced
- 1 tablespoon curry powder

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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

8. Shredded Beef and Carrots

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast, fat trimmed (No substitutions! This is the best cut of meat for the slow cooker!)
- 1-2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One seasoning packet (We love the McCormick mesquite and chipotle seasonings) **or** 3 tablespoons of your favorite homemade seasoning mix (such as [homemade taco seasoning](#))

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.
4. Shred meat.

Serve with rice, biscuits, or a big side salad.

9. Turkey Black Bean Chili

Recipe from [New Leaf Wellness](#)

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 1 pound 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. 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.
4. Break apart ground turkey and stir.

Serve with shredded cheese and tortilla chips.

10. Beef Barley Stew

Recipe adapted from [Live Simply](#)

Yields: 6 servings

Ingredients

- 2lb, beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 4 carrots (1/2 pound), peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, diced (one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearly barley
- 7 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 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.
2. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot or until carrots are soft.
4. Remove the bay leaf.

Serve with bread.

11. Seafood Boil

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 12oz raw shrimp; peeled & deveined
- 13oz turkey kielbasa
- 4 large ears of corn; halved or quartered
- 6 red potatoes
- 3 tablespoons Old Bay Seasoning
- 8 cups of water (not needed until day of cooking)

Materials

- 1-2 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag(s) with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients except water to your freezer bag. (You may need two bags.)
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 with 8 cups of water.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with a fresh garden salad.

12. Lemon Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 3 servings (add an extra pound of chicken for 6 servings)

Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1/4 cup extra virgin olive oil
- The juice from one lemon (about 1/4 cup)
- 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.
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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice and salad.

13. Salsa Verde Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2lbs boneless skinless 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. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
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.

*If you're in a pinch, regular tomato salsa will do...BUT green salsa REALLY gives it a kick!

14. Ginger Peach Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1lb peaches, peeled and sliced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- 1 tablespoon minced garlic
- 1 tablespoon fresh ginger root, peeled and 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. 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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice and salad.

15. Asian Chicken Lettuce Wraps

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken (you can also substitute ground beef or ground turkey when they're on sale at the grocery store)
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 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.
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.
3. Break apart chicken and serve.

Serve on big pieces of iceberg or Boston bibb lettuce.

16. Greens & Beans

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 8oz dried cannellini beans, rinsed
- 1 tablespoon extra-virgin olive oil
- 3-5 cloves of garlic, sliced or 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.

17. Beef Fajitas

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 bell peppers, sliced
- 1 small onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime (about 3 tablespoons)
- 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.
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 tortillas or rice and top with guacamole, salsa, and shredded cheese.

18. Sausage-Stuffed Mini Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 16oz mini sweet peppers
- 1 pound ground Italian sausage (we like hot)
- 24oz jar of spaghetti sauce
- 8oz mozzarella cheese, shredded

Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

To Freeze and Cook Later

1. Label both of your freezer bags with the name of the recipe, cooking instructions, and “use-by” date.
2. Cut tops off peppers and remove seeds. (It’s OK if you don’t get every single seed out.)
3. Stuff the peppers with sausage.
4. To your gallon-sized bag, add stuffed peppers and spaghetti sauce.
5. To your quart-sized freezer bag, add shredded cheese.
6. Freeze both bags for up to three months.

To Cook

1. Thaw gallon-sized freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of gallon-sized bag to crockpot and cook 8 hours or until sausage is cooked through and peppers are tender. (Leave cheese in refrigerator).
3. Add mozzarella cheese and cook for additional 10 minutes or until melted.

Serve over spaghetti.

19. Cabbage Casserole

Recipe from [New Leaf Wellness](#)

Yields: 6-8 servings

Ingredients

- 1 pound ground beef
- 3 small yellow onions, diced (3 cups)
- 2 medium carrots, peeled and thinly sliced
- 1 tablespoon olive oil
- 1 medium head of cabbage, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Cooking spray (not needed until day of cooking)
- 3/4 cup uncooked brown rice (not needed until day of cooking)
- 24oz beef broth or chicken broth (3 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.
2. Add all ingredients except brown rice and 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.
2. Spray crockpot with cooking spray.
3. Place rice in the bottom of the slow cooker.
4. Pour contents of freezer bag into your crockpot.
5. Pour broth on top.
6. Cook on low setting for 6 hours in a 6-quart crockpot (You will probably need to split the contents in half to fit in a 4-quart crockpot)
7. Stir before serving.

Serve with soy sauce and applesauce.

