

# 31 Crockpot Freezer Meals for Back-to-School

Free Printable Recipes and Grocery List Included Below

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## 1. Slow Cooker Chicken Curry

Yields: 8 servings

### Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

### Directions

1. In a bowl, combine tomato sauce, garlic, honey, and seasonings. Set aside.
2. Add the rest of the ingredients to your slow cooker. Cover with the tomato sauce/seasoning mixture.
3. Cook on low 8 hours.

### To Freeze

Combine all of the ingredients in a gallon-sized freezer bag and freeze for up to three months. When ready to cook, thaw overnight in your refrigerator and cook in your slow cooker for 8 hours on low. Since the Slow Cooker Chicken Curry cooks for the first time in your slow cooker, it won't taste like leftovers!

Serve with white or brown rice, and enjoy!

## 2. Honey Dijon Chicken

Yields: 6 servings

### Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 2 teaspoons black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground thyme
- 1/2 cup water\* not needed until day of cooking

### Materials

1 gallon-sized plastic freezer bag

### Prep

1. Label freezer bag.
2. add all ingredients to your freezer bag (except water).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

### 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 slow cooker and add water.
3. Cook on "low" setting for 4-6 hours or until chicken is cooked through and tender.

Serve with steamed broccoli and brown rice.

### 3. Slow Cooker Cranberry Pork Roast

Yields: 5 servings

#### Ingredients

- 2 1/2 lb bone-in pork shoulder (sometimes labeled “Boston butts” or “pork butts.”)
- 1 can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion

#### Directions

1. Add pork roast to your slow cooker.
2. In a medium-sized bowl, combine the cranberry sauce, honey, and minced onion. Pour over pork roast.
3. Cook on low for 8-10 hours or until pork falls off the bone.
4. Remove the bones, shred meat, and serve with cranberry sauce mixture.

#### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator and dump into slow cooker. Cook on low setting for 8 hours or until pork is tender and falls off bone. Remove bones and serve with cranberry sauce.

Serve with brown rice and roasted green beans.

## 4. Asian Chicken Lettuce Wraps

Yields: 6 servings

### Ingredients

- 2 pounds of ground chicken
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. Add all ingredients to bag.
3. Seal and freeze for up to three months.

### Cook

1. Thaw.
2. Cook in slow cooker for 4-6 hours on “low” setting.
3. Break apart chicken and spoon onto lettuce.

Serve on big pieces of iceberg or Boston bibb lettuce.

## 5. Slow Cooker Turkey Black Bean Chili

### Ingredients

- 1 pound of ground turkey
- 2 cans of tomato sauce (14.5oz each)
- 2 cans black beans (15oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 and 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

### Directions

1. Brown ground turkey in a pan.
2. Pour 2 cans of tomato sauce into a bowl and add garlic and seasonings. Stir to combine.
3. Add cooked turkey, seasoned tomato sauce, black beans, petite diced tomatoes, and corn to your slow cooker.
4. Cook on low 4-8 hours (depending on the size/strength of your slow cooker).

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator and cook on low setting for 6 hours or until turkey is cooked through and corn is tender. Break apart turkey.

Serve with shredded cheese and chips!

## 6. Cheesy Chicken Tater Tot Casserole

Modified from: <http://www.thecountrycook.net/2012/07/cheesy-chicken-tater-tot-casserolelow.html>

Yields: 4 servings

### Ingredients

- 32oz bag frozen tater tots
- 3oz bag bacon pieces (absorbent paper from inside bag removed!)
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 8 oz cheddar cheese, shredded (2 cups)
- 3/4 cup 2% milk (or whatever kind you have on-hand)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use-by” date (for standard fridge/freezer combos, this will be 3 months from the prep date).
2. Combine all ingredients in a gallon-sized plastic freezer bag, remove as much air as possible, and seal.
3. Freeze.

### Cook

1. The night before cooking, move to refrigerator to thaw.
2. In morning, add to crockpot and cook on “low” setting for 4-6 hours or until chicken is cooked through.

Top with sour cream and serve with peas.

