

31 Crockpot Freezer Meals for Busy Weeknights

Free Printable Recipes and Grocery List Included Below

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1. Cheesy Tortellini with Ground Beef

Modified from: <http://damndelicious.net/2014/12/17/slow-cooker-cheesy-tortellini/>

Yields: 4 servings

INGREDIENTS

- 1 pound lean ground beef
- 1 small yellow onion, diced (one cup)
- 2 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes
- 1 (14.5-ounce) can diced tomatoes and green chiles, undrained
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (19-ounce) package frozen cheese tortellini *not needed until day of cooking
- 4 oz mozzarella cheese, shredded (one cup) *not needed until day of cooking
- 2 oz cheddar cheese, shredded (1/2 cup) *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

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 ingredients except tortellini and cheeses.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 8 hours or until beef is cooked through.
3. Break apart beef and stir.
4. Add tortellini and top with cheeses. Cover and cook on low heat for an additional 15 minutes, or until pasta is tender.

Serve with steamed broccoli.

Note: You can also freeze shredded cheese in a separate freezer bag. Thaw it overnight and store in the refrigerator until it’s time to add it to the crockpot.

2. Honey Dijon Pork Chops with Green Beans

Yields: 4 servings

Ingredients

- 1 pound boneless pork chops
- 1 pound frozen green beans
- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water* not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. Add all ingredients to your freezer bag (except water).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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 slow cooker and add water.
3. Cook on "low" setting for 4-6 hours or until pork is cooked through.

Serve with brown rice.

3. Slow Cooker Cranberry Chicken

Yields: 6 servings

INGREDIENTS

- 1 small onion, diced
- 14oz can whole cranberry sauce
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 2 pounds boneless, skinless chicken breasts

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add chicken to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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.
3. Cook on "low" setting for 4-6 hours, or until chicken is cooked through.

Serve with brown rice and green beans.

4. Asian Chicken Lettuce Wraps

Yields: 6 servings

Ingredients

- 2 pounds of ground chicken
- 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

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Seal and freeze for up to three months.

Cook

1. Thaw.
2. Cook in slow cooker for 4-6 hours on “low” setting.
3. Break apart chicken and spoon onto lettuce.

Serve on big pieces of iceberg or Boston bibb lettuce.

5. Slow Cooker Chicken Noodle Soup

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, cut into bite sized pieces
- 1/2 lb carrots, peeled and diced (4 large)
- 1 cup celery, diced (2 large ribs or 4 small ribs)
- 1 small yellow onion, diced (one cup)
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/4 teaspoon pepper
- 8 oz wide egg noodles *not needed until day of cooking
- 8 cups fat-free low sodium chicken broth *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

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 ingredients except noodles and broth.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 8 cups of chicken broth.
3. Cook for 6-8 hours on “low” setting or until carrots are soft.
4. Add pasta and cook for an additional 15 minutes.
5. Remove bay leaf.

Serve with bread or crescent rolls.

6. Chicken Soup with Mexican Seasonings

Yields: 3-4 adult-sized servings

Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced
- 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 1/2 lime (about 2 tablespoons)
- 1 pound boneless skinless chicken breasts
- 4 cups fat-free, reduced-sodium chicken broth *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

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 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag (except chicken broth), remove as much air as possible, and seal.
3. Freeze.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot with chicken broth and cook on “low” setting for 4-6 hours or until chicken is cooked through and carrots are soft.
3. Shred chicken with a fork.

Serve with French bread.

7. Mexican Chicken Chili

Yields: 6 servings (1 and 2/3 cup each)

Ingredients

- 1 small yellow onion (one cup), chopped
- 1 medium-sized red pepper, diced
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans (white kidney beans), drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can petite diced tomatoes, undrained
- 1.5 cups frozen corn
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag.

Prep

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 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag, remove as much air as possible, and seal.
3. Freeze.

Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 6 hours or until chicken is cooked through.
3. Shred chicken.