20. Meatball Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 1/2 pound fresh green beans, ends cut off and cut into bite-sized pieces (about 2 cups)
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (1 cup)
- 4 cups chicken broth (not needed until day of cooking)

Note: If you make all 31 recipes, you can omit the carrots, green beans, and zucchini and replace with leftover veggies from other recipes – for example, remaining 1/2 of kale from Turkey White Bean Soup and peas from Chicken Curry.

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 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.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 4-6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot (If your 4-quart crockpot is too full, decrease the broth by one cup.)

Serve with bread.

21. Honey Bourbon Chicken

Recipe modified from [Once a Month Meals](#)

Yields: 4 servings

Ingredients

- 1 ½ pounds boneless, skinless chicken thighs
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 small yellow onion, diced (one cup)
- 1 cup honey
- ½ cup soy sauce
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ¼ teaspoon red pepper flakes
- 2 tablespoons cornstarch (not needed until day of cooking)
- 1 tablespoon 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 except water and cornstarch 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.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken.
5. In a bowl, combine cornstarch with water and add to crockpot with the chicken and stir.
6. Cook on high for 10 to 20 minutes.

Serve with quinoa and asparagus.

22. Lime Shredded Pork

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pound bone-in pork shoulder roast (sometimes labeled “pork butt roast”)
- 1 small yellow onion, diced (one cup)
- 1 jalapeno pepper, seeds removed and sliced (please wear gloves)
- the juice from two limes
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- ¼ 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.
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 on “low” setting or until pork is cooked through and tender.
4. Remove bone and shred pork.
5. Strain juice left in crockpot and mix with meat.

Serve on soft tortillas or with rice with shredded cheese, diced tomatoes, and avocado.

*For extra spice, served the cooked onions and jalapenos on tacos.

23. Banana Pepper Shredded Beef

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast
- 4 banana peppers (mild or hot), seeds removed and sliced (Please wear gloves so your fingers don't burn afterwards!)
- 1 small yellow onion, peeled and sliced
- 8oz beef broth (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.
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.
4. Remove beef from crockpot and shred with a fork.

Serve on rolls with a side salad or plain with mashed potatoes and [roasted carrots](#).

24. Hot Pepper Pork and Butternut Squash

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound pork sirloins
- 16oz bag of frozen butternut squash (you can sub fresh)
- 8oz jar of hot pepper jelly

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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

25. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet yellow onion, chopped
- 1 tablespoon Italian Seasoning

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.

26. Homemade Mississippi Roast

Recipe from [New Leaf Wellness](#)

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 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred meat and return to crockpot to mix with juice.

Serve with corn muffins.

27. Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced (one cup)
- 2 large cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- Juice from 1 lime (about 1/4 cup)
- 1 pound boneless skinless chicken breasts
- 32oz chicken 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.
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.
2. Pour contents of freezer bag into your 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. Shred chicken with a fork.

Serve with fresh bread.

28. Turkey White Bean and Kale Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 small yellow onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 1 can cannellini beans (white kidney beans), drained and rinsed
- 1 Italian salad dressing pouch or 2 tablespoons [homemade dry mix](#) (2 tablespoons of Italian seasonings is a great shortcut)
- 1 pound ground turkey
- 64oz (8 cups) 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.
2. Add all ingredients except chicken 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.
2. Pour contents of freezer bag into your crockpot and 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 turkey and stir.

Serve with baked garlic bread or crusty Fresh bread.

29. Chicken Teriyaki

Recipe from [New Leaf Wellness](#)

Yields: 3 servings (increase chicken to two pounds for 6 servings)

Ingredients

- One pound boneless skinless chicken breasts
- 1/2 cup honey
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar
- 1 small yellow onion, diced (one cup)
- 1 large clove garlic, minced
- 1-inch ginger root, peeled and minced
- 1/4 teaspoon black pepper
- 16oz bag frozen stir fry veggies (Mine was 14.4 oz)

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 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

30. Pesto Salmon Foil Pack

Yields: 4 servings

Ingredients

- 1 pound fresh skinless salmon
- 2 tablespoons pesto (store-bought or [homemade](#))

Materials

- 1 gallon-sized plastic freezer bag
- Foil (not needed until day of cooking)

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. Make a foil tent by placing salmon on a large piece of heavy-duty foil. Bring foil up on all sides creating a tent so there is air above the salmon but the foil is closed at the top.
3. Place foil tent/packet into crockpot.
4. Cook on low setting for 2 hours in a 6-quart crockpot or 4 hours in a 4-quart crockpot.

Cut into four pieces and serve with green beans and couscous or rice.

31. Chicken Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small yellow onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of 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.
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.

Top with fresh cilantro and serve with pita bread, naan, or rice.

