

# 6 Crockpot Freezer Meals from Aldi in 40 Minutes

Two freezer bags of Crockpot Cranberry Chicken  
Two freezer bags of Crockpot Italian Chicken  
Two freezer bags of Crockpot Tomato Beef Veggie Soup

## GROCERY LIST FOR ALL 6 MEALS

### MEAT

- 8 pounds of boneless skinless chicken breasts
- 2 pounds of lean ground beef

### PRODUCE

- 2 pounds baby carrots
- 6 small onions
- 8 large cloves of garlic

### FROZEN

- Bag of frozen chopped green beans x2

### SEASONINGS

- 2 teaspoons dried oregano leaves
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1 teaspoon red pepper flakes
- 1 teaspoon black pepper

### CANNED

- 15oz can of cannellini beans (white kidney beans) x2
- 14oz can of whole cranberry sauce x2

### MISC

- 3/4 cup honey
- 1/4 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 24 oz jar of pasta sauce (I bought Aldi's organic tomato basil)
- 6 gallon-sized plastic freezer bags (I use Hefty brand)

### ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of chicken broth (I bought 2 cartons)
- Side dishes, optional (I bought frozen garlic bread for the soup, green beans and brown rice for the cranberry chicken, and spaghetti for the Italian chicken – I'll buy fresh produce to make a salad the day-of serving.)

# RECIPES

## Crockpot Cranberry Chicken

Yields: One bag of cranberry chicken with six servings (I doubled this recipe and made two bags.)

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### 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

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### MATERIALS

- 1 gallon-sized plastic freezer bag

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### 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.

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### 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.

# Crockpot Italian Chicken

Yields: One bag of Italian chicken with six servings (I doubled this recipe and made two bags.)

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## INGREDIENTS

- 1 small onion, diced
- 28oz can diced tomatoes
- 2 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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.

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## 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.

# Crockpot Tomato Beef Veggie Soup

Yields: One gallon-sized bag of tomato beef veggie soup with six servings. (I doubled this recipe and made two bags.)

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## INGREDIENTS

- 1 small onion, diced
- 1 pound of baby carrots, cut into bite-sized pieces
- 1 bag of frozen chopped green beans
- 1 can cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of pasta sauce
- 1 pound ground beef
- 4 cups chicken broth (not needed until day of cooking)

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. Add ground beef 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.

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## 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 with 4 cups of chicken broth.
3. Cook on "low" setting for 8 hours, or until beef is cooked through and carrots are soft.
4. Break apart ground beef and serve.

More info can be found on <http://www.NewLeafWellness.biz>