

Five Budget-Friendly Freezer Crockpot Meals

Printable Recipes and Grocery List Below

Recipe List

1. Sweet Mustard Chicken from [Busy Momma Media](#)
2. Chicken Cacciatore
3. [Mexican Chili with Cornbread Topping](#)
4. Teriyaki Chicken from [Hello Natural](#)
5. Honey Sesame Chicken from [Damn Delicious](#)

1. Sweet Mustard Chicken

Recipe adapted from [Busy Momma Media](#)

Yield: 3-4 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- ½ cup Dijon mustard
- ¼ cup maple syrup
- 1 tbsp rice wine vinegar
- fresh rosemary (not needed until day of cooking)

Materials

- 1 gallon-sized 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. Pour contents of freezer bag into a baking pan.
3. Bake at 450° for 45 minutes.
4. Sprinkle with fresh rosemary.

Serve with brown rice or quinoa.

2. Chicken Cacciatore

Yield: 4 servings

Ingredients

- 1 pound boneless, skinless chicken breasts
- 24oz jar of spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet onion, chopped

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.
3. Cook in crockpot on "low" for 6-8 hours or until chicken is cooked through.

Serve with spaghetti and salad!

3. Mexican Chili with Cornbread Topping

Yields: 4 servings

Ingredients

- 1 pound lean ground beef (at least 85%)
- 1 small yellow onion, chopped (about one cup)
- 1 green bell pepper
- 1 cup frozen corn
- 2 tablespoons and 1½ teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup)
- 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
- 1 quart-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your quart-sized freezer bag, add cheese.
3. To your gallon-sized freezer bag, add remaining ingredients.
4. 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 bags to your refrigerator to thaw.
2. Pour contents of gallon-sized freezer bag into your crockpot.
3. Leave quart-sized bag in your refrigerator.
4. Cook on “low” setting for 6-8 hours, until beef is cooked through.
5. Break apart beef and mix all ingredients.
6. Top with shredded cheese and assembled cornbread batter.
7. Replace lid and cook for an additional 60 minutes on “high”.

4. Teriyaki Chicken

Recipe adapted from [Hello Natural](#)

Yields: 4 servings

Ingredients

- 2 pounds chicken thighs
- ½ cup soy sauce
- ¼ cup rice wine vinegar
- ¼ cup brown sugar
- 1 can pineapple chunks

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.
3. Cook in crockpot on “low” for 6-8 hours.

Serve with cooked white or brown rice and steamed broccoli.

5. Honey Sesame Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- ½ cup honey
- ½ cup soy sauce
- ¼ cup ketchup
- 2 tablespoons vegetable oil
- ¼ teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper, to taste
- 1 green onion, thinly sliced for garnish (not needed until day of cooking)
- Sesame seeds, for garnish (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.
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” for 4-6 hours or until chicken is cooked through.
4. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices.
5. Cover and keep warm for an additional 30 minutes.

Serve over white rice, garnished with green onions and sesame seeds, if desired.

Grocery List for all 5 Budget-Friendly Freezer Crockpot Recipes
(The number next to each ingredient corresponds to its recipe number.)

Produce

- 1 zucchini (2)
- 2 green bell peppers (2,3)
- 1 sweet onion (2)
- 2 medium-sized yellow onions (3, 5)
- Garlic (2 cloves) (5)

Meat

- 2 pounds boneless, skinless chicken breasts (1, 2)
- 4 pounds chicken thighs (4, 5)
- 1 pound lean ground beef (3)

Freezer

- 1 cup frozen corn (3)

Spices

- 1 package of taco seasoning (3)
- ¼ tsp crushed red pepper flakes (5)
- Salt (4)
- Pepper (4)

Italian

- One 24oz jar spaghetti sauce (2)

Canned

- One 10.75oz can of condensed tomato soup (3)
- One can pineapple chunks (4)

Cold

- ¼ pound cheddar cheese, shredded (3)

Baking

- ½ cup honey (4, 5)
- ¼ cup brown sugar (4)

Oils and Vinegars

- ½ cup rice wine vinegar (1, 4)
- 2 tablespoons vegetable oil (5)

Miscellaneous

- ½ cup Dijon mustard (1)
- ¼ cup maple syrup (1)
- 1 cup soy sauce (4, 5)
- ¼ cup ketchup (5)
- 5 gallon-sized freezer bags (1-5)
- 1 quart-sized freezer bag (3)

Not Needed Until Day of Cooking

- 1 box of Jiffy corn muffin mix + the necessary ingredients (3)
- Fresh Rosemary (1)
- Sesame seeds (5)
- Green onion (5)
- Suggested side dishes
 1. Sweet Mustard Chicken – brown rice or quinoa
 2. Chicken Cacciatore – spaghetti
 3. Mexican Chili with Cornbread Topping
 4. Teriyaki Chicken – rice and broccoli
 5. Honey Sesame Chicken - rice