Grocery List for All 31 Meals

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

Produce

- 4 green onions (scallions) (3)
- 18 small yellow onions (1, 4, 6, 7, 10, 17, 19, 20, 21, 22, 23, 25, 27, 28, 29, 31)
- 45 garlic cloves (4-5 bulbs) (1, 2, 3, 4, 6, 7, 9, 14, 15, 16, 17, 21, 22, 27, 29, 31)
- 2 medium-sized red bell peppers (1, 5)
- 2 green bell peppers (4, 25)
- 6 bell peppers, any color (6, 17)
- 16oz mini sweet peppers (18)
- 1 jalapeno pepper (22)
- 4 banana peppers (mild or hot) (23)
- 1 fresh pineapple (4)
- 1 pound sweet potatoes (2 med or 1 large) (4)
- 6 red potatoes (11)
- 2 celery ribs (10)
- 4 large ears of corn (11)
- 1 pound peaches (14)
- 1 head of escarole (16)
- 1 bunch of kale (16, 28)
- 2 medium-sized zucchini (20, 25)
- 2 Roma tomatoes (27)
- 2-inch ginger root (14, 29)
- 1 medium head of cabbage (19)
- 1 lemon for juice (12)
- 5 limes for juice (14, 17, 22, 27)
- 1/2 pound fresh green beans (about 2 cups) (20)
- 8-9 pounds carrots (7, 8, 10, 15, 19, 20, 26, 27, 28)

Cold/Dairy

- 2 tablespoons pesto (store-bought or [homemade](#)) (30)
- ½ cup grated Parmesan cheese (2)
- 8oz mozzarella cheese, shredded (18)
- 1 stick unsalted butter (26)

Frozen

- 1 pound frozen corn (9, 13)
- 16oz bag of frozen butternut squash (you can sub fresh) (24)
- 16oz bag frozen stir fry veggies (Mine was 14.4 oz) (29)
- 2 cups of frozen peas (31)

Meat

- 13 pounds boneless, skinless chicken breasts, fat trimmed (1, 5, 12, 13, 14, 25, 27, 29, 31)
- 1 ½ pounds boneless, skinless chicken thighs (21)
- 2 pounds ground chicken (15)
- 13oz turkey kielbasa (11)
- 2 pounds ground turkey (9, 28)
- 1 pound ground Italian sausage (18)
- 2-pound boneless pork roast (2)
- 2 pound bone-in pork shoulder roast (sometimes labeled “pork butt roast”) (22)
- 1 pound pork sirloins (24)
- 2lb+ 85% lean ground beef (6, 19)
- 1 pound small meatballs (20)
- 2 pounds sirloin steak (3)
- 4 boneless beef chuck shoulder roasts (2 pounds each) (No substitutions! This is the best cut of meat for the slow cooker!) (8, 10, 17, 23)
- 3 pound boneless beef chuck shoulder roast (26)
- 12oz raw shrimp (11)
- 1 pound fresh skinless salmon (30)

Canned

- 16oz (2 cups) vegetable broth (7)
- 8oz (1 cup) beef broth (23)
- 3 cans unsweetened coconut milk (13.5-15oz each) (4, 7, 31)
- 1 can chickpeas (15oz) (4)
- 3 cans black beans (15oz each) (9, 13)
- 1 can cannellini beans (28)
- 1 can of petite diced tomatoes (14.5oz) (9)
- 4 jars spaghetti sauce (24oz each) (6, 18, 25, 20)
- 8oz jar of hot pepper jelly (24)
- 4-6 pepperoncini peppers plus juice (26)
- 1 cup tomato juice (27)
- 6oz can of tomato paste (31)
- 2 cans (28oz each) can of tomato sauce (2, 9)
- 14.5oz can of tomato sauce (31)
- 16oz jar salsa verde (13)

Dried

- 1 cup dried lentils (7)
- 8oz dried cannellini beans (16)
- ½ cup pearled barley (10)

Baking

- 1 ½ cups + 6 tablespoons honey (3, 15, 17, 21, 29, 31)
- Pinch of sugar (16)

Oil and Vinegar

- 1 ½ cups extra virgin olive oil (1, 2, 5, 6, 8, 12, 14, 16, 19, 21)
- 1 tablespoon sesame oil (3)
- 1 tablespoon rice vinegar (3)
- ¼ cup rice wine vinegar (29)
- 4 tablespoons red wine vinegar (5, 8)