Top with shredded cheddar cheese and crushed tortilla chips.

8. Garden Veggie Soup with Ground Beef

Yields: 6 servings

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 medium-sized zucchini, ends cut off and chopped (about one cup)
- 1 medium-sized yellow squash, ends cut off and chopped (about one cup)
- 1 medium-sized yellow onion, diced (about one cup)
- 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound lean ground beef
- 4 cups fat free, reduced sodium chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

Prep

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

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 slow cooker and add chicken broth.
3. Cook on “low” setting for 6-8 hours, or until beef is cooked through and carrots are soft.
4. Break apart beef and stir.

This soup tastes great with a piece of crusty bread on the side. Enjoy!

9. Mexican Chili with Cornbread Topping

Yields: 4 servings

INGREDIENTS

- 1 pound lean ground beef
- 1 small yellow onion, chopped (about one cup)
- 1 green bell pepper, chopped (about one cup)
- 1 cup frozen corn
- 1 packet of store-bought taco seasoning
- 15oz can tomato sauce
- 1 teaspoon honey
- 1/4 pound cheddar cheese, shredded (about one cup) *not needed until day of cooking
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

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

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 6-8 hours or until beef is cooked through.
3. Break apart beef and stir to combine.
4. Top with shredded cheese and assembled corn muffin batter.
5. Cook additional 60 minutes on "high" or until cornbread is cooked through.

Eat plain or with a salad.

10. Crockpot Beef Fajitas

Yields: 4 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast
- 2 red bell peppers, sliced
- 1 small onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 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

Prep

1. Label your freezer bag.
2. Add all ingredients.
3. Remove as much air as possible, seal, and lay flat in your freezer for up to three months.

Cook

1. When ready to cook, thaw overnight in fridge.
2. Cook in crockpot on “low” setting for 6-8 hours or until beef shreds easily with a fork.
3. Shred beef.

Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

11. Crockpot Chicken Philly Cheesesteaks

Yields: 6 servings

Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 3 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your 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.

Cook

1. Thaw overnight in refrigerator.
2. Dump contents into crockpot and cook 4-6 hours or until chicken is cooked through.

Serve on a fresh, hot roll.

You can use as much or as little of the sauce as you would like, depending on how soggy you like your roll. I also like to serve it on the side and use it as a dip. Best topped with provolone cheese and served with a side of sweet potato fries!

12. Italian Chicken

Yields: 6 servings

INGREDIENTS

- 1 small onion, diced
- 4oz fresh baby spinach (about 2 handfuls)
- 28oz can of tomato sauce
- 2 cloves of garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Italian seasonings
- 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

PREP

1. Label your 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.

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.
3. Cook on “low” setting for 4-6 hours, or until chicken is cooked through.

Serve with spaghetti and a salad.

13. Balsamic Beef Roast and Carrot Recipe

Modified from The Chic Site: <http://thechicsite.com/2013/07/16/slow-cooker-balsamic-pot-roast/>

Yields: 4 servings

INGREDIENTS

- 2 pound boneless beef chuck shoulder roast
- 2 pounds carrots, peeled and cut into bite-sized pieces
- 1/2 cup honey
- 1/4 cup balsamic vinegar
- 1 tablespoon low sodium soy sauce
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 cloves of garlic, minced
- Zest of one orange
- 2 cups of beef broth – NOT NEEDED UNTIL DAY OF COOKING

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except beef broth. Add beef roast to the freezer bag last so it's the first ingredient poured into your crockpot.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

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 add beef broth.
3. Cook on "low" setting for 8 hours, or until beef shreds easily and carrots are soft.
4. Shred beef.

Serve with rice.

