

18 kid-friendly Crockpot Freezer Meals for Busy Families

FROM [NEW LEAF WELLNESS](#)
AND THIRTY HANDMADE DAYS

FREE PRINTABLE RECIPES AND
SHOPPING LIST BELOW!

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1. Chicken Noodle Soup

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts, diced
- 1 small onion, diced (one cup)
- 3 carrots, diced
- 2 celery ribs, sliced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 32oz chicken broth (not needed until day of cooking)
- 2 cups wide egg noodles (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked through.
4. Add noodles for the last 15 minutes.

Serve with crescent rolls.

2. Turkey Black Bean Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans black beans (15oz each), drained and rinsed
- 1 can petite diced tomatoes (14.5oz), undrained
- 1 2/3 cup frozen corn
- 2 cloves 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.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Break apart turkey and stir.

Serve with shredded cheese and tortilla chips.

3. Shredded Chicken Quesadillas

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small onion, thinly sliced
- 1/4 cup jalapeños, chopped (keep the seeds for spicy or omit for a more mild dish)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- 1 packet taco seasoning mix or homemade seasoning mix
- 6 flour tortilla wraps (10" across) (not needed until day of cooking)
- 1/2 pound shredded cheddar cheese (8oz or 2 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag
- Gloves for cutting jalapeños

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 6-8 hours.
4. Shred chicken. (I use a potato masher to get it nice and smashed so there are no big chunks in my quesadillas.)
5. Place shredded chicken in tortillas with shredded cheese and broil in the oven for 60-90 seconds or until golden brown. (I also own this [quesadilla maker](#) and love it.)
6. Cut into triangles and serve.

4. Shredded BBQ Pork

Recipe from [New Leaf Wellness](#)

Yields: 8 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 1 cup ketchup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon light brown sugar
- 1 tablespoon chili powder
- 2 teaspoons curry powder
- 1 teaspoon hot sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Shred pork and stir.

Serve on sandwich buns with corn on the cob and watermelon.

5. Meatball Veggie 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) (we like Prego Traditional)
- 1 pound carrots, peeled and diced
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)
- 4 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.
2. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 8 hours or until veggies are soft.

Top with Parmesan cheese and serve with fresh bread.

6. Mozzarella-Stuffed Turkey Pesto Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 18 meatballs

Ingredients

- 1 pound ground turkey
- 1 large egg
- 1/2 cup basil pesto (store-bought or [homemade](#))
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated Parmesan cheese
- 4-5 mozzarella string cheese sticks, cut into 4 pieces each
- 14.5oz can diced tomatoes, undrained (not needed until day of cooking)
- 4oz mozzarella cheese, shredded (about one cup) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. In a large bowl, combine ground turkey, egg, pesto, breadcrumbs, and parmesan cheese. Form into 18 meatballs.
2. Press one piece of mozzarella string cheese inside each meatball and place in freezer bag.
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 cover with diced tomatoes.
3. Cook on “low” setting for 6 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.
4. Cover with mozzarella cheese and cook for additional 5 minutes or until cheese is melted.

Serve with spaghetti and salad.

7. Sausage-Stuffed Mini Sweet Peppers

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 1/2 pounds (24oz) mini sweet peppers (Our local store sells them in 8oz bags, so I bought three. If you can only find 16oz bags, buy one and mix the extra sausage with the sauce or buy two and eat the extra peppers sliced on a salad.)
- 1 pound ground sweet Italian sausage
- 24oz jar spaghetti sauce (We like Prego Traditional)
- 8oz shredded mozzarella cheese (about 2 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. 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. Add stuffed peppers and spaghetti sauce to your freezer bag.
5. 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” for 6-8 hours.
3. Top with mozzarella cheese and cook for additional 10 minutes or until melted.

Serve with spaghetti.

8. Salsa Verde Shredded Pork Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 16oz jar salsa verde
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Shred pork and mix with sauce in crockpot.

Serve with tortillas, shredded cheese, salsa, and guacamole.

9. 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 packet taco seasoning or this homemade mix: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 packet dry ranch seasoning or this homemade mix: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, and 1/2 tsp salt.

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Shred chicken and mix with sauce in slow cooker.

Serve with tortillas, shredded cheese, salsa, and guacamole.

10. Cheesy Chicken Tater Tot Casserole

Recipe adapted from [The Country Cook](#)

Yields: 6 servings

Ingredients

- 32oz frozen tater tots
- 3oz bacon pieces
- 1 pound boneless skinless chicken breasts, diced
- 8oz mild cheddar cheese, shredded (2 cups)
- 3/4 cup 2% milk (or whatever kind you have on-hand)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.

Serve topped with sour cream and a side of peas.

