

# 17 Healthy Crockpot Freezer Meals with Longer Cooking Times

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

FREE PRINTABLE RECIPES AND  
SHOPPING LIST BELOW!

## Recipe List

1. [Chicken Noodle Soup](#) (my kids' favorite)
2. [Chicken Chili](#)
3. [Sausage-Stuffed Mini Sweet Peppers](#) (yum!)
4. Beef Barley Stew from [Live Simply](#)
5. [Homemade Mississippi Roast](#)
6. [Chicken Curry](#) (make vegetarian by subbing 2 cans of chickpeas for the chicken)
7. [Turkey Black Bean Chili](#)
8. Dill Pickle Roast Beef from [Simply Stacie](#)
9. [Mexican Chicken Chili with Cornbread Topping](#) (even the cornbread cooks in the crock)
10. [Salsa Verde Shredded Pork Tacos](#)
11. [Steak Italiano](#)
12. [Sweet n Sour Meatballs](#)
13. [Chinese Pepper Steak with Green Peppers and Onions](#)
14. [Italian Pork Roast](#)
15. [Sloppy Joe's](#)
16. [Stuffed Peppers](#)
17. [Cranberry Pork Roast](#) (only 4 ingredients!)

## 1. Chicken Noodle Soup

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small yellow onion, diced (one cup)
- 4 carrots, diced
- 2 celery ribs, diced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 32oz chicken broth (not needed until day of cooking)
- 2 cups wide egg noodles (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

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

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked though.
4. Shred chicken and stir.
5. Add noodles and cook for an additional 15 minutes or until al dente.

Serve with bread.

## 2. Chicken Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 small yellow onion (one cup), chopped
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans, drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained
- 14.5oz can petite diced tomatoes, undrained
- 1 green bell pepper, diced
- 1 2/3 cup frozen corn (half of a 16oz bag)
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

### 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.
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. Pour contents of freezer bag into your crockpot.
3. Cook on low for 6-8 hours.

Serve with shredded cheddar cheese and crushed tortilla chips.

### 3. Sausage-Stuffed Mini Sweet Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

#### Ingredients

- 24oz mini sweet peppers (1 1/2 pounds)
- 1 pound ground sweet Italian sausage
- 24oz jar spaghetti sauce (We like Prego Traditional)
- 8oz shredded mozzarella cheese (about 2 cups) (not needed until day of cooking)

#### Materials

- 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

1. Label your freezer bag.
2. Cut tops off peppers and remove seeds. (It's OK if you don't get every single seed out.)
3. Stuff the peppers with sausage.
4. Add stuffed peppers and spaghetti sauce to your freezer bag.
5. Remove as much air as possible, seal, and freeze for up to three months.

#### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 6-8 hours.
4. Add mozzarella cheese and cook for additional 10 minutes or until melted.

Serve over spaghetti.

4.

## Beef Barley Stew

Recipe from [Live Simply](#)

Yields: 6 servings

### Ingredients

- 2lb beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1 small yellow onion, diced (one cup)
- 2 teaspoons thyme
- 1 teaspoon rosemary
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup dry pearled barley (not quick-cooking)
- 8 cups beef broth (not needed until day-of cooking)

### 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 except broth.
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 with broth.
3. Cook on “low” setting for 8 hours or until carrots are soft.
4. Remove bay leaf, break apart beef, and stir.

Serve with fresh bread.

## 5. Homemade Mississippi Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 3-pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 1 stick unsalted butter
- 4-6 pepperoncini peppers plus a couple of tablespoons of juice from the jar
- 1 packet au jus seasoning or this homemade version: 4 teaspoons beef bouillon granules, 1 teaspoon soy sauce, 1/4 teaspoon garlic powder, and 1/4 teaspoon pepper
- 1 packet dry ranch seasoning or this homemade mix: 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried onion flakes, 3/4 teaspoon dill, 1/2 teaspoon pepper, 1/2 teaspoon salt

NO EXTRA LIQUID NEEDED!

### 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 with broth.
3. Cook on low setting for 6-8 hours or until meat is tender.
4. Shred meat and return to mix with juice in crockpot.

Serve with mashed potatoes.

## 6. Chicken Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-size pieces\*
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, chopped (one cup)
- 2 cups frozen peas
- 15oz can tomato sauce (about 1 3/4 cup)
- 2 large cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red 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.
3. Cook on “low” setting for 6-8 hours.

Serve with rice or naan.

\*To make vegetarian, substitute 2 cans (15oz each) chickpeas, drained and rinsed.

## 7. Turkey Black Bean Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans black beans (15oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn
- 2 cloves 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

### 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on low setting for 6-8 hours.
4. Break apart turkey and stir.

Serve with shredded cheese and tortilla chips.