## 7. Slow Cooker Shredded BBQ Chicken

Yields: 7 servings (1/3 cup each)

### Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1.5 teaspoons hot sauce
- 1.5 teaspoons curry powder

### Directions

1. Create homemade BBQ sauce by combining ketchup, Worcestershire sauce, brown sugar, chili powder, hot sauce, and curry powder.
2. Add chicken breasts to your slow cooker and top with BBQ sauce.
3. Cover, and cook on “low” for 8 hours.
4. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw before cooking and add to slow cooker. Cook on “low” setting for 8 hours or until chicken is cooked through and tender. Shred chicken and return to slow cooker to mix with BBQ sauce.

Serve on hamburger buns with a side salad.



## 8. Slow Cooker Meatball Veggie Soup

### Ingredients

- 1 pound frozen small meatballs
- 24oz jar of pasta sauce (about 2.5 cups)
- 1 pound carrots, peeled and chopped
- 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 small yellow onion, diced (about 1 cup)
- 4 cups low sodium chicken broth \*not needed until day of cooking

### Directions

1. Combine all ingredients in slow cooker.
2. Cover, and cook on “low” for 8 hours or until veggies are soft.

### To Freeze

Combine all ingredients (except chicken broth) in a gallon-sized plastic freezer bag. Remove as much air as possible, seal, and freeze for up to three months. When ready to cook, thaw in the refrigerator overnight and add to slow cooker with chicken broth. Cook on “low” setting for 8 hours or until veggies are soft.

This soup tastes great with a piece of crusty bread on the side. Enjoy!

## 9. White Chicken Chili

Modified from: <http://moneysavingmom.com/2013/12/white-chicken-chili.html>

Yields: One gallon-sized freezer bag with four servings

### INGREDIENTS

- 2 15.5oz cans of Great Northern beans, rinsed and drained
- 8oz can of chopped mild green chilies (ALDI didn't have these so I subbed a 10oz can of diced tomatoes and green chilies)
- 1 and 2/3 cups of frozen corn (1/2 of a 1lb bag)
- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, chopped (about one cup)
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground oregano (I used dried oregano leaves)
- 1/4 teaspoon ground cloves
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes
- 1 pound boneless, skinless chicken breasts
- 4 cups low sodium chicken broth \* (not needed until day of cooking)

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. (Add the chicken to the 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.

### 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 add 4 cups of chicken broth.
3. Cook on "low" setting for 6 hours or until chicken is cooked through.
4. Shred chicken and serve.

Serve with shredded cheddar cheese and tortilla chips.

## 10. Crockpot Chicken Fajitas

Yields: 6 servings

### Ingredients

- 2 pounds boneless, skinless chicken breasts, sliced
- 2 red bell peppers, sliced
- 1 small onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

### Directions

- Combine all ingredients in your crockpot and cover with lid.
- Cook on “low” setting for 4-6 hours or until chicken is cooked through.

### To Freeze

Label your freezer bag. Add all ingredients. Remove as much air as possible, seal, and lay flat in your freezer for up to three months. When ready to cook, thaw and cook in crockpot on “low” setting for 4-6 hours or until chicken is cooked through.

Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

## 11. Crockpot Chicken Philly Cheesesteaks

Yields: 6 servings

### Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 small yellow onion, sliced
- 3 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced
- 6 slices of provolone cheese \*not needed until day of cooking

### Directions

1. Mix corn starch into chicken broth.
2. Place all ingredients EXCEPT for cheese in crockpot.
3. Cook on “low” setting for 6 hours, or until chicken is cooked through and peppers are soft.
4. Lay cheese over mixture.
5. Cook on “low” for additional 10 minutes or until cheese is melted.
6. Serve on a fresh, hot roll.

You can use as much or as little of the sauce as you would like, depending on how soggy you like your roll. I also like to serve it on the side and use it as a dip. Best served with sweet potato fries!