11. Mexican Chicken Chili with Cornbread Topping

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 small yellow onion, chopped (one cup)
- 1 green pepper, chopped (about one cup)
- 1 cup frozen corn
- 15oz can tomato sauce
- 1 teaspoon honey
- 1 taco seasoning packet (or this homemade version: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder)
- 4oz cheddar cheese, shredded (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 and yields 6 muffins) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients except cheese and cornbread 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” for 4-6 hours.
3. Shred chicken with fork.
4. Cover shredded chicken chili with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

12. Chicken Tinga

Recipe from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

Sauce

- 4 cans (14.5oz each) fire roasted diced tomatoes, drained
- 3-4 chipotle peppers in adobo sauce
- 1 small yellow onion, chopped (about 1 cup)
- 8 cloves garlic
- 2 tablespoons light brown sugar
- 1 teaspoon dried oregano
- ½ teaspoon cinnamon
- ⅛ teaspoon cloves
- 1 teaspoon salt
- 1/2 teaspoon pepper

Chicken

- 2 pounds boneless skinless chicken breasts

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Puree sauce ingredients in a blender.
3. Add sauce and chicken to your freezer bag.
4. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 4-6 hours.
3. Shred chicken and mix with sauce in crockpot.

Serve with rice, avocado, sour cream, and fresh chopped cilantro.

13. Sweet and Sour Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds frozen meatballs
- 1 sweet yellow onion, cut into chunks
- 1 green pepper, cut into chunks
- 1 red, yellow, or orange pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of BBQ sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours or until peppers are tender.

Serve with corn on the cob.

14. Italian Wedding Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 12oz bag of frozen mini meatballs
- 1 small onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 1 head of escarole, thinly sliced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 1/2 cup uncooked pasta (not needed until day of cooking -I use acini de pepe, ditallini, or small shells)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6-8 hours or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

Serve with fresh bread.

15. Beef, Lime, and Cilantro Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound 85% lean ground beef
- 14.5oz can tomato sauce
- 14.5oz can petite diced tomatoes, undrained
- 2 cans (15oz each) black beans, drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- The juice and zest from 1 lime
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Fresh cilantro, chopped (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 8 hours.
4. Break apart beef and stir in about 2 tablespoons of fresh cilantro.

Serve with shredded cheese and tortilla chips.

16. Sloppy Joes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 green pepper, diced
- 6oz can tomato paste
- 1/2 cup ketchup
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper (increase to 1 teaspoon if you like a little bit of spice)
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon celery seed

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Break apart beef and stir.

Serve on hamburger buns with corn on the cob.

17. Beef and Broccoli

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds sirloin tip steak, fat trimmed and sliced
- 4 cloves garlic, minced
- 1 small yellow onion, diced (one cup)
- 3 tablespoons corn starch
- 2 tablespoons brown sugar
- 1-inch fresh ginger root, peeled and grated
- 1/2 cup beef broth
- 1/2 cup soy sauce
- 1/2 teaspoon pepper
- 1 pound fresh broccoli florets* (not needed until day of cooking- fresh broccoli does not freeze well without blanching first)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broccoli.
3. Cook on “low” setting for 6 hours.

Serve with rice.

*If you prefer crunchy vegetables, wait to add broccoli until last 45 minutes – one hour of cooking.

18. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce (I like tomato and basil but feel free to use your favorite kind)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped
- 1 tablespoon Italian Seasoning

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

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

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked through and tender.
4. Shred chicken and stir.

Serve with spaghetti and Parmesan cheese.

Shopping List for All 18 Meals

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

Produce

- 12 small yellow onions (substitute 3 bags of frozen diced onions to save time) (1, 3, 5, 8, 11, 12, 13, 14, 15, 16, 17, 18)
- 2 pounds carrots (1, 5, 14)
- 2 celery ribs (1)
- 19 cloves garlic (2 bulbs) (2, 8, 12, 15, 17)
- 1/4 cup jalapeños (3)
- 4 green peppers (11, 13, 16, 18)
- 1 red, yellow, or orange pepper (13)
- 1 1/2 pounds (24oz) mini sweet peppers (7)
- 3 cups green beans (about 1 pound) (5)
- 2 zucchini (5, 18)
- 1 pineapple (13)
- 1 head of escarole (14)
- 1 lime for juice and zest (15)
- 1-inch fresh ginger root (17)

Meat

- 11 pounds boneless skinless chicken breasts (1, 3, 4, 9, 10, 11, 12, 18)
- 2 pounds ground turkey (2, 6)
- 1 pound ground sweet Italian sausage (7)
- 2-pound boneless pork roast (8)
- 3oz bacon pieces (10)
- 3 pounds 85% lean ground beef (15, 16)
- 2 pounds boneless sirloin tip steak (17)

Cold/Frozen

- 1 large egg (6)
- 1/4 cup grated Parmesan cheese (6)
- 4-5 mozzarella string cheese sticks (6)
- 8oz (2 cups) shredded mild cheddar cheese (10)
- 3/4 cup 2% milk (10)
- 2 2/3 cup frozen corn (2, 11)
- 32oz frozen tater tots (10)
- 3 pounds frozen meatballs (5, 13)

