

*31 Healthy Crockpot  
Freezer Meals That Cost  
\$10 or Less*

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

FREE PRINTABLE RECIPES AND  
SHOPPING LIST BELOW!

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## 1. 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 with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
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.

## 2. 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 (half of a 16oz bag)
- 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.

### 3. 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 with the name of the recipe, cooking instructions, and use-by date (three months from when you prepped the meal).
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.

## 4. 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.

## 5. Greens & Beans

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 8oz dried cannellini beans, rinsed
- 1 tablespoon extra-virgin olive oil
- 4 cloves of garlic, minced
- 1/2 teaspoon salt
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1 hearty handful of kale, chopped
- 32oz chicken or vegetable broth (4 cups) (not needed until day of cooking)
- 48oz water (6 cups) (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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients except water and broth.
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 to crockpot with water and broth.
3. Cook for on low setting for 8 hours or until beans are tender.

Top with Parmesan cheese and serve with a loaf of crusty bread.

## 6. 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
- 14.5oz 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.
4. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

## 7. Black Bean Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 3 cans black beans (15oz each), drained and rinsed
- 4 green onions, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 red pepper, chopped
- 2 cups vegetable broth (chicken broth also works well if you're not vegetarian)
- juice of 1 lemon
- 1 teaspoon cumin

### 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. 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 4-6 hours.
4. Mash or puree to your liking and stir before serving.

Serve with sour cream, avocado, salsa, and tortilla chips or strips.

## 8. Coconut Chickpea Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 cans chickpeas (15oz each), drained and rinsed
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, chopped (one cup)
- 2 cups frozen peas
- 14.5oz 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.

## 9. Lasagna Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 24oz jar of pasta sauce
- 15oz can of cannellini beans, drained and rinsed
- 2.5oz of fresh baby spinach (about 3 cups) – this looks like a lot, but it cooks down in the broth
- 32oz (4 cups) chicken broth (not needed until day of cooking)
- 3 uncooked lasagna noodles, broken into small pieces (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 broth and noodles 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.
4. Add noodles and cook for an additional 30 minutes.

Top with mozzarella and Parmesan cheeses and serve with garlic bread.

## 10. Honey Garlic Chicken

Recipe adapted from [Thirty Handmade Days](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless chicken breasts or chicken thighs
- 1/4 cup soy sauce
- 1/4 cup ketchup
- 1/4 cup BBQ sauce
- 1/4 cup brown sugar OR honey
- 1 cup onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- 1/8 teaspoon red pepper flakes
- 1 1/2 tablespoon cornstarch

### 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 4-6 hours.

Serve with rice and steamed broccoli and top with sesame seeds and sliced green onion.

## 11. Italian Lemon Chicken

Recipe adapted from [Money Saving Mom](#)

Yields: 6 servings

### Ingredients

- 1-2 pounds boneless skinless chicken breasts
- the juice from one lemon
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika

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

### To Cook in the Crockpot

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add to crockpot and cook on “low” setting for 4-6 hours.

### To Cook in the Oven

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to a 9x13” baking pan.
3. Preheat oven to 375 degrees Fahrenheit.
4. Bake for 30 minutes or until chicken reaches 165 degrees Fahrenheit.

Serve with green beans and quinoa.

## 12. Beef Stroganoff

Recipe adapted from [Simply Stacie](#)

Yields: 6 servings

### Ingredients

- 1 pound top sirloin steak, cut into 1/4" inch slices
- 1 yellow onion, chopped (1 cup)
- 2 cups sliced mushrooms
- 3 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried dill
- 1/3 cup flour
- 1 cup beef broth
- 1 cup sour cream (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 sour cream 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. Stir in sour cream.

Serve over egg noodles.

## 13. Vegetarian Curried Lentils

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 cup dried lentils, rinsed and drained
- 2 cups vegetable broth
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 3 carrots, diced
- 1 tablespoon curry 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.
3. Cook on “low” setting for 8 hours.

Serve with rice.

