

5 CROCKPOT FREEZER MEALS MADE WITH FRESH TOMATOES

Printable Recipes Provided Below

1. Turkey Black Bean Chili
2. Meatball Soup with Garden Veggies
3. Beef Enchilada Stack
4. Italian-Style Pot Roast
5. Chicken Chili

Grocery List Provided Below (for all 5 meals)

1. Turkey Black Bean Chili

Yields: 6 servings

Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 medium-sized tomatoes, cored, seeds and juice removed, and chopped
- 2 cans black beans (15oz each), drained and rinsed
- 1 small onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon salt

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. Add all ingredients to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

Cook

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, dump bag into crockpot.
3. Cover, and cook on "low" setting for 8 hours or until turkey is cooked through.
4. Break apart turkey and stir.

Serve with shredded cheddar cheese and tortilla chips.

2. Meatball Soup with Garden Veggies

Yields: 6 servings

Ingredients

- 1lb mini meatballs
- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 2 medium-sized zucchinis, ends cut off and chopped (about two cups)
- 1 medium-sized yellow onion, diced (about one cup)
- 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 4 cups of chicken broth *not needed until day of cooking
- 24oz jar of your favorite pasta sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. Add all ingredients to freezer bag (except chicken broth).
3. Remove as much air as possible, seal, and freeze for up to three months.

Cook

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, dump bag into crockpot and add chicken broth.
3. Cover, and cook on "low" setting for 8 hours or until veggies are tender.

Serve with garlic bread.

3. Beef Enchilada Stack

Yields: 4 servings

Ingredients

- 1 pound 85% lean ground beef
- 15oz can of black beans, drained and rinsed
- 3 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 4oz can diced green chilies
- 1 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8-10 small corn tortillas (I used 9)
- 8oz mild cheddar cheese, shredded (about 2 cups)

Materials

- 1 gallon-sized plastic freezer bag
- 24-inch piece of plastic wrap

Prep

1. Label freezer bag.
2. In a large bowl, combine all ingredients except tortillas and cheese.
3. Layer ingredients on piece of plastic wrap in this order:
 - One tortilla.
 - Top with 1 cup beef mixture and 1/4 cup cheese. Flatten.
 - Add another tortilla and continue repeating layers until beef mixture is gone.
 - Top with final tortilla.
 - Fold plastic wrap over stack and around it.
3. Cover stack with freezer bag, seal, and freeze for up to three months.

Cook

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, carefully remove stack from bag and add to crockpot.
3. Cover, and cook on "low" setting for 6-8 hours or until beef is cooked through.
4. Slice like a pie and serve. (Mine cooked down like a casserole, so we used a spoon to serve.)

Top with extra shredded cheddar cheese (optional).

4. Italian-Style Pot Roast

Yields: 6 servings

Ingredients

- 2-pound boneless beef chuck shoulder roast
- 1 small yellow onion, diced (one cup)
- 4 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 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

Materials

- 1 gallon-sized plastic freezer bag

Prep

- 1.** Label freezer bag.
- 2.** Add all ingredients to freezer bag.
- 3.** Remove as much air as possible, seal, and freeze for up to three months.

Cook

- 1.** The night before cooking, move bag to refrigerator to thaw.
- 2.** The morning of cooking, dump bag into crockpot.
- 3.** Cover, and cook on “low” setting for 8 hours or until beef is tender.
- 4.** Shred beef.

Serve with spaghetti and a side salad.

5. Chicken Chili

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 3 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 small yellow onion, chopped (one cup)
- 4 cloves garlic, minced
- 2 cans cannellini beans (15oz each), drained and rinsed
- 4oz can of diced green chilies
- 1.5 cups frozen corn
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label freezer bag.
2. Add all ingredients to freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

Cook

1. The night before cooking, move bag to refrigerator to thaw.
2. The morning of cooking, dump bag into crockpot.
3. Cover, and 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.

Grocery List for all 5 Crockpot Freezer Meals

(Note: the number(s) next to each ingredient corresponds to its recipe number)

PRODUCE

- 4 small yellow onions (1, 2, 4, 5)
- 14 medium-sized tomatoes (1, 2, 3, 4, 5)
- 7 cloves garlic (1, 4, 5)
- 1lb carrots (2)
- 2 medium-sized zucchinis (2)

MEAT

- 2lb boneless beef chuck shoulder roast (4)
- 1 pound ground turkey (1)
- 1 pound 85% lean ground beef (3)
- 1 pound boneless skinless chicken breasts (5)

COLD

- 8oz mild cheddar cheese, shredded (about 2 cups) (3)

FREEZER

- 1lb mini meatballs (2)
- 1.5 cups frozen corn (5)

SEASONINGS

- 1 teaspoon dried oregano (4)
- 1/2 teaspoon dried parsley (4)
- 2 teaspoons salt (1, 3, 4, 5)
- 1/2 teaspoon ground black pepper (3, 4)
- 1/2 teaspoon crushed red pepper flakes (4, 5)
- 1 teaspoon garlic powder (3)
- 3/4 teaspoon onion powder (3)
- 2 tablespoons + 2 teaspoons chili powder (1, 3, 5)
- 6 teaspoons ground cumin (1, 3, 5)
- 1 tablespoon paprika (5)

CANNED

- 3 cans black beans (15oz each) (1, 3)
- 2 cans diced green chilies (4oz each) (3, 5)
- 3 cans of cannellini beans (15oz each) (2, 5)
- 24oz jar of your favorite pasta sauce (2)
- 28oz can tomato sauce (1)

MISC

- 5 gallon-sized plastic freezer bags (1, 2, 3, 4, 5)

- 24-inch piece of plastic wrap (3)
- 1/4 cup honey (4)
- 2 tablespoons extra virgin olive oil (4)
- 8-10 small corn tortillas (I used 9) (3)

NOT NEEDED UNTIL DAY OF COOKING

- 4 cups of chicken broth (2)
- Suggested Side Dishes:
 1. Turkey Black Bean Chili – serve with shredded cheddar cheese and tortilla chips
 2. Meatball Soup with Garden Veggies – serve with garlic bread
 3. Beef Enchilada Stack – top with extra shredded cheddar cheese (optional)
 4. Italian-Style Pot Roast - serve with spaghetti and a side salad
 5. Chicken Chili - serve with shredded cheddar cheese and tortilla chips