14. Mushroom Spinach Crockpot Stroganoff

Yields: 6 servings

Ingredients

- 1 tablespoon butter
- 10oz baby portobello mushrooms; quartered
- 12oz white mushrooms; quartered
- 1 small yellow onion; diced
- 2 cloves of garlic; minced
- 1/2 cup chicken broth
- 8oz sour cream (1 cup)
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1.5 teaspoons paprika
- 2.5oz fresh baby spinach (about 4 cups)
- 8oz cream cheese *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Combine all ingredients (except cream cheese) in a gallon-sized plastic freezer bag.
2. Remove as much air as possible, seal, and freeze for up to three months.

Cook

1. When ready to eat, thaw overnight in refrigerator.
2. Add to crockpot and cook on "Low" setting for 7.5 hours.
3. Add cream cheese and cook additional 30 minutes or until everything is heated through.

Serve over egg noodles.

15. Party Pork Roast

Yields: 4 servings

Ingredients

- 2.5 pound bone-in pork shoulder
- 1 cup grape jelly
- 1 cup ketchup
- 1/4 teaspoon ground allspice

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months.

Cook

1. Thaw overnight in refrigerator.
2. Add to crockpot and cook for 6-8 hours or until pork shreds easily.
3. Remove bone.
4. Strain juice left in crockpot and serve as a gravy with the meat.

Serve with mashed potatoes and peas.

16. Chicken Teriyaki

Yields: 3-4 servings

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 5oz teriyaki sauce (about 2/3 cup - I used a soy ginger sauce from Whole Foods)
- 16 oz bag of frozen stir fry vegetables

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

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

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.

Serve with rice.

17. Sausage Spinach Tomato Soup

Yields: Six servings

INGREDIENTS

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24 oz jar of pasta sauce (about 2.5 cups)
- 15oz can of cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 4 large carrots, chopped into bite-sized pieces
- 1 small yellow onion, diced (about one cup)
- 1 cup uncooked pasta *not needed until day of cooking
- 4 cups of chicken broth *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

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

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 add chicken broth.
3. Cook on “low” setting for 8 hours, or until sausage is cooked through. Break sausage apart with a fork and stir soup.
4. Add pasta and cook for additional 15 minutes.

Serve with garlic bread.

18. Pot Roast with Green Beans

Yields: 4 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast
- 1 pound frozen green beans
- 1 packet onion soup mix
- 1 cup water *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to freezer bag (except water).
3. Seal bag and freeze for up to three months.

Cook

1. When ready to use, thaw in refrigerator overnight.
2. Empty thawed contents into crockpot and add water.
3. Cook 6-8 hours or until beef shreds easily with a fork.
4. Shred beef.

Serve with potatoes.

19. Lasagna Soup with Meatballs

Yields: Six servings of soup

Ingredients

- 24oz jar of pasta sauce
- 15oz can cannellini beans, drained and rinsed
- 2.5oz fresh baby spinach (about 3 cups) – this looks like a lot, but it cooks down
- 1 pound frozen meatballs
- 4 cups of chicken broth *not needed until day of cooking
- 3 uncooked lasagna noodles, broken into small pieces *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Combine all ingredients (except chicken broth and lasagna noodles) in gallon-sized plastic freezer bag.
3. Remove as much air from the bag as possible, seal, and lay flat in your freezer.

To Cook

1. Thaw overnight before cooking and then add to crockpot with broth.
2. Cook 6-8 hours on “low” setting.
3. Add noodles and cook for additional 30 minutes.

Top with freshly grated mozzarella and parmesan cheese. Serve with garlic bread.

20. Garlic-Mint Pork Tenderloin

Yields: 4-6 servings

Ingredients

- 1 tablespoon olive oil
- 5 sprigs of fresh mint
- 2lb pork tenderloin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- The juice from one lime
- 1/4 cup apple cider vinegar
- 3 cloves of garlic; peeled and sliced
- 1 onion; peeled and thinly sliced

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Remove as much air as possible, seal, and lay flat in your freezer for up to three months.

To Cook

1. When ready to cook, thaw overnight in refrigerator.
2. Pour the contents of freezer bag into slow cooker and cook on “low” setting for 6-8 hours.
3. Discard mint.

