

SIX GROUND BEEF CROCKPOT FREEZER MEALS

Two bags of crockpot beef vegetable soup
Two bags of beef and black bean chili
Two bags of Mexican chili with cornbread topping

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 6 pounds lean ground beef

PRODUCE

- 2 pounds carrots
- 4 medium-sized zucchinis
- 4 medium sized onions
- 2 medium-sized peppers (any color)
- 4 large garlic cloves

SEASONINGS

- Homemade taco seasoning (2 tablespoons chili powder, 2 teaspoons black pepper, and 1 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder) OR 2 packages of taco seasoning
- 2 tablespoons paprika
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 3 teaspoons ground oregano
- 1/2 teaspoon crushed red pepper flakes

FROZEN

- 5 1/3 cups frozen corn

CANNED

- 15 oz cannellini beans (white kidney beans) x2
- 10.75 oz can of condensed tomato soup x2
- 28 oz can of tomato sauce x 2 (I couldn't find this at Aldi, so I subbed two cans of crushed tomatoes with basil)
- 15 oz can of black beans x4

MISC

- 24 oz jar of pasta sauce x2
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of fat-free, reduced-sodium chicken broth
- 2 boxes of jiffy corn muffin mix + necessary ingredients listed on box (Jiffy calls for one egg and 1/3 cup of milk)
- 1/2 pound cheddar or pepper jack cheese (about 2 cups shredded)
- Side dishes for beef black bean chili and beef vegetable soup, like chips, cheese, and crusty bread (we like garlic bread)

RECIPES

Crockpot Beef Vegetable Soup

Yields: One gallon-sized bag of Beef Vegetable Soup. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized zucchinis, ends cut off and chopped (about two cups)
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound lean ground beef
- 4 cups fat free, reduced 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 beef to the freezer bag last so it's 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 add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through and carrots are soft.

Crockpot Mexican Chili with Cornbread Topping

Yields: One gallon-sized bag of Mexican Chili with Cornbread Topping (I doubled this recipe and made two bags.)

Ingredients

- 1 medium-sized yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of homemade taco seasoning mix (1 tablespoon chili powder, 1 teaspoon black pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder) OR 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1 pound lean ground beef
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup) – NOT NEEDED UNTIL DAY OF COOKING*
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) – 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 onion, pepper, corn, seasoning, tomato soup, and ground beef. (Add the ground beef to the bag last, so it's 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 6-8 hours, or until beef is cooked through.
3. Break apart ground beef and stir.
4. Top chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on "high" setting for one hour or until cornbread topping is cooked through.

*If you want to have everything prepped before the day of cooking, shred the cheese and freeze it separately in a small plastic freezer bag. Assemble the corn muffin batter and bake in a muffin or loaf pan. Cool to room temp, flash freeze, and serve as a side with the chicken chili.

Crockpot Beef & Black Bean Chili

Yields: One gallon-sized bag of chili. About 4-6 servings (I doubled this recipe and made two bags.)

Ingredients

- 28oz can of tomato sauce (I subbed crushed tomatoes with basil)
- 2, 15oz cans black beans, drained and rinsed
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound lean ground beef

Materials

- 1 gallon-sized plastic freezer bag

Prep

4. Label your freezer bag.
5. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your slow cooker.)
6. 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.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through.

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