

17 Top Slow Cooker Freezer Recipes

FROM THIRTY HANDMADE DAYS

FREE PRINTABLE RECIPES AND
SHOPPING LIST BELOW!

Recipe List

1. [Beef and Broccoli](#)
2. [Chicken Fajitas](#)
3. [Chicken Tikka Masala](#)
4. [Teriyaki Chicken](#) (yum!)
5. [Crack Chicken](#)
6. [Honey Garlic Chicken](#)
7. [Sweet Hawaiian Chicken](#)
8. [Shredded Chicken Tacos](#) (our fave)
9. [Mongolian Beef](#)
10. [Chicken Noodle Soup](#) (better than Panera's)
11. [Shredded Buffalo Chicken](#)
12. [Taco Soup](#)
13. [Beef Barley Stew](#)
14. [Pulled Pork](#)
15. [Mississippi Pot Roast](#) (delicious)
16. [Turkey Black Bean Chili](#) (my kids love this one)
17. [Chicken Curry](#)

1. 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)

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 broccoli 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 slow cooker with broccoli.
3. Cook on “low” setting for 6 hours.

Serve over rice.

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

2. Chicken Fajitas

Recipe adapted from [Thirty Handmade Days](#)

Yields: 4 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 bell peppers (I use two red and one green)
- 1 small yellow onion, sliced
- 3 tablespoons olive oil
- the juice from one lime (about 3 tablespoons)
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon crushed red pepper flakes
- 1 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Shred chicken and mix with sauce in crockpot.
5. Serve with a slotted spoon (the peppers release a lot of liquid while cooking).

Serve on tortillas or rice with your favorite taco toppings.

3. Chicken Tikka Masala

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

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

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.

Serve with naan or rice and a salad.

4. Teriyaki Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless chicken breasts
- 1 pound fresh or frozen stir fry vegetables*
- 2 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve over rice with sesame seeds and sliced green onions.

*My favorite fresh mix is sugar snap peas, sliced red peppers, and shredded carrots (note: fresh broccoli doesn't freeze well). If you prefer al dente vegetables, wait to add them until the last 30 minutes of cooking.

5. Crack Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless chicken breasts
- 1/2 cup real bacon bits (they're bigger than the pieces)
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon parsley
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon dill
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 8oz cream cheese (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bags

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 cream cheese 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 slow cooker.
3. Cook on "low" setting for 4-6 hours.
4. Shred chicken and return to slow cooker with cream cheese.
5. Cook additional 5-10 minutes or until cream cheese warms and starts to melt. Mix everything in slow cooker.

Serve on hamburger buns with a side salad.

6. Honey Garlic Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts
- 8oz snow peas*
- 2 carrots, peeled and shredded
- 6 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup honey
- 2 tablespoons sesame oil
- 2 tablespoons ketchup
- 1 teaspoon onion powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes

Materials

- 1 gallon-sized plastic freezer bags

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 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 slow cooker.
3. Cook on “low” setting for 6 hours.
4. Shred chicken and stir with sauce in slow cooker.

Serve with rice and top with sesame seeds.

*If you prefer crunchy vegetables, wait to add snow peas until last 30 minutes of cooking.

7. Sweet Hawaiian Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed and cubed
- 3 rainbow bell peppers (red, orange, and yellow), cut into chunks
- 1 sweet yellow onion, cut into chunks
- 1 cup 100% apple juice
- 2 tablespoons light brown sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 8oz can pineapple chunks in 100% juice, undrained (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bags

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 pineapple 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 slow cooker with pineapple.
3. Cook on “low” setting for 4-6 hours.

Serve with rice.

8. 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 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)
- 1 dry ranch seasoning packet (or this homemade version: 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 6-8 hours.
4. Shred chicken and mix with sauces and spices left in slow cooker.

Serve on soft tortillas or on top of rice like a burrito bowl. Top with lettuce, shredded cheese, and guacamole.

9. Mongolian Beef

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless top sirloin steak or flank steak, fat trimmed and thinly sliced
- 4 cloves garlic, minced
- 1-inch fresh ginger root, minced
- 1/2 cup soy sauce
- 1/2 cup water
- 1/2 cup light brown sugar
- 1 teaspoon sesame oil
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bags

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 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 slow cooker.
3. Cook on “low” setting for 6-8 hours.

Serve with rice and steamed broccoli.