Serve with asparagus and rice.

21. Italian Sausage Subs

Yields: 5 servings

Ingredients

- 1 pound of spicy Italian sausage
- 2 small green bell peppers, seeds removed and sliced
- 1 small onion, peeled and sliced
- 24oz jar of pasta sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

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 ingredients to bag.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot.
3. Cook for 6-8 hours on "low" setting or until sausage is cooked through.

Serve sausage, peppers, onions and sauce on submarine rolls with a salad.

22. Stuffed Pepper Soup

Modified from: <https://onceamonthmeals.com/recipes/slow-cooked-stuffed-pepper-soup/>

Yields: 6 servings

Ingredients

- 1 pound lean ground beef
- 1 small yellow onion, peeled and diced (one cup)
- 2 garlic cloves, minced
- 1 green pepper, diced
- 1 red pepper, diced
- 28oz can diced tomatoes
- 8oz can tomato sauce
- 1 cup chicken broth
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1 teaspoon Italian Seasoning
- 2 cups brown rice, uncooked

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. Add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw overnight in refrigerator.
2. Dump into crockpot and cook 6-8 hours on low setting.
3. Break apart ground beef and stir.

Top with shredded cheddar cheese.

23. Banana Pepper Shredded Beef

Yields: 4 servings

INGREDIENTS

- 2lb 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
- 1 cup beef broth

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your 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.

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" for 6-8 hours or until beef shreds easily with a fork.
3. Shred beef.

Serve on sandwich rolls with a side salad.

24. White Wine Chicken with Artichokes

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 1 can of artichokes (14oz), quartered and drained
- 1 can of petite diced tomatoes (14.5oz), undrained
- Juice of 1 lemon
- 1/2 cup dry white wine
- 4 cloves of garlic, sliced or minced
- 1/4 cup butter
- 1 tablespoon capers (optional)
- 1 tablespoon corn starch

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Combine all ingredients in a gallon-sized plastic freezer bag.
2. Remove as much air as possible and freeze for up to three months.

Cook

1. Thaw overnight in refrigerator.
2. Cook on “low” setting for 4-6 hours, or until chicken is cooked through and tender.

Serve over a bed of sautéed spinach, angel hair pasta, or both!

25. Slow Cooker Ginger-Peach Chicken

Yields: 6 servings

Ingredients

- 2lbs boneless, skinless chicken thighs
- 1 cup peach jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months.

Cook

1. Thaw in refrigerator overnight before cooking.
2. Add to slow cooker and cook on low setting for 3-6 hours or until chicken shreds easily.
3. Shred chicken and return to slow cooker to mix with juice.

This ginger peach chicken tastes great with brown rice and roasted green beans. Yum!

26. Honey Sesame Chicken

Modified from <http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesamechicken/>

Yields: 6 servings

Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons olive oil
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken thighs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months.

Cook

1. Thaw overnight in refrigerator.
2. Cook in slow cooker on Low setting for 3.5 hours or until chicken is cooked through and tender.
3. Remove chicken thighs from slow cooker and shred chicken before returning to pot with juices.

Garnish with 1 green onion (thinly sliced) and sesame seeds, if desired. Serve with brown rice and broccoli.

27. Crockpot Ham & Potato Soup

Modified from: <http://onceamonthmeals.com/canadian-bacon-potato-chowder/>

Yields: 4 servings

INGREDIENTS

- 4 carrots, peeled and diced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 2 ribs celery, diced (about 2/3 cup)
- 1 small onion, diced (about one cup)
- 2 garlic cloves, minced (one teaspoon)
- 1/2 cup uncooked medium barley (not quick cooking)
- 1/4 teaspoon pepper
- 1/4 teaspoon ground thyme
- 8 oz bone-in ham steak, cut into 1/2 inch pieces (about 1 cup diced)
- 6oz evaporated milk (I split 12 oz can into two freezer bags)
- 4 cups of chicken broth *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag (or two if you buy a 12oz can of milk)

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except evaporated milk and chicken broth). To keep potatoes from browning, chop them last and add the to the top of your freezer bag.
3. Add evaporated milk to a quart-sized plastic freezer bag. Seal, and add to gallon-sized bag.
4. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add chicken broth. Keep bag of evaporated milk in the refrigerator.
3. Cook item in crockpot on "low" setting for 8 hours, or until carrots and potatoes are soft. Stir in evaporated milk and leave lid open a crack. Continue to cook 15 minutes or until heated through.