## 14. Spaghetti Squash with Marinara Sauce

Recipe from New Leaf Wellness's [freezer cookbook bundle](#)

Yields: 4 servings

### Ingredients

- 28oz can crushed tomatoes
- 14.5oz can diced tomatoes, undrained
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 1 tablespoon honey
- 1 tablespoon Italian seasoning
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 small spaghetti squash (3-3 1/2 pounds and 10" long or shorter so it fits in the crockpot) (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 spaghetti squash.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Wash spaghetti squash and poke it 10-15 times with a fork.
3. Pour sauce into crockpot and add spaghetti squash.
4. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
5. Remove squash from crock and cool to touch (10-15 minutes).
6. Cut in half, remove seeds, and shred flesh with fork.
7. Serve with remaining sauce in crockpot.

Top with shredded mozzarella cheese and lots of freshly chopped basil leaves.

## 15. Minestrone Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 28oz can diced tomatoes, undrained
- 15oz can kidney beans, drained and rinsed
- 10oz frozen chopped spinach
- 2 carrots, diced
- 2 celery ribs, diced
- 1 cup green beans
- 1 zucchini, cubed
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 tablespoon Italian Seasoning
- 1 teaspoon pepper
- 32oz vegetable broth (not needed until day of cooking)
- 1/2 cup uncooked pasta (I use ditallini) (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 broth and pasta 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.
4. Add pasta and cook for an additional 30 minutes.

Serve with fresh bread and top with Parmesan cheese.

## 16. Sausage Spinach Tomato Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24 oz jar of pasta sauce
- 1 can of cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 1/2 pound of carrots (about 4 large carrots), peeled and chopped into bite-sized pieces
- 1 small yellow onion, diced (about one cup)
- 4 cups of chicken broth (not needed until day of cooking)
- 1 cup uncooked pasta (I like to use elbow macaroni or ditalini) (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 broth and pasta 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.
4. Add pasta and cook for an additional 30 minutes.

Serve with garlic bread and top with Parmesan cheese.

## 17. Thai Pineapple Curry

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 15oz can chickpeas, drained and rinsed
- 1 fresh pineapple, cored and chopped into 1-inch pieces
- 1 pound sweet potatoes (2 med or 1 large), peeled and cut into 1-inch pieces
- 1 green bell pepper, sliced into thin strips
- 1 small yellow onion, chopped (about one cup)
- 2 cloves of garlic, minced
- 13.5oz can unsweetened coconut milk
- 3 tablespoons curry powder
- 1 1/2 teaspoons salt
- 1/2 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 (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 or until onions and peppers are tender.

Serve with rice.

## 18. Pork and Bean Chalupas

Recipe adapted from [Pinch of Yum](#)

Yields: 12 servings

### Ingredients

- 1 pound pork shoulder, fat trimmed
- 1 pound dry pinto beans, rinsed
- 6 ounces light beer
- 15-ounce can fire roasted tomatoes
- 6 cloves garlic, minced
- 2 jalapeno peppers, minced (ribs and seeds removed to keep it mild)
- Homemade taco seasoning packet: 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
- 1 1/2 cups water (not needed until day of cooking)
- 3/4 cup shredded cheese (not needed until day of cooking) (you can use mozzarella, cheddar, or whatever you have on-hand)

### Materials

- 1 gallon-sized plastic freezer bag
- Gloves to wear while cutting peppers

### 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 water and cheese 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 add water.
3. Cook on “low” setting for 6-8 hours.
4. Shred pork.
5. Cover with shredded cheese and cook for an additional 5-10 minutes.

Serve on soft tortillas.

## 19. Chicken Quinoa Taco Soup

Recipe adapted from [Live Simply](#)

Yields: 6 servings

### Ingredients

- 1 pound boneless skinless chicken thighs (3-4 thighs)
- 1 medium bell pepper chopped
- 1 small yellow onion chopped (about 1 cup)
- 6 garlic cloves, finely chopped
- The juice of 1 lime
- 1/3 cup quinoa, rinsed
- 15oz can black beans, rinsed and drained
- 14oz regular or fire roasted diced tomatoes
- 4.25oz can diced green chilis
- 1 1/3 cups frozen corn kernels
- 1 1/2 tablespoons chili powder
- 1 tablespoon cumin
- 2 teaspoon oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 6 cups vegetable broth or chicken broth (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 cilantro 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 add broth.
3. Cook on “low” setting for 6-8 hours.
4. Shred chicken and stir.

Serve with corn chips and top with shredded cheddar cheese and fresh cilantro.