## 12. Freezer Crockpot Beef and Barley Stew

Modified from: <http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/>

Yields: 6-8 servings

### Ingredients

- 2lb beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, chopped
- 2 teaspoons dried ground thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup pearly barley (not quick-cooking)
- 7 cups beef broth \*not needed until day-of cooking
- 1 gallon-sized plastic freezer bag
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### Directions

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Combine all ingredients (except beef broth) in a gallon-sized plastic freezer bag, adding the beef to the bag last so it's the first ingredient poured into the crockpot.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
5. Add to crockpot with beef broth and cook on "low" setting for 8 hours or until carrots are soft.
6. Remove the bay leaf and enjoy!

Serve with crusty bread.

### 13. Slow Cooker Beef Roast and Carrot Recipe

Yields: 4 servings

#### Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds of carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One packet of McCormick mesquite seasoning (or other seasoning packet that you like)

#### Directions

1. Combine all ingredients in your slow cooker.
2. Add lid, and cook on “low” setting for 8-10 hours until beef shreds easily with a fork.

#### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag. Remove as much air as possible and freeze for up to three months. When ready to eat, thaw overnight in refrigerator. Cook on “low” setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred meat and serve!

Serve with rice, biscuits, or a big side salad. YUM.

## 14. Mushroom Spinach Crockpot Stroganoff

Yields: 6 servings

### Ingredients

- 1 tablespoon butter
- 10oz baby portobello mushrooms; quartered
- 12oz white mushrooms; quartered
- 1 small yellow onion; diced
- 2 cloves of garlic; minced
- 1/2 cup chicken broth
- 8oz sour cream (1 cup)
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon black pepper
- 1.5 teaspoons paprika
- 2.5oz fresh baby spinach (about 4 cups)
- 8oz cream cheese \*not needed until day of cooking

### Directions

1. Place butter, mushrooms, onion, garlic, and spinach in crockpot.
2. In a separate bowl, mix together broth, sour cream, ketchup, Worcestershire sauce, black pepper, and paprika.
3. Pour mixture over mushrooms.
4. Cook on “low” for 7 1/2 hours.
5. Add cream cheese.
6. Cook on “low” for 1/2 hour or until everything is heated through.

### To Freeze

Combine all ingredients (except cream cheese) in a gallon-sized plastic freezer bag. Remove as much air as possible, seal, and freeze for up to three months. When ready to eat, thaw overnight in refrigerator. Add to crockpot and cook on “Low” setting for 7.5 hours. Add cream cheese and cook additional 30 minutes or until everything is heated through.

Serve your mushroom spinach crockpot stroganoff with egg noodles.

## 15. Greens & Beans

Yields: Six servings

### Ingredients

- 8oz dried cannellini beans, rinsed
- 32oz chicken broth (4 cups) \*not needed until day of cooking
- 32oz water (4 cups) \*not needed until day of cooking
- 1 tablespoon extra virgin olive oil
- 5 cloves of garlic, sliced or minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1/2 head of kale, chopped

### Directions

1. Place all ingredients in the crockpot.
2. Cook on "low" setting for 6-8 hours, or until beans are tender.

### To Freeze

Combine all ingredients (except broth and water) in a gallon-sized plastic freezer bag and freeze for up to three months. To cook, thaw overnight in refrigerator. Add to crockpot with water and broth. Cook for 6-8 hours or until beans are tender.

Serve in soup bowls and top with freshly grated Parmesan cheese and crusty bread.



## 16. Chicken Teriyaki

Yields: 3-4 servings

### 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

### MATERIALS

- 1 gallon-sized plastic freezer bag

### 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.

### 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.

Serve with rice.

## 17. Crockpot Cranberry Chicken

Yields: Six servings

### 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

### MATERIALS

- 1 gallon-sized plastic freezer bag

### 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.

### 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.

Serve with green beans.

## 18. Crockpot Thai Peanut Chicken

Modified from: <http://www.mommysfabulousfinds.com/2014/03/crockpot-freezer-meal-recipes.html>

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts
- 1 red pepper, diced
- 1 small yellow onion, chopped
- 1/2 cup creamy peanut butter
- 1 lime, juiced
- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1.5 teaspoons cumin

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. Add all ingredients to freezer bag.
3. Seal bag and freeze for up to three months.

### Cook

1. When ready to use, thaw in fridge for 24 hours.
2. Empty thawed contents into slow cooker and cook on low for 4-6 hours.