Serve with crusty bread or crescent rolls.

28. Italian Sausage-Stuffed Mini Peppers

Yields: Four servings

Ingredients

- 16oz mini sweet peppers
- 1 pound ground Italian sausage (we like hot)
- 24oz jar of spaghetti sauce
- 8oz mozzarella cheese, shredded (about 2 cups) *not needed until day of cooking

Materials

- 1 gallon-sized plastic freezer bag

Prep

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. 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 and place in freezer bag with spaghetti sauce.
4. Remove as much air from bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot and cook 6-8 hours on “Low” setting or until sausage is cooked through.
3. Top with mozzarella cheese and cook additional 10 minutes or until melted.

Serve over spaghetti.

29. White Chicken Chili

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 3 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 small yellow onion, chopped (one cup)
- 4 cloves garlic, minced
- 2 cans cannellini beans (15oz each), drained and rinsed
- 4oz can of diced green chilies
- 1.5 cups frozen corn
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. Add all ingredients to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

Cook

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, dump bag into crockpot.
3. Cover, and cook on “low” setting for 6 hours or until chicken is cooked through.
4. Shred chicken and stir.

Serve with shredded cheddar cheese and tortilla chips.

30. Beef Enchilada Casserole

Yields: 4 servings

Ingredients

- 1 pound 85% lean ground beef
- 15oz can of black beans, drained and rinsed
- 3 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 4oz can diced green chilies
- 1 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 small corn tortillas, sliced into 6 pieces each
- 8oz mild cheddar cheese, shredded (about 2 cups)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. In a large bowl, combine all ingredients except tortillas and cheese.
3. Layer ingredients in freezer bag in this order:
 - 1 cup beef mixture
 - 1/4 cup cheese
 - 2 sliced tortillas
 - Repeating layers until all ingredients are used up.
3. Remove as much air as possible, seal, and freeze for up to three months.

Cook

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, add contents of bag to crockpot.
3. Cover, and cook on “low” setting for 6-8 hours or until beef is cooked through.
4. Serve with a spoon.

Top with extra shredded cheddar cheese (optional).

31. Sweet and Sour BBQ Meatballs

Yields: 6 servings

Ingredients

- 2 pounds frozen meatballs
- 1 fresh pineapple, stalk, skin, and core removed; fruit chopped
- 1 green bell pepper; chopped
- 1 red bell pepper; chopped
- 1 small yellow onion; chopped
- 18oz bottle of BBQ sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your 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.

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 slow cooker and cook on "low" setting for 6-8 hours, or until vegetables are tender.

Serve with rice.

Grocery List for all 31 Crockpot Freezer Meals

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

PRODUCE

- 20 small yellow onions (about 7 lbs) (1, 3, 5, 6, 7, 8, 9, 10, 11, 12, 14, 17, 20, 21, 22, 23, 26, 27, 29, 31)
- 44 garlic cloves (4-5 bulbs) (1, 3, 4, 6, 7, 10, 11, 12, 13, 14, 20, 22, 24, 25, 26, 27, 29)
- 9 medium-sized red bell peppers (4, 7, 10, 11, 22, 31)
- 5 small green bell peppers (9, 21, 22, 31)
- 4 banana peppers (mild or hot) (23)
- 16oz bag of mini sweet peppers (28)
- 6lbs carrots (estimating 8 large carrots per pound) (4, 5, 6, 8, 13, 17, 27)
- 2 roma tomatoes (6)
- 8 medium-sized tomatoes (8, 29, 30)
- 1 medium-sized zucchini (8)
- 1 medium-sized yellow squash (8)
- 3 limes (6, 10, 20)
- 1 lemon (24)
- 4 celery ribs (5, 27)
- 10oz baby Portobello mushrooms (14)
- 12oz white mushrooms (14)
- 9oz baby spinach (12, 14, 19)
- 1 pineapple (31)
- 1-inch fresh ginger root (25)
- 2 small potatoes (27)
- Zest of one orange (13)
- 5 sprigs fresh mint (20)

