

# 15 Healthy Slow Cooker Recipes

## with Five Ingredients or Less

Free printable recipes and grocery list below!

1. [Salsa Verde Chicken](#)
2. [Cranberry Pork Roast](#)
3. [Cool Ranch Shredded Chicken Tacos](#) (I'm obsessed with this recipe)
4. [Ginger-Peach Chicken Thighs](#) (For an easy side dish, add one pound of fresh trimmed green beans to the slow cooker the last 30 minutes of cooking)
5. [Stuffed Peppers](#)
6. [Pulled Pork](#)
7. [Pot Roast with Carrots and Potatoes](#)
8. Lemon Pepper Chicken from the time I froze [six chicken crockpot dump recipes](#)
9. [Lasagna Soup](#)
10. [Chipotle Beef Roast with Carrots](#) (my favorite)
11. [Kale and Chorizo Soup](#)
12. [Ham and Pinto Bean Soup](#) (so good and so easy)
13. Lime Shredded Pork from [my healthy freezer meal prep session](#)
14. Maple Pork Roast with Cinnamon Applesauce (from my [eCookbook](#) and shared for free below)
15. Chicken Teriyaki from [my Whole Foods post](#)

Bonus Recipe: [4-Ingredient Stuffed Mini Peppers](#) (one of my favorite easy recipes for the oven!)

# 1. Salsa Verde Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

## Ingredients

- 2lbs boneless chicken breasts (fresh or frozen)
- 15oz can black beans, drained and rinsed
- 15oz can corn, drained and rinsed
- 16oz jar salsa verde\*
- 8oz package cream cheese (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Cook

1. Add all ingredients except cream cheese to slow cooker and cook on low setting for 6 hours.
2. Add cream cheese (just place on top) and let sit for about 30 minutes.
3. Stir to combine before serving.

## 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with Spanish rice and a fresh garden salad.

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

## 2. Cranberry Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 2.5 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce (or half of this [homemade cranberry sauce recipe](#))
- ¼ cup honey
- ¼ cup dried minced onion

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 6-8 hours or until pork shreds easily with a fork.
2. Remove bones and shred meat.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve meat and cranberry mixture with green beans and stuffing.

### 3. 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 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. Traditional ranch seasoning packets also include 1T dried buttermilk but I omitted it because I don't keep it on-hand.)

#### Materials

- 1 gallon-sized plastic freezer bag

#### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 6-8 hours.
2. Shred chicken and mix with sauces and spices left in crockpot.

#### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve on soft tortillas with your favorite taco toppings such as shredded cheese, guacamole, and tomatoes.

## 4. Ginger Peach Chicken Thighs

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2lbs boneless, skinless chicken thighs
- 1 cup peach jam (I use this simple recipe for [slow cooker 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

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 3-6 hours or until chicken shreds easily with a fork.
2. Shred chicken and return to slow cooker to mix with juice.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

For an easy side dish, add one pound of fresh trimmed green beans to the slow cooker the last 30 minutes of cooking.

## 5. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1lb ground turkey (or beef)
- 1 onion, peeled and diced
- 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 Cook

1. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
2. Separate mixture into four equal parts and firmly stuff into peppers.
3. Place peppers in slow cooker and cover with remaining pasta sauce.
4. Cook on low for 6-8 hours or until meat is cooked through and peppers are soft.

### 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. 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.
5. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with pasta and a fresh garden salad.

## 6. Pulled Pork

Recipe modified from [Thirty Handmade Days](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless pork roast
- 1 small yellow onion, chopped
- 1 green pepper, chopped
- 2 packages dry Italian dressing or 3 tablespoons dry Italian seasoning

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 6 hours.
2. Shred pork and serve.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve on rolls or tortillas with a fresh garden salad.

## 7. Pot Roast with Carrots and Potatoes

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 2-pound boneless beef chuck roast (beef shoulder roast)
- 1 pound of baby carrots
- 15oz can of whole new potatoes, drained
- 1 packet of dry onion soup mix (or this [homemade mix](#))
- 1 cup water (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 8 hours or until beef is tender and shreds easily.
2. Shred chicken and return to slow cooker to mix with juice.

### 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 water to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

This one pot meal needs no side dish!



## 8. Lemon Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- ¼ cup extra virgin olive oil
- The juice from one lemon (about 3 tablespoons)
- ½ teaspoon freshly cracked black pepper
- ¼ teaspoon salt

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 3-6 hours.

### 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 water to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with rice and steamed broccoli.