Top with peanuts and serve with rice.

## 19. Turkey, White Bean, and Kale Soup

Yields: Six servings of soup

### Ingredients

- 1 small onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 1 can cannellini beans (white kidney beans), washed and drained
- 2 tablespoons of Italian seasonings
- 1 pound ground turkey
- 8 cups chicken broth \*not needed until day of cooking

### Directions

1. Combine all ingredients in crockpot and cook on “low” setting for 8 hours, or until carrots are soft.

### To Freeze

Combine all ingredients (except chicken broth) in a gallon-sized plastic freezer bag. Add the ground turkey to the bag last so it's the first ingredient poured into your crockpot. Remove as much air from the bag as possible, seal, and lay flat in your freezer. Thaw overnight before cooking and then add to crockpot with broth. Cook 8 hours on low. Break apart turkey and serve.

Serve with garlic bread.

## 20. Slow Cooker Stuffed Peppers

Yields: 4 servings

### Ingredients

- 1lb ground beef
- 1 small yellow onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)
- 1/2 cup water

### Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

### Prep

1. Label your freezer bag.
2. In large bowl, mix ground beef, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining pasta sauce to quart-sized bag. Add water to empty jar and shake it around to get all of the sauce and add to quart-sized bag. Seal.
5. Add bag of sauce to gallon-sized bag and add stuffed peppers. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer for up to three months.

### Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, add stuffed peppers to bottom of slow cooker.
3. Cover with sauce.
4. Cook on "low" setting for 6-8 hours or until meat is cooked through and peppers are soft.

Serve with rice.

## 21. Salsa Verde Crockpot Chicken Recipe

Yields: 6 servings

### Ingredients

- 2lbs boneless chicken breasts
- 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

### Directions

1. Place chicken breasts in crockpot. Add black beans, corn, and salsa verde.
2. Cook in crockpot on “low” for 6 hrs or until chicken is cooked through.
3. Add cream cheese (just throw it on top) and let sit for about 1/2 hour.

### To Freeze

Combine all ingredients (except cream cheese) in a gallon-sized plastic freezer bag, remove as much air as possible, and freeze for up to three months. When ready to cook, thaw and dump into crockpot. Cook on low for 6 hours or until chicken is cooked through. Add cream cheese and let sit for 1/2 hour or until warm.

Serve with Spanish rice and a salad.

## 22. BBQ Chicken Cornbread Casserole

Yields: 4 servings

### Ingredients

- 1lb boneless, skinless chicken thighs
- 1 small green pepper, diced (about one cup)
- 1 small yellow onion, diced (about one cup)
- 1 cup BBQ sauce (I use this simple [homemade BBQ sauce](#))
- 1/4lb sharp cheddar cheese, shredded (about one cup) \*not needed until day of cooking
- 1 box Jiffy corn muffin mix + the necessary ingredients listed on the box (one egg and 1/3 cup milk) \*not needed until day of cooking (If you decide to make cornbread mix from scratch instead, Jiffy yields 6 muffins.)

### Directions

1. Add chicken thighs, green pepper, onion, and BBQ sauce to slow cooker.
2. Cover, and cook on “low” for 3-6 hours, until chicken is cooked through and onions and peppers are soft. (The cooking time will depend on the size and strength of your slow cooker).
3. Shred chicken and return to slow cooker. Cover with cheddar cheese.
4. In a bowl, prepare corn muffin mix according to directions on package. Pour corn muffin mix into slow cooker.
5. Add lid and cook on “high” setting for one hour or until cornbread is cooked through.

### To Freeze

Combine all ingredients (except cheese and corn muffin mix) in a gallon-sized plastic freezer bag. Remove as much air as possible, seal, and freeze for up to three months. When ready to eat, thaw overnight in refrigerator. Add to slow cooker and cook on “low” for 3-6 hour or until chicken is cooking through. Shred chicken and return to slow cooker. Top with shredded and cheese and assembled corn muffin batter. Add lid and cook on “high” setting for 60 minutes or until cornbread is cooked through.

This BBQ chicken cornbread casserole tastes great by itself. Or add a salad on the side.