MEAT

- 13 pounds boneless, skinless chicken breasts (3, 5, 6, 7, 11, 12, 16, 24, 29)
- 4 pounds boneless, skinless chicken thighs (25, 26)
- 2lbs ground chicken (4)
- 4 beef chuck roasts (2-pounds each) (10, 13, 18, 23)
- 5lbs ground beef (at least 85% lean) (1, 8, 9, 22, 30)
- 8oz bone-in ham steak (27)
- 2 pounds ground sweet or spicy Italian sausage (we like hot) (17, 28)
- 1 pound spicy Italian sausage (links) (21)
- 1 pound boneless pork chops (2)
- 2lb pork tenderloin (20)
- 2.5lb bone-in pork shoulder (15)

FREEZER

- 4 cups frozen corn (7, 9, 29)
- 19oz package cheese tortellini (1)
- 2 pounds frozen green beans (2, 18)
- 1 box frozen chopped spinach (17)
- 3lbs small meatballs (19, 31)
- 16oz bag of frozen stir fry vegetables (16)

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COLD

- 8oz cheddar cheese (30)
- 5 tablespoons butter (14, 24)
- 8oz sour cream (14)

SPICES

- .25tsp allspice (15)
- 1.5tsp dried basil (1, 5)
- 1 bay leaf (5)
- 3T chili powder (6, 7, 10, 30)
- 3T ground cumin (6, 7, 10, 29, 30)
- 1tsp fennel seeds (6)
- 2tsp garlic powder (5, 30)
- 1T + 1tsp Italian seasonings (12, 22)
- .75tsp onion powder (30)
- 1T ground oregano (1, 5, 7)
- 3T paprika (7, 10, 14, 29)
- 2T pepper (1, 2, 3, 5, 11, 12, 14, 20, 22, 26, 27, 30)
- 1.75tsp crushed red pepper flakes (3, 7, 10, 12, 13, 26, 29)
- 3T salt (1, 2, 6, 12, 13, 20, 22, 26, 29, 30)
- .5tsp ground thyme (2, 27)
- 1 packet taco seasoning (or 3T homemade) (9)
- 1 packet onion soup mix (18)

ITALIAN

- 28oz can crushed tomatoes (1)
- 2 cans diced tomatoes and green chiles (14.5 each) (1, 7)
- 3 cans tomato sauce (8oz, 15oz, and 28oz) (9, 12, 22)
- 2 cans petite diced tomatoes (14.5oz) (7, 24)
- 28oz can diced tomatoes (22)
- 5 jars pasta sauce (24oz each) (8, 17, 19, 21, 28)

CANNED

- 14oz can whole berry cranberry sauce (3)
- 2 cans black beans (15oz each) (7, 30)
- 6 cans cannellini beans (15oz) (7, 8, 17, 19, 29)
- 14oz can artichokes (24)
- 2 can diced green chilies (one 4oz and one 8oz) (29, 30)

BAKING

- 4T corn starch (11, 24)
- 6oz can evaporated milk (If you buy 12oz, you can freeze half of it) (27)
- 1.75 cup honey (2, 3, 4, 9, 12, 26)

OILS & VINEGARS

- 7T extra virgin olive oil (3, 12, 20, 26)
- 6T balsamic vinegar (3, 13)
- .25 cup apple cider vinegar (20)

