

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

Chicken and Mushroom Stew

INGREDIENTS

- 2 pounds boneless skinless chicken breasts cut into 2 inch chunks
- 1 - 10.75 ounce can of cream of mushroom soup
- 3/4 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 8 ounces mushrooms, sliced
- 4 carrots, diced
- 2 ribs celery, diced

INSTRUCTIONS

1. Sprinkle chicken with salt and pepper.
2. Stir together soup and water.
3. Add all ingredients to a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Cook for 6-8 hours on low. Serve on top of rice or egg noodles.*

Sloppy Joes

INGREDIENTS

- 1 1/2 pounds ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 green pepper, chopped
- 3/4 cup ketchup
- 1 1/2 tablespoon brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon prepared mustard
- 1/4 cup barbecue sauce
- 1/2 cup water

INSTRUCTIONS

1. Brown ground beef and onions in a skillet.
2. Combine ketchup, brown sugar, Worcestershire sauce, mustard, barbecue sauce, and water in a small bowl.
3. Combine beef mixture and sauce in a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Cook on low for 6-8 hours and serve on top of hamburger buns.*

Beef Pot Roast Stew

INGREDIENTS

- 1 1/2 pounds beef chuck roast, cubed
- 1 envelope dry onion mix
- 2 large potatoes, peeled and diced (Boil for 4 minutes and let cool)
- 6 carrots, peeled and diced
- 1 onion, chopped
- 8 oz. frozen peas
- 8 oz. frozen corn

INSTRUCTIONS

1. Combine all ingredients in a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Cook on low for 6 hours. Combine 4 tablespoons cornstarch with 5 tablespoons water. Add slurry to crock pot and stir. Cook for approximately 1 hour more on high.*

Chicken Fajitas

INGREDIENTS

- 2 pounds boneless skinless chicken breasts, butterflied in half
- 3 bell peppers
- 1 red onion
- 2 cloves garlic
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 tablespoon honey
- 1 lime, juiced

INSTRUCTIONS

1. Slice peppers and onions into large strips.
2. Place all ingredients into a gallon ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Cook on low for 6 -8 hours.*

Beef Barley Lentil Soup

INGREDIENTS

- 1 pound ground beef
- 1 small onion, diced
- 1 potato diced (boil for 4 minutes and let cool)
- 2 ribs celery, diced
- 2 carrots, diced
- 1/2 cup dry lentils
- 1/4 cup pearl barley
- 2 - 14.5 ounce cans of stewed tomatoes
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 32 ounces beef broth (not needed until ready to cook)
- 2 cups water (not need until ready to cook)

INSTRUCTIONS

1. Brown onion and ground beef in a skillet. Let cool.
2. Combine all ingredients (except water and beef broth) in a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Add water and beef broth and cook on low for 6-8 hours.*

Beef Stroganoff

INGREDIENTS

- 1 1/2 pounds beef chuck roast, cubed
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 12 ounces mushrooms, sliced
- 1 - 10.75 ounce can of cream of mushroom soup
- 1 cup sour cream or plain Greek yogurt (not needed until ready to cook)

INSTRUCTIONS

1. Place all ingredients (except sour cream) into a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Cook on low for 6-8 hours. Add 1 cup sour cream/Greek yogurt and stir. Cook on high for 10 minutes. Serve on top of egg noodles.*

Southwest Chicken

INGREDIENTS

- 2 pounds boneless skinless chicken breasts, butterflied in half
- 2 green peppers
- 8 ounces frozen corn
- 1 can black beans
- 16 ounces salsa
- 8 ounces cream cheese

INSTRUCTIONS

1. Add all ingredients to ziplock bag (except the cream cheese) and freeze.

RECIPE NOTES

Write on bag: *Cook on low for 6 hours. Serve on corn or flour shells with taco toppings.*

Turkey Macaroni

INGREDIENTS

- 1 1/2 pounds ground beef (or turkey or chicken)
- 2 - 10.75 ounces cans of tomato soup
- 12 ounces frozen corn
- 1 small onion, chopped
- 6 ounces mushrooms, sliced
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 2 cups dry macaroni noodles

INSTRUCTIONS

1. Cook macaroni noodles for about 4 minutes (noodles should still be firm).
2. Heat olive oil in a skillet and brown ground meat and onions. Let cool.
3. Add all ingredients into a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Remove from freezer and cook on low for 6 hours.*

White Chicken Chili

INGREDIENTS

- 2 pounds boneless skinless chicken breasts cubed
- 2 cans great northern white beans
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 8 ounces canned green chilies
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 32 ounces chicken stock (not needed until ready to cook)
- 1 cup shredded cheddar cheese (not needed until ready to cook)

INSTRUCTIONS

1. Place all ingredients (except chicken stock and cheddar cheese) into a ziplock bag and freeze.

RECIPE NOTES

Write on bag: Add 32 ounces of chicken stock and cook on low for 6-8 hours. Add cheese and stir until melted. Garnish with salsa, sour cream, and cilantro.

Chicken and Broccoli Alfredo

INGREDIENTS

- 2 pounds boneless skinless chicken breasts, butterflied in half
- 16 ounces frozen broccoli
- 2 - 10.75 ounce cans of cream of chicken soup
- 8 ounces cream cheese
- 1 package Italian dressing mix

INSTRUCTIONS

1. Combine ingredients in a ziplock bag and freeze.

RECIPE NOTES

Write on bag: *Cook on low for 6-8 hours. Serve over pasta.*

Fast and Easy Preparation Steps

1. Write names and steps on the front of 10 ziplock bags
2. Trim and cut all meat
 - 4 pounds chicken breast cubed
 - 6 pounds chicken breast butterflied
 - 3 pounds chuck roast cubed
3. Cut onions and potatoes
4. Cook all ground beef and $\frac{3}{4}$ cup of onion in a large skillet
 - After it's cooked, put in the freezer to start cooling
5. Boil water in two pots
 - 2 cups macaroni noodles in one (4 minutes)
 - Diced potatoes in the other (4 minutes)
 - As soon as they are cooked, drain and place in freezer to start cooling

While all of this is cooking:

6. Slice red onion
7. Slice peppers
8. Slice mushrooms
9. Dice carrots
10. Dice celery
11. Mince garlic
12. Open all cans and set out ingredients
13. Mix together sauce for Sloppy Joes
14. Add all the ingredients to each bag, one at a time
15. Freeze for up to 3 months.

I like to take the bag out of the freezer the night before I plan to make it. That way, when I add it to the crock pot in the morning, it has defrosted slightly and is easier to manage.