

# CROCKPOT FREEZER MEALS FROM WHOLE FOODS

## *RECIPES & GROCERY LIST*

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### Crockpot Pepperoncini Shredded Beef

Yields: One gallon-sized freezer bag with six servings

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#### INGREDIENTS

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 12oz jar of pepperoncinis
- 6 cloves of garlic, peeled
- 1/2 teaspoon pepper

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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 (including juice from pepperoncinis).
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 8 hours, or until meat shreds easily.
4. Serve on rolls with a side salad (or serve the shredded meat right on top of a salad instead!).

# Crockpot Beef Fajitas

Yields: One gallon-sized freezer bag with six servings

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## INGREDIENTS

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

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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.
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 and cook for 8 hours on low setting or until beef is tender.
3. Shred beef and serve with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

# Crockpot Chicken Chili

Yields: One gallon-sized freezer bag with four servings (I doubled this recipe and made two bags.)

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## INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 15oz can of tomato sauce
- 15oz can of diced tomatoes (I split a 28oz can between my two freezer bags)
- 15oz can of black beans
- 15oz can of kidney beans
- 1 and 2/3 cup frozen "fire roasted" corn (I split a one pound bag between two bags)
- 2 cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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.

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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 gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.
3. Shred chicken and return to crockpot.
4. Serve with cheddar cheese and tortilla chips or potatoes.

# Crockpot Chicken Teriyaki

Yields: One gallon-sized freezer bag with 3-4 servings (I doubled this recipe and made two bags.)

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## 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

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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.

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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 gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until chicken is tender.
3. Serve with rice.

# Crockpot Honey Dijon Pork and Green Beans

Yields: One gallon-sized freezer bag with 3-4 servings

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## INGREDIENTS

- 1 pound pork sirloins
- 16oz bag of frozen green beans (you can sub fresh)
- 1/4 cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water\* 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 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.

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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 gallon-sized freezer bag into your crockpot and add water.
3. Cook on low setting for 6-8 hours or until pork is tender.
4. Serve with rice.

# Crockpot Hot Pepper Pork and Butternut Squash

Yields: One gallon-sized freezer bag with 3-4 servings

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## INGREDIENTS

- 1 pound pork sirloins
- 16oz bag of frozen butternut squash (you can sub fresh)
- 8oz jar of hot pepper jelly

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## MATERIALS

- 1 gallon-sized plastic freezer bag

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## 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.

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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 gallon-sized freezer bag into your crockpot and cook on low setting for 6-8 hours or until pork is tender.
3. Serve with rice.

# GROCERY LIST FOR ALL EIGHT MEALS

## MEAT

- 2 pounds pork sirloins
- 4 pounds boneless skinless chicken breasts
- 2 pound boneless beef chuck shoulder roast x2

## PRODUCE

- 1 small yellow onion
- 2 red bell peppers
- 12 cloves garlic

## FROZEN (You can sub fresh vegetables if you want)

- 16oz bag organic butternut squash
- 16oz bag of organic "fire roasted" corn
- 16oz bag of organic stir fry vegetables x2
- 16oz bag of organic green beans

## SEASONINGS

- 2 tablespoons plus 1 teaspoon paprika
- 3 tablespoons chili powder
- 2 tablespoons plus 2 teaspoons cumin
- 3 teaspoons ground oregano
- 3/4 teaspoon crushed red pepper flakes
- 2.5 teaspoons pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme

## CANNED

- 15oz can of tomato sauce x2
- 15oz can of diced tomatoes x2 (or 28oz can)
- 15oz can of organic black beans x2
- 15oz can of organic kidney beans x2

## MISC

- 8oz jar hot pepper jelly
- 10oz jar of teriyaki sauce (I used soy ginger)
- 1/4 cup plus 1 tablespoon honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 1 tablespoon apple cider vinegar
- 12oz jar of pepperoncinis
- 8 gallon-sized plastic freezer bags

## ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
  - I serve the chicken teriyaki (x2), hot pepper pork, honey Dijon pork with rice.
  - I serve the two bags of chicken chili with shredded cheddar cheese and tortilla chips.
  - I serve the beef fajitas with tortillas, lettuce, tomatoes, shredded cheddar cheese, and guacamole.
  - I serve the pepperoncini beef on rolls with a side salad.