10. Chicken Noodle Soup

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 1 pound boneless skinless chicken breasts, diced
- 1 small yellow onion, diced
- 4 carrots, diced
- 2 celery ribs, diced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 32oz chicken broth (4 cups) (not needed until day of cooking)
- 2 cups wide egg noodles (uncooked) (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 noodles 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. Add contents of freezer bag to slow cooker with broth.
3. Cook on “low” setting for 6-8 hours.
4. Add noodles for the last 15 minutes of cooking.

Serve with fresh bread.

11. Shredded Buffalo Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 cup hot sauce (we like Frank's Red Hot or Sriracha)
- 4 tablespoons unsalted butter
- 2 tablespoons distilled white vinegar
- 1 teaspoon paprika
- 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 to slow cooker and cook on "low" setting for 6-8 hours.
3. Shred chicken and mix with sauce in slow cooker

Serve on hamburger buns with a side salad.

12. Taco Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 1 pound lean ground beef
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 cup frozen corn
- 4oz can diced green chilis
- 28oz can diced tomatoes, undrained
- 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)
- 32oz beef broth (4 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bags

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 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. Add contents of freezer bag to slow cooker with broth.
3. Cook on “low” setting for 6-8 hours.
4. Break apart beef and stir.

Top with shredded cheddar cheese and serve with tortilla chips.

13. Beef Barley Stew

Recipe adapted from [Live Simply](#)

Yields: 6 servings

Ingredients

- 2-pound beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 4 carrots, peeled and chopped
- 2 celery ribs, chopped (1 cup)
- 1 small yellow onion, diced (one cup)
- 2 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup uncooked pearled barley (not quick cooking)
- 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 (3 months from when you prepped the meal).
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. Add contents of freezer bag to slow cooker with broth.
3. Cook on “low” for 8 hours or until carrots are soft.
4. Remove bay leaf.

Serve with fresh bread.

14. Pulled 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve on buns with a side salad.

15. Mississippi Pot Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 1 stick unsalted butter
- 4-6 pepperoncini peppers plus a couple tablespoons of juice from the jar
- Homemade au jus seasoning packet: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper
- Homemade dry ranch seasoning packet: 1T dried parsley, 1T onion powder, 1tsp garlic powder, 1/2tsp dill, 1/2tsp pepper, 1/2 tsp 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” setting for 8 hours.
4. Shred meat and return to slow cooker to mix with juice.

Serve with mashed potatoes.

16. 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
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn (half of a one pound bag)
- 2 large 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 with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

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

Serve with shredded cheese and tortilla chips.

17. Chicken Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-size pieces
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, chopped (one cup)
- 2 cups frozen peas
- 15oz can tomato sauce
- 2 cloves 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to slow cooker.
3. Cook on “low” for 8 hours.

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

Shopping List for all 17 Recipes
(The number next to each ingredient corresponds to its recipe number.)

Produce

- 25 cloves garlic (2-3 bulbs) (1, 3, 4, 6, 9, 12, 16, 17)
- 7 yellow onions (substitute frozen diced onions to save time) (1, 2, 7, 10, 12, 13, 17)
- 2-inches fresh ginger root (1, 9)
- 3 bell peppers (any color) (2)
- 3 rainbow bell peppers (red, orange, and yellow) (7)
- 1 lime for juice (2)
- 1 pound fresh or frozen stir fry vegetables (4)
- 8oz snow peas (6)
- 3 1/2 pounds carrots (6, 10, 13, 15)
- 4 celery ribs (10, 13)

Meat

- 19 pounds boneless skinless chicken breasts (2, 3, 4, 5, 6, 7, 8, 10, 11, 17)
- 2 pounds sirloin tip steak (1)
- 2 pounds boneless top sirloin steak or flank steak (9)
- 1 pound lean ground beef (12)
- Two 2-pound boneless beef chuck shoulder roasts (13, 15)
- 1 pound ground turkey (16)
- 2-pound boneless pork roast (14)
- 1/2 cup real bacon bits (5)

Frozen

- 1 pound frozen corn (12, 16)
- 2 cups frozen peas (17)

Cold/Dairy

- 8oz (1 cup or 1/2 pint) heavy cream (3)
- 1 1/2 sticks unsalted butter (11, 15)

Canned/Dried

- 4oz (1/2 cup) beef broth (1)
- 3 cans (15oz each) tomato sauce (3, 17)
- 28oz can tomato sauce (16)

