

8 HEALTHY CROCKPOT FREEZER MEALS IN 45 MINUTES

RECIPES & GROCERY LIST

Crockpot Beef/Chicken Fajitas

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 2 bell peppers, sliced (I used one red and one yellow)
- 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

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” setting for 8 hours (beef) or 6 hours (chicken) or until meat is tender.
3. Shred meat and serve with peppers and onions on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

Crockpot Italian Beef/Chicken and Veggies

Yields: One gallon-sized freezer bag with six servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 16oz bag of California mix vegetables (broccoli/cauliflower/carrots)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- 1 teaspoon each: onion powder, thyme, basil, oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

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 hours (chicken) or 8 hours (beef), or until meat is tender.
3. If using beef, shred meat before serving.
4. Serve with rice or rolls.

Crockpot BBQ Beef/Chicken and Carrots

Yields: One gallon-sized freezer bag with 6 servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 1 pound carrots, peeled and chopped
- 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

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 hours (chicken) or 8 hours (beef), or until meat is tender.
3. Shred meat.
4. Serve with rice or on sandwich rolls.

Crockpot Honey Dijon Beef/Chicken and Red Potatoes

Yields: One gallon-sized freezer bag with 6 servings (I doubled this recipe and made two bags – one with beef and one with chicken)

INGREDIENTS

- 2 pounds of meat, fat trimmed (I made one bag with boneless chicken breasts and one bag with a boneless beef chuck shoulder roast)
- 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
- 16oz bag of baby red potatoes (I buy the bags of fresh baby potatoes sold in the produce section)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your gallon-sized freezer bag, add all ingredients (except water and potatoes).
3. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.
4. Place bag of potatoes in freezer.

COOK

1. The night before cooking, move gallon-sized freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water and frozen potatoes. (I don't thaw my potatoes because I worry about them getting brown while cooking.)
3. Cook on low setting for 6 hours (chicken) or 8 hours (beef), or until meat is tender.
4. If using beef, shred meat before serving.
5. Serve with steamed broccoli or a salad.

GROCERY LIST FOR ALL EIGHT MEALS

MEAT

- 2-pound boneless beef chuck shoulder roast x4
- 8 pounds boneless skinless chicken breasts

PRODUCE

- 2 small yellow onions
- 4 bell peppers (I bought two red and two yellow)
- 8 cloves garlic
- 16 oz bag of baby red potatoes x2
- 2 pounds carrots

FROZEN

- 16oz bag of California blend veggies (broccoli/cauliflower/carrots) x2

SEASONINGS

- 2 teaspoons paprika
- 4 tablespoons chili powder
- 4 teaspoons cumin
- 2 teaspoons ground oregano
- 1/2 teaspoon crushed red pepper flakes
- 4.5 teaspoons black pepper
- 2 teaspoons salt
- 3 teaspoons ground thyme
- 2 teaspoons onion powder
- 2 teaspoons basil
- 3 teaspoons curry powder

MISC

- 1/2 cup plus 2 tablespoons honey
- 4 tablespoons Dijon mustard (or whole grain mustard)
- 2 tablespoons apple cider vinegar
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 3 teaspoons hot sauce
- 2 cups ketchup (I like Simply Heinz)
- 4 tablespoons Worcestershire sauce
- 2 tablespoons plus 2 teaspoons brown sugar
- 8 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional
 - I serve the fajitas with tortillas, lettuce, tomatoes, shredded cheddar cheese, and guacamole.

- I serve the Italian beef/chicken with rice or rolls.
- I serve the BBQ beef/chicken with rice or sandwich rolls.
- I serve the honey Dijon beef/chicken with steamed broccoli or a salad.