MISC

- 31 gallon-sized plastic freezer bags (1-31)
- 1 quart-sized plastic freezer bag (27)

- 2T Dijon mustard (2)
- .75 cup + 2T low-sodium soy sauce (4, 13, 25, 26)
- 1.5 cups + 2T ketchup (4, 14, 15, 26)
- 1 cup tomato juice (6)
- 1tsp Worcestershire sauce (14)
- 2.5 cups chicken broth (11, 14, 22)
- 1 cup beef broth (23)
- .5 cup pearled barley (not quick-cooking) (27)
- 5oz teriyaki sauce (about 2/3 cup) (16)
- 18oz bottle BBQ sauce (31)
- 1 cup peach jam (25)
- 1 cup grape jelly (15)
- 2 cups uncooked brown rice (22)
- .5 cup dry white wine (24)
- 1T capers (optional) (24)
- 8 small corn tortillas (30)

NOT NEEDED UNTIL DAY OF COOKING

- 28 cups chicken broth (5, 6, 8, 17, 19, 27) – if you want, you can add chicken bullion granules to your freezer bags so you only have to add water the day of cooking
- 2 cups beef broth (13)
- 8oz package cream cheese (14)
- 6oz cheddar cheese (1.5 cups shredded) (1, 9)
- 12oz mozzarella cheese (3 cups shredded) (1, 28)
- 8oz egg noodles (5)
- 1 box Jiffy Corn Muffin Mix (plus one egg and 1/3 cup milk) (9)
- 1 cup uncooked pasta (17)
- 3 uncooked lasagna noodles (19)
- Suggested Side Dishes
 1. Cheesy Tortellini with Ground Beef – steamed broccoli
 2. Honey Dijon Pork Chops with Green Beans – brown rice
 3. Cranberry Chicken – brown rice and green beans
 4. Asian Chicken Lettuce Wraps – big pieces of iceberg or Boston bibb lettuce
 5. Chicken Noodle Soup – bread or crescent rolls
 6. Chicken Soup with Mexican Seasonings – French bread
 7. Mexican Chicken Chili – shredded cheddar cheese and tortilla chips
 8. Garden Veggie Soup with Ground Beef – crusty bread
 9. Mexican Chili with Cornbread Topping – eat plain or with a salad
 10. Beef Fajitas – tortillas or rice and top with guacamole, salsa, and shredded cheese
 11. Chicken Philly Cheesesteaks – rolls, provolone cheese, and sweet potato fries
 12. Italian Chicken – spaghetti and a salad
 13. Balsamic Beef Roast and Carrots – rice
 14. Mushroom Spinach Stroganoff – egg noodles
 15. Party Pork Roast – mashed potatoes and peas
 16. Chicken Teriyaki - rice
 17. Sausage Spinach Tomato Soup – garlic bread
 18. Pot Roast with Green Beans – potatoes
 19. Lasagna Soup with Meatballs – top with mozzarella and parmesan cheese and serve with garlic bread
 20. Garlic-Mint Pork Tenderloin – asparagus and rice
 21. Italian Sausage Subs – submarine rolls with a salad
 22. Stuffed Pepper Soup – shredded cheddar cheese
 23. Banana Pepper Shredded Beef – serve on sandwich rolls with a salad

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24. White Wine Chicken with Artichokes – serve over sautéed spinach, angel hair pasta, or both
25. Ginger-Peach Chicken – brown rice and roasted green beans
26. Honey Sesame Chicken – garnish with green onions and sesame seeds (optional), serve with brown rice and broccoli
27. Ham and Potato Soup – crusty bread or crescent rolls
28. Italian Sausage Stuffed Peppers – serve over spaghetti
29. White Chicken Chili – shredded cheese and tortilla chips
30. Beef Enchilada Casserole – extra shredded cheddar cheese (optional)
31. Sweet and Sour BBQ Meatballs – rice