- 28oz can diced tomatoes (12)
- 14.5oz can petite diced tomatoes (16)
- 6oz can tomato paste (17)
- 4oz can diced green chilis (12)
- 4-6 pepperoncini peppers plus juice from the jar (15)
- 13.5oz can unsweetened coconut milk (17)
- 2 cans (15oz each) black beans (16)

Spices and Seasonings

- 2 taco seasoning packets (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) (8, 12)
- 2 dry ranch seasoning packets (or this homemade version: 1T dried parsley, 1tsp garlic powder, 1tsp onion powder, 1tsp dried onion flakes, 3/4tsp dill, 1/2tsp pepper, and 1/2 tsp salt.) (8, 15)
- Homemade au jus seasoning packet: 4tsp beef bouillon granules, 1tsp soy sauce, 1/4tsp garlic powder, and 1/4tsp pepper (15)
- 3 tablespoons chili powder (2, 14, 16)
- 2 tablespoons paprika (2, 11, 16)
- 1 tablespoon plus 2 1/2 teaspoons onion powder (2, 3, 5, 6)
- 2 1/2 teaspoons garlic powder (2, 5, 7)
- 1 tablespoon cumin (2, 16)
- 1 tablespoon plus 1 teaspoon crushed red pepper flakes (2, 3, 4, 6, 9, 16, 17)
- 2 tablespoons salt (2, 3, 4, 5, 6, 7, 10, 13, 17)
- 4 tablespoons plus 2 teaspoons curry powder (3, 14, 17)
- 1/4 teaspoon ground ginger (4)
- 2 3/4 teaspoon pepper (1, 4, 5, 6, 7, 11, 13)
- 1 tablespoon parsley (5)
- 1/2 teaspoon dill (5)
- 2 1/2 teaspoons thyme (10, 13)
- 1/2 teaspoon celery seed (10)
- 1/2 teaspoon turmeric (10)
- 1 teaspoon rosemary (13)
- 1 bay leaf (13)
- 1 1/2 teaspoon ground oregano (16)

Baking

- 3 tablespoons corn starch (1)
- 1/2 cup plus 5 tablespoons honey (3, 4, 6, 17)
- 1/2 cup plus 5 tablespoons light brown sugar (1, 7, 9, 14)

Materials

- 17 gallon-sized plastic freezer bags (1-17)

Oil and Vinegar

- 9 tablespoons olive oil (2, 5, 8)
- 4 tablespoons red wine vinegar (5, 8)
- 2 tablespoons plus 1 teaspoon sesame oil (6, 9)
- 2 tablespoons distilled white vinegar (11)

Miscellaneous

- 1 1/2 cups soy sauce (1, 4, 6, 9)
- 1 cup plus 2 tablespoons ketchup (6, 14)
- 1 cup 100% apple juice (7)
- 1 cup plus 1 teaspoon hot sauce (11, 14)
- 1/2 cup uncooked pearled barley (not quick cooking) (13)
- 2 tablespoons Worcestershire sauce (14)

Not Needed Until Day of Cooking

- 1 pound fresh broccoli florets (1)
- 8oz cream cheese (5)
- 8oz can pineapple chunks in 100% juice, undrained (7)
- 32oz (4 cups) chicken broth (10)
- 2 cups wide egg noodles (uncooked) (10)
- 88oz beef broth (11 cups) (12, 13)
- Suggested Side Dishes
 1. Beef and Broccoli – rice
 2. Chicken Fajitas – tortillas or rice and your favorite taco toppings
 3. Chicken Tikka Masala – naan or rice and salad
 4. Teriyaki Chicken – rice, sesame seeds, and sliced green onions
 5. Crack Chicken – hamburger buns and salad
 6. Honey Garlic Chicken – rice and sesame seeds
 7. Sweet Hawaiian Chicken – rice

8. Shredded Chicken Tacos – tortillas or rice, lettuce, shredded cheese, and guacamole
9. Mongolian Beef – rice and steamed broccoli
10. Chicken Noodle Soup – fresh bread
11. Shredded Buffalo Chicken – hamburger buns and salad
12. Taco Soup – shredded cheese and tortilla chips
13. Beef Barley Stew – fresh bread
14. Pulled Pork – buns and salad
15. Mississippi Pot Roast – mashed potatoes
16. Turkey Black Bean Chili – shredded cheese and tortilla chips
17. Chicken Curry – pita bread, naan, or rice, and fresh cilantro