## 20. Mozzarella-Stuffed Turkey Pesto Meatballs

Recipe from [New Leaf Wellness](#)

Yields: 18 meatballs

### Ingredients

- 1 pound ground turkey
- 1 large egg
- 1/2 cup basil pesto (store-bought or [homemade](#))
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated parmesan cheese
- 4-5 mozzarella string cheese sticks, cut into 4 pieces each
- 14.5oz can diced tomatoes, undrained (not needed until day of cooking)
- 4oz mozzarella cheese, shredded (about one cup) (not needed until day of cooking)

### Materials

- 2 gallon-sized plastic freezer bags

### 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. In a large bowl, combine ground turkey, egg, pesto, breadcrumbs, and parmesan cheese. Form into 18 meatballs.
3. Press one piece of mozzarella cheese inside each meatball and place in a single layer inside freezer bags.
4. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Add contents of freezer bags to crockpot and cover with diced tomatoes.
3. Cook on “low” setting for 6-8 hours.
4. Top with shredded cheese and cook for additional 5 minutes or until melted.

Serve with spaghetti.

## 21. Curried Sweet Potato Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 pounds sweet potatoes, peeled and cubed
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- 2 cans (13.5oz each) unsweetened coconut milk
- 4.25oz can diced green chilies
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

### 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 hours or until potatoes are soft and easy to mash.
4. Mash or puree to desired consistency with an immersion blender or regular countertop blender (You’ll need to cool before blending).

Serve with fresh bread and cilantro leaves.

## 22. Stuffed Banana Peppers

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 28oz can crushed tomatoes
- 1 pound mild banana peppers (about 10 peppers), tops taken off and seeded (it's OK if you can't get all the seeds out)
- 1 pound ground sweet Italian sausage (if you can only find links, squeeze the meat out of the casing)
- 3 cloves of garlic, minced
- 1 small yellow onion, diced (one cup)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 6 slices of provolone cheese (not needed until day of cooking)

### Materials

- 2 gallon-sized plastic freezer bags

### To Freeze and Cook Later

1. Label one of your freezer bags.
2. In a large bowl, combine all ingredients, except crushed tomatoes, banana peppers, and provolone cheese. Mix well.
3. Spoon mixture into extra freezer bag with one corner snipped off.
4. Pipe mixture into banana peppers and use your fingers to push the filling to the bottom of the peppers so they're completely filled with sausage.
5. Add stuffed peppers to labeled freezer bag with crushed tomatoes. (Cheese can be frozen separately if desired.)
6. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot and cook for 6-8 hours on "low".
3. Place provolone cheese on top and cook 10 minutes or until melted.

Serve over spaghetti.

## 23. Taco Soup

Recipe adapted from [Living Well Spending Less](#)

Yields: 8 servings

### Ingredients

- 1 pound 85% lean ground beef
- 15oz can pinto beans, rinsed and drained
- 15oz can kidney beans, rinsed and drained
- 15oz can black beans, rinsed and drained
- 2 can (15oz each) fire roasted diced tomatoes
- 8oz can tomato sauce
- Homemade taco seasoning packet: 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
- 16oz bag frozen corn
- 1 small yellow onion, diced
- 1 cup water

### 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. Break apart beef and stir.

Serve with shredded cheese, tortilla chips or sliced corn tortillas.

## 24. Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound carrots, peeled and diced
- 1 yellow onion, diced (one cup)
- 2 large cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoons cumin
- 1 teaspoon fennel seeds
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice of half a lime
- 1 pound boneless skinless chicken breasts
- 4 cups chicken 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 except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 4-6 hours.
4. Shred chicken and stir.

Top with shredded cheddar cheese and serve with bread.

## 25. Smoky Sweet Potato Chickpea Chili

Recipe from [Sweet Peas and Saffron](#)

Yields: 8 servings

### Ingredients

- 28oz can diced tomatoes
- 14.5oz can tomato sauce
- 4 tablespoons adobo sauce (for less spicy version) + 1 chopped chipotle pepper (for spicy)
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 cup chicken or vegetable stock
- 1 large sweet potato, peeled and cut into cubes (roughly 5 cups)
- 4 cloves garlic, minced
- 2 medium onions, diced
- 2 carrots, peeled and diced
- 2 cans (15oz each) chickpeas, drained and rinsed
- The juice of half a lime

### 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 for up to three months.

### To Cook

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

Serve with shredded cheddar cheese, guacamole, and tortilla chips.