## 23. Crockpot Sweet and Sour Meatballs

Modified from: <http://onceamonthmeals.com/gluten-free-dairy-free-sweet-and-sour-meatballs/>

Yields: One gallon-sized freezer bag with four servings

### INGREDIENTS

- 1 pound frozen meatballs
- 1 fresh pineapple, cut into 1-inch chunks
- 2 red peppers, roughly chopped
- 1 small yellow onion, sliced
- 1/2 cup ketchup
- 1/2 cup vinegar (cider or white)
- 2 tablespoons cornstarch
- 2 tablespoons low sodium soy sauce
- 1/2 cup brown sugar

### MATERIALS

- 1 gallon-sized plastic freezer bag

### 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.

### 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 on “low” for 6-8 hours or until peppers and onions are tender.

Serve with rice.



## 24. Crockpot Red Pepper Chicken Recipe

Yields: 3 servings of red pepper chicken

### Ingredients

- 1 pound boneless, skinless chicken breasts, fat trimmed
- 1 medium-sized red bell pepper, sliced (about 1.5 cups)
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

### Directions

- Combine all ingredients in crockpot and cook for 3-6 hours, or until chicken is cooked through and tender.

### To Freeze

- Combine all ingredients in a gallon-sized plastic freezer bag. Remove as much air as possible and freeze for up to three months. To cook, thaw and add to crockpot. Cook on “low” setting for 3-6 hours, or until chicken is cooked through and tender.

**Serve with brown rice and broccoli or a salad. You can also shred the chicken and serve on a tortilla with cheddar cheese. YUM.**

## 25. Slow Cooker Ginger-Peach Chicken

Yields: 3 servings

### Ingredients

- 1lb boneless, skinless chicken thighs
- 1 cup peach jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

### Directions

2. Add chicken thighs to your slow cooker.
3. In a medium-sized bowl, create sauce by adding peach jam, soy sauce, grated ginger, and minced garlic. Stir to combine.
4. Spoon sauce over chicken.
5. Add lid and cook on “low” setting for 3-6 hours or until the chicken shreds easily. (The cooking time will depend on the size and strength of your slow cooker).
6. Shred chicken and return to slow cooker to mix with juice.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw in refrigerator overnight before cooking. Add to slow cooker and cook on low setting for 3-6 hours or until chicken shreds easily. Shred chicken and return to slow cooker to mix with juice.

This ginger peach chicken tastes great with brown rice and roasted green beans. Yum!

## 26. Honey Sesame Chicken

Modified from <http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesamechicken/>

Yields: 6 servings

### Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons vegetable oil
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken thighs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Directions

1. Combine all ingredient in slow cooker and cook on “low” setting for 3 hours and 30 minutes.
2. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.
3. Serve immediately.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator. Cook in slow cooker on Low setting for 3.5 hours or until chicken is cooked through and tender. Remove chicken thighs from slow cooker and shred chicken before returning to pot with juices. Cover and keep warm for additional 30 minutes.

Garnish with 1 green onion (thinly sliced) and sesame seeds, if desired. Serve with brown rice and broccoli.

## 27. Crockpot Ham & Potato Soup

Modified from: <http://onceamonthmeals.com/canadian-bacon-potato-chowder/>

Yields: One gallon-sized freezer bag with four servings

### INGREDIENTS

- 4 carrots, peeled and diced (about 1.5 cups or 1/2 pound)
- 2 small potatoes, peeled and cut into 1-inch chunks (about 8oz or 1.5 cups)
- 2 ribs celery, diced (about 2/3 cup)
- 1 small onion, diced (about one cup)
- 2 garlic cloves, minced (one teaspoon)
- 1/2 cup uncooked medium barley (not quick cooking)
- 1/4 teaspoon pepper
- 1/4 teaspoon ground thyme
- 8 oz bone-in ham steak, cut into 1/2 inch pieces (about 1 cup diced)
- 6oz evaporated milk (I split 12 oz can into two freezer bags)
- 4 cups of chicken broth \* (not needed until day of cooking)

### MATERIALS

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag (or two if you buy a 12oz can of milk)

### PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except evaporated milk and chicken broth). To keep potatoes from browning, chop them last and add them to the top of your freezer bag.
3. Add evaporated milk to a quart-sized plastic freezer bag. Seal, and add to gallon-sized bag.
4. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

### 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 chicken broth. Keep bag of evaporated milk in the refrigerator.
3. Cook item in crockpot on "low" setting for 8 hours, or until carrots and potatoes are soft. Stir in evaporated milk and leave lid open a crack. Continue to cook 15 minutes or until heated through.

