

10 CROCK POT FREEZER MEALS

White Chicken
Chili

Chicken and
Broccoli Alfredo

Beef Stroganoff

Beef Barley
Lentil Soup

Sloppy Joes

Turkey
Macaroni

Chicken and
Broccoli Alfredo

Chicken Fajitas

Chicken and
Mushroom Stew

Beef Pot
Roast Stew

Produce

- 26 ounce mushrooms
- 12 carrots
- 4 ribs celery
- 6 onion
- 7 cloves garlic
- 6 bell pepper
- 3 potatoes
- 1 red onion
- 1 lime

Meat

- 4 pounds ground beef or turkey
- 3 pounds chuck roast
- 10 pounds boneless, skinless chicken breasts

Dairy

- 2 - 8 oz. packages of light cream cheese

Shopping List

Dry Goods

- 2 - 10.75 oz. can cream of mushroom soup
- 2 - 10.75 oz. can cream of chicken soup
- 2 - 14.5 oz. cans of stewed tomatoes
- 2 - 10.75 oz. cans of tomato soup
- 8 oz. can of green chilies
- 2 cans great northern white beans
- 1 can black beans
- 16 oz. jar of salsa
- 1 envelope dry onion soup mix
- 1 envelope Italian dressing mix
- 1/2 cup dried lentils
- 1/4 cup pearl barley
- 2 cups dry macaroni noodles

Frozen

- 8 oz. frozen peas
- 28 oz. frozen corn
- 16 oz. frozen broccoli

Pantry

- salt & pepper
- 1 cup ketchup
- 1.5 Tbsp. brown sugar
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. mustard
- 1/4 cup barbecue sauce
- 1 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. paprika
- 1/4 tsp. crushed red pepper
- 1 tsp. honey
- 1/2 tsp. basil
- 1/4 tsp. thyme
- 1 tsp. oregano
- 1/4 tsp. garlic powder

Day of Cooking

- 32 oz. beef broth
- 32 oz. chicken stock
- 1 cup plain Greek yogurt
- 1 cup cheddar cheese