## 26. Southwestern Pork Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound lean ground pork
- 2 onions, peeled and chopped (about two cups)
- 2 ribs of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14.5oz can tomato sauce
- 15oz can black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth
- 3 cloves garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 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 for up to three months.

### To Cook

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

Serve with shredded cheddar cheese and baked sweet potatoes.

## 27. Sausage and Peppers

Recipe from [New Leaf Wellness](#)

Yields: 5 servings

### Ingredients

- 1 package sweet Italian sausage with five sausage links
- 1 yellow onion, peeled and sliced
- 3 green bell peppers, sliced
- 2 tablespoons olive oil
- 1 teaspoon honey
- 1 teaspoon garlic powder
- 1/2 teaspoon basil
- 1/2 teaspoon oregano

### 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 for up to three months.

### To Cook

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

\*You can also cook this meal in the oven. Preheat oven to 400° F. Pour into a 9x13” baking pan and bake for 60 minutes (30 minutes covered and 30 minutes uncovered).

Serve over rice.

## 28. Red Pepper Chicken

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts, fat trimmed
- 2 red bell peppers, sliced
- 1 small yellow onion, sliced or diced
- 4 large garlic cloves, minced
- 1/4 cup extra-virgin olive oil
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

### 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 for up to three months.

### To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4-6 hours.

Serve with rice.

## 29. Shredded Chicken Quesadillas

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound boneless skinless chicken breasts
- 1 small onion, thinly sliced
- 1/4 cup jalapeños, chopped (keep the seeds for spicy or omit for a milder dish)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- Homemade taco seasoning packet: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder
- 6 flour tortilla wraps (10" across) (not needed until day of cooking)
- 1/2 pound shredded cheddar cheese (8oz) (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 (three months from when you prepped the meal).
2. Add all ingredients except tortillas and cheese to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot and cook on "low" setting for 6-8 hours.
3. Shred chicken and place in tortillas with shredded cheese and broil in the oven for 60-90 seconds or until golden brown.
4. Cut into triangles and serve.

Serve with sour cream and salsa.

## 30. Beef, Lime, and Cilantro Chili

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound 85% lean ground beef
- 14.5oz can tomato sauce
- 14.5oz can petite diced tomatoes, undrained
- 2 cans (15oz each) black beans, drained and rinsed
- 1 small yellow onion, chopped (about one cup)
- The juice and zest from 1 lime
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Fresh cilantro, chopped (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 (three months from when you prepped the meal).
2. Add all ingredients except cilantro 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 8 hours.
4. Break apart beef and stir in about 2 tablespoons of fresh cilantro.

Serve with additional fresh cilantro, shredded cheddar cheese, and tortilla chips.

## 31. Chicken Cacciatore

Recipe from [New Leaf Wellness](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce (I like tomato and basil but feel free to use your favorite kind)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped
- 1 tablespoon Italian Seasoning

### 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. 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 chicken is cooked through and tender.
4. Shred chicken and stir.

Serve with spaghetti and Parmesan cheese.

## Shopping List for All 31 Meals

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

### Produce

- 24oz (1 1/2 pounds) mini sweet peppers (1)
- 25 yellow onions (to save A LOT of time, you can substitute 7 bags of frozen diced onions) (3, 4, 6, 8, 10, 12, 13, 14, 15, 16, 17, 19, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31)
- 4 green onions (7)
- 3 pounds carrots, diced (3, 13, 15, 16, 24, 25, 26)
- 8 celery ribs (1 stalk) (3, 7, 15, 26)
- 63 garlic cloves (about 6 bulbs) (4, 5, 7, 8, 10, 12, 13, 14, 15, 17, 18, 19, 21, 22, 24, 25, 26, 28, 30)
- 1 head escarole (5)
- 1 hearty handful kale (5)
- 10 green bell peppers (4, 6, 17, 27 31)
- 4 red bell peppers (7, 26, 28)
- 1 bell pepper (any color) (19)
- 1 pound (about 10 peppers) mild banana peppers (22)
- 3 jalapeno peppers (18, 29)
- 2 lemons for juice (7, 11)
- 5 limes for juice and zest (19, 24, 25, 29, 30)
- 2.5oz (about 3 cups) fresh baby spinach (9)
- 2 cups sliced mushrooms (12)
- 1 cup green beans (15)
- 2 zucchinis (15, 31)
- 1 fresh pineapple (17)
- 3 1/2 pounds sweet potatoes (17, 21, 25)
- 2 Roma tomatoes (24)