Serve with crusty bread or crescent rolls.

## 28. Freezer-to-Slow Cooker Italian Wedding Soup

Yields: Six servings

### Ingredients

- 1 pound 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
- 8 cups of chicken broth \*not needed until day of cooking
- 1/2 cup uncooked pasta \*not needed until day of cooking (I like ditallini)

### Materials

- 1 gallon-sized plastic freezer bag

### Prep

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all ingredients except water and pasta.
3. Remove as much air from bag as possible, seal, and lay flat in your freezer.

### Cook

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, add contents of freezer bag to crockpot with 8 cups of water.
3. Cook for 6-8 hours on “low” setting or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

Serve with garlic bread. YUM.

## 29. Slow Cooker Southwestern Pork Chili

Yields: 6 servings

### Ingredients

- 1 pound lean ground pork (You can sub ground turkey if you don't eat pork)
- 2 onions, peeled and chopped (about two cups)
- 2 ribs of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14.5oz can of tomato sauce
- 15oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon ground oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Directions

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

### To Freeze

Label a gallon-sized plastic freezer bag. Add all ingredients to the freezer bag. Remove as much air as possible, seal and lay flat in your freezer for up to three months. When ready to eat, thaw and cook in your crockpot on "low" setting for 6-8 hours. Break apart pork and serve.

Serve with shredded cheese and tortilla chips.

## 30. Crockpot Cabbage Casserole

Yields 6-8 servings

### Ingredients

- 1 pound of 85% lean ground beef
- 2 medium onions, diced
- 1 medium head of cabbage, chopped
- 2 medium carrots, peeled and thinly sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups beef broth
- 3/4 cup brown rice (uncooked)
- Cooking spray\* not needed until day of cooking

### Materials

- 1 gallon-sized plastic freezer bag

(NOTE: This meal makes a lot of food so you may want to split it into two freezer bags if your slow cooker isn't at least 6 quarts)

### Prep

1. Label your freezer bag.
2. Add all ingredients EXCEPT for cooking spray to bag.
4. Remove as much air as possible, seal and lay flat in your freezer for up to three months.

### Cook

1. Thaw.
2. Spray crockpot with cooking spray and place rice in the bottom of the slow cooker.
3. Add ingredients from freezer bag.
4. Cook on "low" setting for 4-6 hours.
5. Stir before serving.

Serve with soy sauce.

### 31. Slow Cooker Hawaiian Pork Chops

Yields: 3-4 servings (depending on number of pork chops in pound)

#### Ingredients

- 1lb boneless, pork chops
- 1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces
- 2 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce

#### Materials

- 1 gallon-sized plastic freezer bag

#### Prep

1. Label your freezer bag.
2. To your freezer bag, add pineapple, brown sugar, soy sauce, and pork chops. (Add the pork chops to the bag last, so they're the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

#### 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 slow cooker and cook on "low" setting for 6 hours, or until pork is cooked through and tender.

Serve with brown rice.



## Grocery List for all 31 Crockpot Freezer Meals

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

### PRODUCE

- 21 small yellow onions (about 7 pounds) (1, 8, 9, 10, 11, 12, 14, 17, 18, 19, 20, 22, 23, 24, 26, 27, 28, 29, 30)
- 37 garlic cloves (about 4 bulbs) (1, 4, 5, 9, 10, 11, 14, 15, 17, 20, 24, 25, 26, 27, 29)
- 11 medium-sized red bell peppers (4, 10, 11, 18, 23, 24, 29)
- 4 small green bell peppers (20, 22)
- 6lbs carrots (4, 8, 12, 13, 18, 27, 28, 29, 30)
- 3 cups green beans (8)
- 1 medium-sized zucchini (8)
- 2 limes (10, 18)
- 6 celery ribs (12, 27, 29)
- 10oz baby Portobello mushrooms (14)
- 12oz white mushrooms (14)
- 2.5oz baby spinach (14)
- 2 heads escarole (15, 28)
- 1 head kale (15, 19)
- 2 pineapples (23, 31)
- 1-inch fresh ginger root (25)
- 2 small potatoes (27)
- 1 medium head of cabbage (30)

