

The 6 Best Pork Crockpot Freezer Meals in 35 Minutes

FROM [NEW LEAF WELLNESS](http://www.NewLeafWellness.biz)

FREE PRINTABLE SHOPPING LIST AND
RECIPES BELOW!

Shopping List for All 6 Meals
(The number next to each ingredient corresponds to its recipe number.)

Produce

- 4 cloves garlic (5)
- 2 medium-sized sweet potatoes (1 pound) (6)
- 2 yellow onions (4, 6)

Meat

- Six 2-pound boneless pork roasts (1-6)

Frozen/Cold

- 1/2 cup grated Parmesan cheese (5)
- 12oz bag frozen pitted dark sweet cherries (6)

Canned/Dried

- 15oz can whole berry cranberry sauce (1)
- 28oz can diced tomatoes (5)

Spices and Seasonings

- 1 teaspoon basil (5)
- 1 tablespoon + 2 teaspoons chili powder (3, 4)
- 2 teaspoons curry powder (3)
- 2 teaspoons garlic powder (2, 6)
- 1/4 cup dried minced onion (1)
- 2 teaspoons dry mustard (2)
- 1 teaspoon oregano (5)
- 1 tablespoon parsley (5)
- 1 1/2 teaspoons pepper (2, 5, 6)
- 2 1/2 teaspoons salt (2, 4, 6)
- 1 teaspoon thyme (6)

Baking

- 1/4 cup + 1/3 cup honey (1, 2)
- 1 tablespoon light brown sugar (3)

Oil and Vinegar

- 1/3 cup apple cider vinegar (4)
- 3 tablespoons red wine vinegar (2)
- 2 tablespoons olive oil (5)

Miscellaneous

- 1/3 cup maple syrup (4)
- 1/3 cup soy sauce (2)
- 1 cup ketchup (3)
- 2 tablespoons Worcestershire (3)
- 1 teaspoon hot sauce (3)

Materials

- 6 gallon-sized plastic freezer bags (1-6)

Not Needed Until Day of Cooking

- Suggested Side Dishes
 1. Cranberry Pork Roast – stuffing, asparagus
 2. Company Pork Roast – rice, steamed broccoli
 3. Shredded BBQ Pork – hamburger buns, corn on the cob
 4. Maple Pulled Pork – roasted sweet potatoes, green beans
 5. Italian Pork Roast – spaghetti, salad
 6. Cherry Pork Roast with Sweet Potatoes - salad

Recipe List

1. [Cranberry Pork Roast](#)
2. Company Pork Roast from [Six Sisters' Stuff](#)
3. Shredded BBQ Pork
4. Maple Pulled Pork from [Sweet Peas and Saffron](#)
5. [Italian Pork Roast](#)
6. Cherry Pork Roast with Sweet Potatoes (inspired by a recipe in my [Freezer Cooking Cookbook eBooks](#) and shared for free below)

1. Cranberry Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 15oz can whole berry cranberry sauce (or half of this [homemade cranberry sauce recipe](#))
- 1/4 cup honey
- 1/4 cup dried minced onion

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6-8 hours.
3. Slice or shred meat.

Serve with cranberry sauce in crockpot, stuffing, and asparagus.

2. Company Pork Roast

Recipe modified from [Six Sisters Stuff](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 1/3 cup honey
- 1/3 cup soy sauce
- 3 tablespoons red wine vinegar
- 2 teaspoons dry mustard
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6-8 hours.
3. Slice or shred meat and cover with sauce.

Serve with rice and steamed broccoli.

3. Shredded BBQ Pork

Recipe from [New Leaf Wellness](#)

Yields: 8 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 1 cup ketchup
- 2 tablespoons Worcestershire
- 1 tablespoon light brown sugar
- 1 tablespoon chili powder
- 2 teaspoons curry powder
- 1 teaspoon hot sauce

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6-8 hours.
3. Shred pork and mix with sauce in crockpot.

Serve on hamburger buns with corn on the cob.

4. Maple Pulled Pork

Recipe from [Sweet Peas and Saffron](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- ½ large onion, sliced (or one small onion)
- 1/3 cup maple syrup
- 1/3 cup apple cider vinegar
- 1 teaspoon salt
- 2 teaspoons chili powder

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6-8 hours.
3. Shred pork and mix with sauce in crockpot.

Serve with roasted sweet potatoes and green beans.

5. Italian Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 28oz can diced tomatoes, undrained
- 1/2 cup grated Parmesan cheese
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon black pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 6-8 hours.
3. Slice or shred meat.

Serve over spaghetti with a side salad.

6. Cherry Pork Roast with Sweet Potatoes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

Ingredients

- 2-pound boneless pork roast, fat trimmed
- 2 medium-sized sweet potatoes (1 pound), peeled and cut into 1" pieces
- 1 small yellow onion, chopped (one cup)
- 12oz bag frozen pitted dark sweet cherries
- 1 teaspoon garlic powder
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on "low" setting for 6-8 hours.
3. Slice or shred meat.

Serve with a salad.