Spices and Seasonings

- 3 tablespoons Old Bay Seasoning (11)
- 1 tablespoon Italian Seasoning (25)
- 4 ½ teaspoons crushed red pepper flakes (1, 3, 4, 5, 9, 15, 17, 21, 31)
- 5 ¼ teaspoons pepper (1, 2, 5, 12, 10, 16, 19, 21, 26, 29)
- 7 ¾ teaspoons salt (1, 2, 4, 5, 10, 12, 16, 19, 21, 22, 26, 27, 31)
- 6 tablespoons curry powder (4, 7, 31)
- 3 tablespoons plus 2 teaspoons chili powder (5, 9, 17, 22, 27)
- 3 tablespoons parsley (2, 5, 26)
- 1 teaspoon basil (2)
- 3 teaspoons ground oregano (2, 5, 9)
- 1 teaspoon ground ginger (3)
- 5 ½ teaspoons ground cumin (5, 9, 17, 27)
- 1 tablespoon plus 1 ½ teaspoons paprika (5, 9, 17)
- 2 ¾ teaspoons garlic powder (5, 26)
- 2 ½ teaspoons onion powder (5, 26)
- 2 teaspoons dried onion flakes (5, 26)
- 1 ½ teaspoons dill (5, 26)
- 2 tablespoons dried buttermilk (5, 26)
- 2 teaspoons dried thyme (10)
- 1 teaspoon dried rosemary (10)
- 1 bay leaf (10)
- 4 teaspoons beef bouillon granules (26)
- 1 teaspoon fennel seeds (27)
- 1 Italian salad dressing pouch **or** 2 tablespoons [homemade dry mix](#) (2 tablespoons of Italian seasonings is a great shortcut) 28
- 1 seasoning packet (We love the McCormick mesquite and chipotle seasonings) **or** 3 tablespoons of your favorite homemade seasoning mix (8)

Materials

- 31-32 gallon-sized plastic freezer bags
- 2 quart-sized plastic freezer bags
- Foil

Miscellaneous

- 1 ½ cup +1 teaspoon low sodium soy sauce (3, 15, 21, 26, 29)
- 1 tablespoon sesame seeds (3)
- ¼ cup ketchup (15)

Not Needed Until Day of Cooking

- 8oz package cream cheese (13)
- 56oz (7 cups) beef broth (10)
- 32oz (4 cups) chicken **or** vegetable broth (16)
- 24oz (3 cups) beef broth **or** chicken broth (3 cups) (19)
- 128oz (16 cups) chicken broth (20, 27, 28)
- 3/4 cup uncooked brown rice (19)
- 2 tablespoons cornstarch (21)
- Cooking spray (19)
- Suggested side dishes
 1. Red Pepper Chicken – tortillas and cheddar cheese
 2. Italian Pork Roast – spaghetti and broccoli or green beans
 3. Korean Shredded Beef Lettuce Wraps – green leaf or bibb lettuce and assorted toppings Kimchi carrots, radishes, scallions, or Asian pears
 4. Thai Pineapple Curry – rice
 5. Cool Ranch Shredded Chicken Tacos – tortillas, shredded cheese, guacamole, and salsa
 6. Stuffed Peppers – rice
 7. Vegetarian Curried Lentils – rice
 8. Shredded Beef and Carrots – rice, biscuits, fresh salad
 9. Turkey Black Bean Chili – shredded cheese and tortilla chips
 10. Beef Barley Stew – bread
 11. Seafood Boil – salad
 12. Lemon Pepper Chicken – rice and salad
 13. Salsa Verde Chicken – rice
 14. Ginger Peach Chicken – rice and salad
 15. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce
 16. Greens & Beans – parmesan cheese and crusty bread
 17. Beef Fajitas – tortillas or rice, guacamole, salsa, and shredded cheese
 18. Sausage-Stuffed Mini Sweet Peppers – spaghetti
 19. Cabbage Casserole – soy sauce and applesauce
 20. Meatball Vegetable Soup – bread
 21. Honey Bourbon Chicken – quinoa and asparagus
 22. Lime Shredded Pork – tortillas or rice, shredded cheese, diced tomatoes, and avocado
 23. Banana Pepper Shredded Beef – rolls and salad or mashed potatoes and carrots
 24. Hot Pepper Pork Sirloins and Butternut Squash – rice
 25. Chicken Cacciatore – spaghetti
 26. Homemade Mississippi Pot Roast – corn muffins
 27. Chicken Soup with Mexican Seasonings – bread
 28. Turkey White Bean & Kale Soup – garlic bread or crusty bread
 29. Chicken Teriyaki – rice
 30. Easy Pesto Salmon – rice or couscous, green beans
 31. Chicken Curry – fresh cilantro, pita bread, naan, or rice