### MEAT

- 18 pounds boneless, skinless chicken breasts (1, 2, 6, 7, 9, 10, 11, 16, 17, 18, 21, 24)
- 4 pounds boneless, skinless chicken thighs (22, 25, 26)
- 2.5lb bone-in pork shoulder (3)
- 2lbs ground chicken (4)
- 2lbs ground turkey (5, 19)
- 3oz bag bacon pieces (6)
- 2 beef chuck roasts (2-pounds each) (12, 13)
- 2lbs ground beef (at least 85% lean) (20, 30)
- 8oz bone-in ham steak (27)
- 1 pound ground pork (29)
- 1 pound boneless pork chops (31)

### COLD

- 8oz cheddar cheese (6)
- 3/4 cup 2% milk (6)
- 1 tablespoon butter (14)
- 8oz sour cream (14)

### FREEZER

- 2 cups frozen peas (1)
- 4 and 1/3 cup frozen corn (5, 9, 29)
- 32oz bag tater tots (6)
- 3lbs small meatballs (8, 23, 28)
- 16oz bag of frozen stir fry vegetables (16)

## SPICES

- 1 bay leaf (12)
- 3 tablespoon + 2 teaspoons chili powder (5, 7, 10, 29)
- 1/4 teaspoon ground cloves (9)
- 2 tablespoons + 1.5 teaspoons ground cumin (5, 9, 10, 18)
- 3.5 tablespoons curry powder (1, 7)
- 1.5 teaspoons garlic salt (28, 29)
- 2 tablespoons Italian seasonings (19)
- 1/4 cup dried minced onion (3)
- 1 teaspoon Montreal Steak Seasoning (28)
- 1 teaspoon onion powder (28)
- 3.5 teaspoons ground oregano (5, 9, 29)
- 1 tablespoon + 2.5 teaspoon paprika (5, 10, 14)
- 2 tablespoons pepper (2, 6, 9, 11, 12, 14, 17, 24, 26, 27, 29, 30)
- 3.5 teaspoons crushed red pepper flakes (1, 5, 9, 10, 17, 24, 26)
- 1 teaspoon dried rosemary (12)
- 3.75 teaspoons salt (1, 2, 6, 12, 15, 24, 26, 30)
- 2.75 teaspoons ground thyme (2, 12, 27)
- 1 packet McCormick mesquite seasoning (or other seasoning packet that you like) (13)

## ITALIAN

- 6oz can tomato paste (1)
- 4 cans tomato sauce (14.5oz each – you can substitute two 28oz cans) (1, 5, 29)
- 14.5oz can petite diced tomatoes (5)
- 2 jars pasta sauce (24oz each) (8, 20)

## CANNED

- 13.5oz can of coconut milk (1)
- 2 cans whole berry cranberry sauce (14oz each) (3, 17)
- 4 cans black beans (15oz each) (5, 21, 29)
- 2 cans Great Northern beans (15oz each) (9)
- 1 can cannellini beans (15oz) (19)
- 15oz can corn (21)
- 8oz can chopped mild green chilies (9)

## BAKING

- 3/4 cup + 1 tablespoon + 1 teaspoon brown sugar (7, 23, 29, 31)
- 5 tablespoons corn starch (11, 23)
- Pinch of sugar (15)
- 6oz can evaporated milk (If you buy 12oz, you can freeze half of it) (27)

## OILS & VINEGARS

- 1/2 cup + 3 tablespoons extra virgin olive oil (9, 13, 15, 17, 24)
- 2 tablespoons vegetable oil (26)
- 2 tablespoons red wine vinegar (13)
- 2 tablespoons balsamic vinegar (17)
- 1/2 cup vinegar, cider or white (23)