## 9. Lasagna Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 24oz jar of pasta sauce
- 15oz can of cannellini beans, drained and rinsed
- 2.5oz of fresh baby spinach (about 3 cups)
- 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

### To Cook

1. Combine all ingredients (except lasagna noodles) in your slow cooker and cook for 6-8 hours on "low" setting.
2. Add noodles and cook for an additional 30 minutes.

### 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 and lasagna noodles to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Top with freshly grated mozzarella and Parmesan cheeses and serve with a side of garlic bread.

## 10. Chipotle Beef Roast with Carrots

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 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 (this taco seasoning is very good: 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)

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Combine all ingredients in your slow cooker.
2. Cook on “low” setting for 8 hours until beef shreds easily with a fork.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with rice.

## 11. Kale and Chorizo Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound chorizo, taken out of casing
- 1 bunch kale, de-stemmed and thinly sliced
- 4 cloves garlic, minced
- 14.5oz diced tomatoes, undrained
- 32oz (4 cups) vegetable broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Combine all ingredients in crockpot and cook on “low” setting for 6-8 hours.
2. Crumble chorizo (I find it easier to take it out of the crock, place it on a cutting board, and “mash” it with a potato masher or meat tenderizer.
3. Return chorizo to crockpot & stir.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Top with Parmesan cheeses and crusty bread.

## 12. Ham and Pinto Bean Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound dried pinto beans
- 1 ½ pound bone-in ham shank
- ¾ cup ketchup
- Water (not needed until day of cooking)
- Salt, to taste

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. The night before cooking, place beans in the crockpot and cover with about 8 cups of water. Let sit overnight. (Do not turn the crockpot on.)
2. In the morning, add ham shank. Add additional water to cover the ham shank, if necessary.
3. Cover and cook on “high” for 5-6 hours, “low” for 8 hours, or until beans split.
4. Remove ham, shred off of bone, and return shredded meat to crockpot.
5. Stir in ketchup and add salt to taste (The amount of salt needed depends on the cut of ham. The last time I made this, I added 1/2 teaspoon.).

### 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 water to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with crusty bread and a salad.

## 13. Lime Shredded Pork

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2.5 pound bone-in pork shoulder roast (sometimes labeled as a “Boston butt” or “pork butt”)
- The juice from 2 limes
- 1 tablespoon honey
- ½ teaspoon ground cayenne pepper
- ¼ teaspoon salt

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Combine all ingredients in your slow cooker.
2. Cook on “low” setting for 8-12 hours until pork is cooked through and falls off the bone.
3. Remove from bone and shred.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

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

## 14. Maple Pork Roast with Cinnamon Applesauce

Recipe from [Clean Eating Crockpot Freezer Meals eCookbook](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless pork roast
- 2 pounds McIntosh apples (about 9 small apples), peeled, cored, and chopped
- The juice from ½ a lemon (2 tablespoons)
- 2 tablespoons pure maple syrup
- 1 teaspoon cinnamon

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 8-10 hours.
2. Shred meat with two forks.

### 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 apples and lemon juice to bag and seal, and shake to combine.
3. Open freezer bag and add remaining ingredients.
4. Remove as much air as possible, seal, and freeze for up to three months.
5. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with applesauce in crockpot and a side of green beans.

## 15. Crockpot Chicken Teriyaki

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed
- 5oz teriyaki sauce (about 2/3 cup – I used a soy ginger sauce from Whole Foods)
- 16oz bag frozen stir fry vegetables (If you prefer al dente vegetables, wait to add to slow cooker until last 30 minutes of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Cook

1. Add all ingredients to slow cooker and cook on low setting for 6-8 hours.

### 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 freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in refrigerator or in morning in water and follow cooking directions above.

Serve with rice.



## 16. Stuffed Mini Peppers (oven recipe)

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 16oz bag mini sweet peppers
- 1 pound ground Italian sausage
- 24oz jar marinara pasta sauce
- 8oz mozzarella cheese, shredded

### Materials

- 9x13" aluminum or disposable casserole dish (I don't recommend glass because it isn't meant to go straight from the freezer to the oven)
- Lid for casserole dish or plastic wrap and foil

### To Cook

1. Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)
2. Stuff the peppers with sausage and place in a 9x13" casserole dish.
3. Cover stuffed peppers with spaghetti sauce.
4. Top with shredded mozzarella cheese.
5. Bake for 40 minutes at 350 degrees F or until cheese is brown and sausage is cooked through.

### To Freeze and Cook Later

Complete Steps 1-4. Cover dish with layers of plastic wrap and foil and freeze for up to three months. When ready to eat, thaw overnight in refrigerator and then bake for 40 minutes at 350 degrees F. (You can also skip thawing and bake frozen for 60-90 minutes.)