## 8. Dill Pickle Roast Beef

Recipe adapted from [Simply Stacie](#)

Yields: 6 servings

### Ingredients

- 3-pound boneless beef chuck shoulder roast, fat trimmed
- 1 jar of dill pickles, undrained
- 1 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.
3. Cook on low setting for 6-8 hours.
4. Shred meat and return to mix with juice in crockpot.

Serve with mashed potatoes.

## 9. Mexican Chicken Chili with Cornbread Topping

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 small yellow onion, chopped (one cup)
- 1 green pepper, chopped (about one cup)
- 1 cup frozen corn
- 15oz can tomato sauce
- 1 teaspoon honey
- 1 taco seasoning packet (or this homemade version: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder)
- 4oz cheddar cheese, shredded (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 and yields 6 muffins) (not needed until day of cooking)

### 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 except cheese and cornbread 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” for 4-6 hours.
3. Shred chicken with fork.
4. Cover shredded chicken chili with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

## 10. Salsa Verde Shredded Pork Tacos

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless pork roast, fat trimmed
- 16oz jar salsa verde
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon black pepper

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

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

### To Cook

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

Serve on lettuce wraps or soft tortillas with shredded cheese, salsa, and guacamole.

## 11. Steak Italiano

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless sirloin tip steak, cubed
- 28oz can crushed tomatoes
- 1 small yellow onion, diced (1 cup)
- 2oz fresh baby spinach
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper flakes

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

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

### To Cook

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

Serve with egg noodles or sautéed zucchini “noodles”.

## 12. Sweet and Sour BBQ Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds of meatballs
- 1 sweet yellow onion, cut into chunks
- 1 green pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 pineapple, cut into chunks
- 18oz bottle of BBQ sauce

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

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

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours or until peppers are tender.

Serve with rice.

### 13. Chinese Pepper Steak with Green Peppers and Onions

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

#### Ingredients

- 2 pounds beef top sirloin steak, fat trimmed and sliced
- 3 green bell peppers, chopped\*
- 2 small yellow onions, chopped
- 4 cloves of garlic, minced
- ½ cup soy sauce
- 1 tablespoon honey
- ½ teaspoon ground ginger
- ½ 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

#### To Cook

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

\*Note: If you prefer your veggies al dente, you can wait and add the green peppers during the last 30 minutes of cooking.

Serve over rice.

## 14. 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.

## 15. Sloppy Joes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds 85% lean ground beef
- 1 small yellow onion, diced
- 1 green pepper, diced
- 6oz can tomato paste
- 1/2 cup ketchup
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper (increase to 1 teaspoon if you like a little bit of spice)
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon celery seed

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

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

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Break apart beef and stir.

Serve on sandwich buns with corn on the cob.

## 16. Stuffed Peppers

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 1 garlic clove, minced
- 4 small green bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)

### Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook on “low” setting for 6-8 hours.

Serve with rice.

## 17. Cranberry Pork Roast

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 3-pound bone-in pork roast (sometimes labeled “Boston Butt” or “pork butt”), fat trimmed
- 15oz can whole berry cranberry sauce
- 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. Discard bone and slice or shred meat.

Serve with cranberry sauce in crockpot, stuffing, and green beans.

## Shopping List for All 17 Meals

(The number next to each ingredient corresponds to its recipe number.)

### Produce

- 12 small yellow onions (1, 2, 4, 6, 9, 10, 11, 12, 13, 15, 16)
- 2 pounds plus 7 carrots (1, 4, 5)
- 4 celery ribs (1, 4)
- 11 green bell peppers (2, 9, 12, 13, 15, 16)
- 20 cloves garlic (2, 6, 7, 10, 13, 14, 16)
- 24oz mini sweet peppers (1 1/2 pounds) (3)
- 2oz fresh baby spinach (11)
- 1 red pepper (12)
- 1 pineapple (12)

### Meat

- 5 pounds boneless skinless chicken breasts (1, 2, 6, 9)
- 1 pound ground sweet Italian sausage (3)
- 3 beef chuck roasts (one 2-pound and two 3-pound) (4, 5, 8)
- 1 pound ground turkey (7)
- 2 boneless pork roasts (2 pounds each) (10, 14)
- 2 pounds boneless sirloin tip steak (11)
- 2 pounds beef top sirloin steak (13)
- 3 pounds 85% lean ground beef (15, 16)
- 3-pound bone-in pork roast (sometimes labeled “Boston Butt” or “pork butt”) (17)

### Cold/Frozen

- 16oz bag plus 1 cup frozen corn (2, 7, 9)
- 1 stick unsalted butter (5)
- 2 cups frozen peas (6)
- 2 pounds of meatballs (12)
- 1/2 cup grated Parmesan cheese (14)