## MISC

- 31 gallon-sized plastic freezer bags (1-31)
- 2 quart-sized plastic freezer bags (20, 27)
- 1.25 cup + 3 tablespoons honey (1, 2, 3, 4, 10, 17, 26)

For more info, visit [www.NewLeafWellness.biz](http://www.NewLeafWellness.biz)

- 2 tablespoons Dijon mustard (2)
- 1.25 cup + 1 tablespoon low-sodium soy sauce (4, 18, 23, 25, 26, 31)
- 2 cups + 2 tablespoons ketchup (4, 7, 14, 23, 26)
- 3 tablespoons + 1 teaspoon Worcestershire sauce (7, 14, 28)
- 1.5 teaspoons hot sauce (7)
- 3 cups chicken broth (11, 14, 18, 29)
- 3 cups beef broth (30)
- 1 cup pearled barley (not quick-cooking) (12, 27)
- 8oz dried cannellini beans (15)
- 5oz teriyaki sauce (about 2/3 cup) (16)
- 1/2 cup creamy peanut butter (18)
- 16oz jar salsa verde (21)
- 1 cup BBQ sauce (22)
- 1 cup peach jam (25)
- 3/4 cup uncooked brown rice (30)

#### NOT NEEDED UNTIL DAY OF COOKING

- 32 cups low sodium chicken broth (8, 9, 15, 19, 27, 28) – if you want, you can add chicken bullion granules to your freezer bags so you only have to add water the day of cooking
- 7 cups beef broth (12)
- 6 slices provolone cheese (11) – you can freeze this in a separate bag, if you want
- 2 packages cream cheese (8oz each) (14, 21)
- 1/4 pound sharp cheddar cheese (one cup shredded) (22)
- 1 box Jiffy Corn Muffin Mix (plus one egg and 1/3 cup milk) (22)
- 1/2 cup uncooked pasta (I like ditallini) (28)
- Cooking spray (30)
- Suggested Side Dishes
  1. Chicken Curry – brown or white rice
  2. Honey Dijon Chicken – steamed broccoli and brown rice
  3. Cranberry Pork Roast – brown rice and green beans
  4. Asian Chicken Lettuce Wraps – big pieces of iceberg or boston bibb lettuce
  5. Turkey and Black Bean Chili – shredded cheese and tortilla chips
  6. Cheesy Chicken Tater Tot Casserole – sour cream and peas
  7. Shredded BBQ Chicken – hamburger buns and a salad
  8. Meatball Veggie Soup – crusty bread
  9. White Chicken Chili – shredded cheddar cheese and tortilla chips
  10. Chicken Fajitas – tortillas or rice and top with guacamole, salsa, and shredded cheese
  11. Chicken Philly Cheesesteaks – rolls and sweet potato fries
  12. Beef and Barley Stew – crusty bread
  13. Beef Roast and Carrots – rice, biscuits, or a big salad
  14. Mushroom Spinach Stroganoff – egg noodles
  15. Greens & Beans – crusty bread and parmesan cheese
  16. Chicken Teriyaki - rice
  17. Cranberry Chicken – green beans
  18. Thai Peanut Chicken – top with peanuts and serve with rice
  19. Turkey, White Bean, and Kale Soup – garlic bread
  20. Stuffed Peppers – rice
  21. Salsa Verde Chicken – Spanish rice and a salad
  22. BBQ Chicken Cornbread Casserole – serve plain or with a salad
  23. Sweet and Sour Meatballs – rice
  24. Red Pepper Chicken – brown rice or broccoli OR on tortillas with shredded cheddar cheese
  25. Ginger-Peach Chicken – brown rice and roasted green beans
  26. Honey Sesame Chicken – brown rice and broccoli
  27. Ham and Potato Soup – crusty bread or crescent rolls

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28. Italian Wedding Soup – garlic bread
29. Southwestern Pork Chili – shredded cheese and tortilla chips
30. Cabbage Casserole – soy sauce
31. Hawaiian Pork Chops – brown rice