Serve over spaghetti.

## **Grocery List for All 16 Recipes**

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

### **Produce**

- 2 lemons for juice (8, 14)
- 2 limes for juice (13)
- 1-inch fresh ginger root (4)
- 8 cloves garlic (4, 5, 11)
- 2 onions (5, 6)
- 4 small bell peppers (any color) (5)
- 1 green pepper (6)
- 1 pound of baby carrots (7)
- 2 pounds carrots (10)
- 2.5oz of fresh baby spinach (9)
- 1 bunch kale (11)
- 2 pounds McIntosh apples (about 9 small apples) (14)
- 16oz bag mini sweet peppers (16)

### **Meat**

- 8 pounds boneless skinless chicken breasts (1, 3, 8, 15)
- 2 pounds boneless skinless chicken thighs (4)
- Two 2.5 pound bone-in pork shoulders (sometimes labeled as a “Boston butt” or “pork butt”) (2, 13)
- 1 pound ground turkey or beef (5)
- Two 2-pound boneless pork roasts (6, 14)
- Two 2-pound boneless beef chuck roasts (No substitutions! This is the best cut of meat for the slow cooker!) (7, 10)
- 1 pound chorizo (11)
- 1 ½ pound bone-in ham shank (12)
- 1 pound ground Italian sausage (16)

### **Cold**

- 8oz mozzarella cheese (16)

### **Frozen**

- 16oz bag frozen stir fry vegetables (15)

### **Canned**

- 15oz can black beans (1)
- 15oz can corn (1)
- 16oz jar salsa verde (1)
- 15oz can whole berry cranberry sauce (2)
- 3 jars (24oz each) pasta sauce (5, 9, 16)
- 15oz can of whole new potatoes (7)

- 15oz can of cannellini beans (9)
- 14.5oz diced tomatoes (11)
- 5oz teriyaki sauce (15)

### **Spices/Seasonings**

- ¼ cup dried minced onion (2)
- 1 taco seasoning packet (3)
- 1 dry ranch seasoning packet (3)
- 2 packages dry Italian dressing (6)
- 1 packet of dry onion soup mix (7)
- ½ teaspoon freshly cracked black pepper (8)
- ½ teaspoon salt (8, 13)
- 1 seasoning packet (We love the McCormick mesquite and chipotle seasonings) (10)
- ½ teaspoon ground cayenne pepper (13)
- 1 teaspoon cinnamon (14)

### **Oil/Vinegar**

- ¼ cup plus 6 tablespoons extra virgin olive oil (3, 8, 10)
- 4 tablespoons red wine vinegar (3, 10)

### **Miscellaneous**

- 1/4 cup plus 1 tablespoon honey (2, 13)
- 1 cup peach jam (4)
- 1 tablespoon low sodium soy sauce (4)
- 1 pound dried pinto beans (12)
- ¾ cup ketchup (12)
- 2 tablespoons pure maple syrup (14)

### **Materials**

- 15 gallon-sized plastic freezer bags (1-15)
- 1 quart-sized plastic freezer bag (5)
- 9x13" aluminum or disposable casserole dish (16) (I don't recommend glass because it isn't meant to go straight from the freezer to the oven)
- Lid for casserole dish or plastic wrap and foil (16)

### **Not Needed Until Day of Cooking**

- 8oz package cream cheese (1)
- 32oz (4 cups) chicken broth (9)
- 3 uncooked lasagna noodles (9)
- 32oz (4 cups) vegetable broth (11)
- Suggested Side Dishes
  1. Salsa Verde Chicken – Spanish rice and garden salad
  2. Cranberry Pork Roast – green beans and stuffing

3. Cool Ranch Shredded Chicken Tacos – tortillas, shredded cheese, guacamole, and tomatoes
4. Ginger-Peach Chicken Thighs –green beans
5. Stuffed Peppers – pasta and garden salad
6. Pulled Pork – tortillas or rolls and salad
7. Pot Roast with Carrots and Potatoes – no side needed
8. Lemon Pepper Chicken – rice and steamed broccoli
9. Lasagna Soup – mozzarella and Parmesan cheese, and garlic bread
10. Chipotle Beef Roast with Carrots – rice
11. Kale and Chorizo Soup – Parmesan cheese and crusty bread
12. Ham and Pinto Bean Soup – crusty bread
13. Lime Shredded Pork – tortillas or rice and shredded cheese, diced tomatoes, and avocado
14. Maple Pork Roast with Cinnamon Applesauce – green beans
15. Chicken Teriyaki – rice
16. Baked Sausage-Stuffed Mini Peppers – spaghetti