### Canned

- 3 cans black beans (15oz each) (2, 7)
- 15oz can cannellini beans (2)
- 13.5oz can unsweetened coconut milk (6)

## Italian

- 24oz jar spaghetti sauce (We like Prego Traditional) (3)
- 14.5oz can diced tomatoes with green chilies (2)
- 2 cans petite diced tomatoes (14.5oz each) (2, 7)
- 28oz can diced tomatoes (14)
- 2 cans tomato paste (6oz each) (6, 15)
- 2 cans tomato sauce (15oz each) (6, 9)
- 28oz can tomato sauce (7)
- 28oz can crushed tomatoes (11)
- 24oz jar of your favorite pasta sauce (16)

## Spices and Seasonings

- 2 1/2 teaspoons thyme (1, 4)
- 1 teaspoon celery seed (1, 15)
- 1/2 teaspoon turmeric (1)
- 3 1/2 teaspoons salt (1, 4, 6, 11)
- 2 tablespoons paprika (2, 7)
- 3 tablespoons chili powder (2, 7, 15)
- 1 tablespoon plus 4 teaspoons ground cumin (2, 7, 10)
- 4 teaspoons oregano (2, 7, 14)
- 2 3/4 teaspoon crushed red pepper flakes (2, 6, 7, 10, 11, 15)
- 1 teaspoon rosemary (4)
- 1 bay leaf (4)
- 3 1/2 teaspoons pepper (4, 8, 10, 11, 13, 14, 15)
- 2 tablespoons curry powder (6)
- 1 packet au jus seasoning or this homemade version: 4 teaspoons beef bouillon granules, 1 teaspoon soy sauce, 1/4 teaspoon garlic powder, and 1/4 teaspoon pepper (5)
- 1 packet dry ranch seasoning or this homemade mix: 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried onion flakes, 3/4 teaspoon dill, 1/2 teaspoon pepper, 1/2 teaspoon salt (5)
- 1 taco seasoning packet (or this homemade version: 1T chili powder, 1tsp pepper, and 1/2tsp of each of the following – salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder) (9)
- 1 tablespoon Italian seasoning (11)
- 2 teaspoons garlic powder (11, 15)
- 2 teaspoons basil (11, 14)

- ½ teaspoon ground ginger (14)
- 1 tablespoon parsley (14)
- ¼ cup dried minced onion (17)

#### Baking

- 1 tablespoon cornstarch (1)
- ½ cup plus 1 teaspoon honey (6, 9, 13, 17)

#### Materials

- 17 gallon-sized plastic freezer bags (1- 17)
- 1 quart-sized plastic freezer bag (16)

#### Oil and Vinegar

- 2 tablespoons olive oil (14)

#### Miscellaneous

- ½ cup dry pearled barley (not quick-cooking) (4)
- 4-6 pepperoncini peppers plus a couple of tablespoons of juice from the jar (5)
- 1 jar of dill pickles (8)
- 16oz jar salsa verde (10)
- 18oz bottle of BBQ sauce (12)
- ½ cup soy sauce (13)
- ½ cup ketchup (15)
- 15oz can whole berry cranberry sauce (17)

#### Not Needed Until Day of Cooking

- 32oz chicken broth (1)
- 8 cups beef broth (4)
- 2 cups wide egg noodles (1)
- 8oz shredded mozzarella cheese (about 2 cups) (3)
- 4oz cheddar cheese, shredded (one cup) (9)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk and yields 6 muffins) (9)
- Suggested Side Dishes
  1. Chicken Noodle Soup - bread
  2. Chicken Chili- shredded cheddar cheese, tortilla chips
  3. Sausage-Stuffed Mini Sweet Peppers – spaghetti

4. Beef Barley Stew – fresh bread
5. Homemade Mississippi Roast – mashed potatoes
6. Chicken Curry – rice or naan bread
7. Turkey Black Bean Chili- shredded cheddar cheese, tortilla chips
8. Dill Pickle Roast Beef – roasted carrots and potatoes
9. Mexican Chicken Chili with Cornbread Topping – guacamole, fresh cilantro
10. Salsa Verde Shredded Pork Tacos- tortillas, shredded cheese, salsa
11. Steak Italiano- egg noodles or zucchini “noodles”
12. Sweet n Sour Meatballs- rice
13. Chinese Pepper Steak with Green Peppers and Onions- rice
14. Italian Pork Roast- spaghetti
15. Sloppy Joe's- hamburger buns, corn on the cob
16. Stuffed Peppers- rice
17. Cranberry Pork Roast – stuffing, green beans