- 12oz bag frozen mini meatballs (14)

Italian

- 3 jars (24oz each) pasta sauce (we like Prego Traditional) (5, 7, 18)
- 1/2 cup basil pesto (6)

Canned

- 6oz can tomato paste (16)
- 28oz can tomato sauce (2)
- 2 cans (14.5-15oz each) tomato sauce (11, 15)
- 4 cans (15oz each) black beans (2, 15)
- 2 cans (14.5oz each) petite diced tomatoes (2, 15)
- 4 cans (14.5oz each) fire roasted diced tomatoes (12)
- 16oz jar salsa verde (8)
- 3-4 chipotle peppers in adobo sauce (12)
- 18oz bottle of BBQ sauce (13)
- 1/2 cup beef broth (17)

Spices and Seasonings

- 1/2 teaspoon thyme (1)
- 1 teaspoon celery seed (1, 16)
- 1/2 teaspoon turmeric (1)
- 1 tablespoon paprika (2)
- 4 tablespoons chili powder (2, 4, 15, 16)
- 2 tablespoons plus 1 teaspoon ground cumin (2, 8, 15)
- 2 1/2 teaspoons ground oregano (2, 12)
- 1 teaspoon crushed red pepper flakes (2, 8, 16)
- 2 teaspoons curry powder (4)
- 2 1/4 teaspoons pepper (8, 10, 12, 16, 17)
- 2 teaspoons salt (1, 10, 12)
- 1 teaspoon garlic powder (16)
- 1 teaspoon onion powder (14)
- 1/2 teaspoon cinnamon (12)
- 1/8 teaspoon cloves (12)
- 1 teaspoon garlic salt (14)
- 1 teaspoon Montreal steak seasoning (14)
- 1 tablespoon Italian Seasoning (18)

- 3 packets taco seasoning or this homemade mix: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder (3, 9, 11)
- 1 packet dry ranch seasoning or this homemade mix: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, and 1/2 tsp salt (9)

Baking

- 1 teaspoon honey (11)
- 5 tablespoons light brown sugar (4, 12, 17)
- 4 tablespoons corn starch (1, 17)

Materials

- 18 gallon-sized plastic freezer bags (1- 18)
- Gloves for cutting jalapeños

Oil and Vinegar

- 4 tablespoons extra-virgin olive oil (3, 9)
- 2 tablespoons red wine vinegar (9)

Miscellaneous

- 1 tablespoon lime juice (3)
- 1 1/2 cup ketchup (4, 16)
- 3 tablespoons Worcestershire sauce (4, 14)
- 1 teaspoon hot sauce (4)
- 1/2 cup Italian breadcrumbs (6)
- 1/2 cup soy sauce (17)

Not Needed Until Day of Cooking

- 128oz low sodium chicken broth (16 cups) (1, 5, 14)
- 2 cups wide egg noodles (1)
- 6 flour tortilla wraps (10" across) (3)
- 12oz (about 3 cups or 3/4 pound) shredded cheddar cheese (3, 11)
- 12oz (about 3 cups or 3/4 pound) shredded mozzarella cheese (6, 7)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk and yields 6 muffins) (11)
- 1/2 cup uncooked pasta (14)
- 14.5oz can diced tomatoes (6)

- Fresh cilantro, chopped (15)
- 1 pound fresh broccoli florets (17)
- Suggested Side Dishes
 1. Chicken Noodle Soup – crescent rolls
 2. Turkey Black Bean Chili – shredded cheese, tortilla chips
 3. Shredded Chicken Quesadillas -
 4. Shredded BBQ Pork – hamburger buns, watermelon, salad
 5. Meatball Veggie Soup – bread, Parmesan cheese
 6. Mozzarella-Stuffed Turkey Pesto Meatballs – spaghetti, salad
 7. Sausage-Stuffed Mini Sweet Peppers – spaghetti
 8. Salsa Verde Shredded Pork Tacos – tortillas, shredded cheese, salsa, guacamole
 9. Cool Ranch Shredded Chicken Tacos – tortillas, shredded cheese, salsa, guacamole
 10. Cheesy Chicken Tater Tot Casserole – sour cream, peas
 11. Mexican Chicken Chili with Cornbread Topping – sour cream, guacamole, cilantro
 12. Chicken Tinga – rice, avocado, sour cream, cilantro
 13. Sweet and Sour BBQ Meatballs – corn on the cob
 14. Italian Wedding Soup – bread
 15. Beef, Lime, and Cilantro Chili – shredded cheese, chips
 16. Sloppy Joes – hamburger buns, corn on the cob
 17. Beef and Broccoli - rice
 18. Chicken Cacciatore – spaghetti, Parmesan cheese