### Meat

- 2 pounds ground sweet Italian sausage (1, 22)
- 1 pound ground sweet or spicy Italian sausage (16)
- 1 package sweet Italian sausage with five sausage links (27)
- 2 pounds ground turkey (2, 20)
- 7-8 pounds boneless skinless chicken breasts (3, 6, 11, 24, 28, 29, 31)
- 1 pound boneless chicken breasts or chicken thighs (10)
- 1 pound boneless skinless chicken thighs (19)

- 3 pounds 85% lean ground beef (4, 23, 30)
- 1 pound top sirloin steak (12)
- 1 pound lean ground pork (26)
- 1 pound pork shoulder (18)

#### Cold/Frozen

- 3 bags (16oz each) frozen corn (2, 6, 19, 23, 26)
- 2 cups frozen peas (8)
- 2 boxes (10oz each) frozen chopped spinach (15, 16)
- 1/4 cup grated Parmesan cheese (20)
- 1 large egg (20)
- 5 mozzarella string cheese sticks (20)

#### Canned/Dried

- 1/3 cup quinoa (19)
- 1 pound dried pinto beans (18)
- 1 cup dried lentils (13)
- 8oz dried cannellini beans (5)
- 1 cup tomato juice (24)
- 10 cans (15oz each) black beans (2, 7, 19, 23, 26, 30)
- 15oz can pinto beans (23)
- 5 cans (15oz each) chickpeas (8, 17, 25)
- 2 cans (15oz each) cannellini beans (9, 16)
- 2 cans (15oz each) kidney beans (15, 23)
- 5 cans (13.5oz each) unsweetened coconut milk (8, 13, 17, 21)
- 2 cans (4.25oz each) can diced green chilies (19, 21)
- 7oz can chipotles in adobo sauce (25)

#### Italian

- 5 jars (24oz each) spaghetti sauce (1, 4, 9, 16, 31)
- 1/2 cup basil pesto (20)
- 8oz can tomato sauce (23)
- 5 cans (14.5oz each) tomato sauce (6, 8, 25, 26, 30)
- 28oz can tomato sauce (2)
- 2 cans (14.5oz) petite diced tomatoes (2, 30)
- 6oz can tomato paste (8)
- 2 cans (28oz each) crushed tomatoes (14, 22)
- 14.5oz can diced tomatoes (14)

- 2 cans (28oz each) diced tomatoes (15, 25)
- 3 cans (15oz each) fire roasted diced tomatoes (18, 23)
- 14oz regular or fire roasted diced tomatoes (19)

### Spices and Seasonings

- 1/2 teaspoon thyme (3)
- 1/2 teaspoon celery seed (3)
- 1/2 teaspoon turmeric (3)
- 3 tablespoons plus 1/2 teaspoons salt (3, 5, 8, 11, 12, 14, 17, 19, 21, 24, 25, 26, 28)
- 1 tablespoon plus 1/2 teaspoon paprika (2, 11)
- 6 1/2 tablespoons chili powder (2, 19, 24, 25, 26, 30)
- 3 tablespoons plus 1 1/2 teaspoons ground cumin (2, 7, 19, 21, 24, 25, 30)
- 2 tablespoons ground oregano (2, 11, 19, 22, 26, 27)
- 1 tablespoons crushed red pepper flakes (2, 8, 10, 17, 28)
- 7 tablespoons curry powder (8, 13, 17, 21)
- 2 1/2 teaspoons dried basil (10, 11, 22, 27)
- 1 1/2 teaspoon garlic powder (11, 27)
- 1/2 teaspoon onion powder (11)
- 1 tablespoon plus 1 1/2 teaspoon black pepper (11, 12, 14, 15, 19, 21, 26, 28)
- 1/2 teaspoon dried dill (12)
- 3 tablespoons Italian seasoning (14, 15, 31)
- 1 teaspoon fennel seeds (24)
- 4 taco seasoning packets or 4 of this homemade version: 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder (6, 18, 23, 29)

### Baking

- 2 1/2 tablespoons cornstarch (3, 10)
- 4 tablespoons plus 2 teaspoons honey (6, 8, 14, 27)
- 1/4 cup brown sugar OR honey (10)
- 2 tablespoons light brown sugar (26)
- 1/3 cup flour (12)
- Pinch of sugar (5)

### Materials

- 33 gallon-sized plastic freezer bags (1- 31)
- 1 quart-sized plastic freezer bag (4)

- Gloves to wear while cutting jalapenos (18)

#### Oil and Vinegar

- 1/4 cup plus 6 tablespoons extra-virgin olive oil (5, 11, 27, 28, 29)

#### Miscellaneous

- 4 cups (32oz) vegetable broth (7, 13)
- 1 cup (8oz) chicken broth (26)
- 1/2 cup (4oz) chicken or vegetable stock (25)
- 1 cup (8oz) beef broth (12)
- 1/4 cup soy sauce (10)
- 1/4 cup ketchup (10)
- 1/4 cup BBQ sauce (10)
- 2 tablespoons Dijon mustard (12)
- 6 ounces light beer (18)
- 1/2 cup Italian breadcrumbs (20)

#### Not Needed Until Day of Cooking

- 12oz shredded mozzarella cheese (1, 20)
- 12oz shredded cheddar cheese (6, 29)
- 3/4 cup shredded cheese (you can use mozzarella, cheddar, or whatever you have on-hand) (18)
- 6 slices of provolone cheese (22)
- 1 cup sour cream (12)
- 16 cups (128oz) chicken broth (3, 9, 16, 24)
- 10 cups (80oz) chicken or vegetable broth (5, 19)
- 4 cups (32oz) vegetable broth (15)
- 2 cups wide egg noodles (3)
- 3 uncooked lasagna noodles (9)
- 1 1/2 cup uncooked pasta (elbow macaroni or ditallini) (15, 16) 15
- 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) (6)
- 1 small spaghetti squash (3-3 1/2 pounds and 10" long or shorter so it fits in the crockpot) (14)
- 14.5oz can diced tomatoes (20)
- 6 flour tortilla wraps (10" across) (29)
- Fresh cilantro (30)
- Suggested Side Dishes

1. Sausage-Stuffed Mini Sweet Peppers – spaghetti
2. Turkey Black Bean Chili – shredded cheddar cheese and tortilla chips
3. Chicken Noodle Soup - bread
4. Stuffed Peppers – rice
5. Greens & Beans – fresh bread
6. Mexican Chicken Chili with Cornbread Topping – no side dish needed
7. Black Bean Soup – sour cream, guacamole, baguette
8. Coconut Chickpea Curry – rice or naan
9. Lasagna Soup – mozzarella and Parmesan cheeses, garlic bread
10. Honey Garlic Chicken – broccoli, rice
11. Italian Lemon Chicken – green beans, quinoa
12. Beef Stroganoff – egg noodles
13. Vegetarian Curried Lentils – rice
14. Spaghetti Squash with Marinara Sauce – shredded mozzarella cheese, fresh basil leaves
15. Minestrone Soup – Parmesan cheese, fresh bread
16. Sausage Spinach Tomato Soup – Parmesan cheese, garlic bread
17. Thai Pineapple Curry – rice
18. Pork and Bean Chalupas – tortillas
19. Chicken Quinoa Taco Soup – shredded cheddar cheese, corn chips, cilantro
20. Mozzarella-Stuffed Turkey Pesto Meatballs – spaghetti
21. Curried Sweet Potato Soup – cilantro leaves, fresh bread
22. Stuffed Banana Peppers - pasta
23. Taco Soup – shredded cheese, tortilla chips or sliced corn tortillas
24. Chicken Soup with Mexican Seasonings – shredded cheddar cheese, bread
25. Smoky Sweet Potato Chickpea Chili – shredded cheddar cheese, guacamole, tortilla chips
26. Southwestern Pork Chili – shredded cheddar cheese, baked sweet potatoes
27. Sausage and Peppers – rice
28. Red Pepper Chicken – rice
29. Shredded Chicken Quesadillas – sour cream, salsa
30. Beef, Lime, and Cilantro Chili – shredded cheddar cheese, tortilla chips
31. Chicken Cacciatore – spaghetti