

Crockpot Freezer Meal Plan Shopping List

Meat

24 boneless skinless chicken breasts
6 pounds ground beef
4 pounds ground turkey

Vegetables

8 cloves garlic
5 yellow onions
2 sweet yellow onions
1 red onion
4 green bell peppers
4 red bell peppers
1 bunch celery
4 carrots
2 cups baby spinach

Refrigerated

2 eggs
1 cup grated parmesan cheese
8 tablespoons butter
2 cups frozen corn

Herbs & Seasonings

2 packets fajita seasoning
Dried basil
Dried parsley
Crushed red pepper
Salt
Black pepper
Chili powder
Garlic powder
Cayenne pepper

Canned & Bottled Items

1 cup breadcrumbs
2, 32 oz. jars marinara sauce
3 cups mild hot sauce
2 tablespoons red wine vinegar
3, 18 oz. bottles sweet bbq sauce
2, 20 oz. cans crushed pineapple
2, 28 oz. cans crushed tomatoes
2, 8 oz. tomato sauce
2, 6 oz. tomato paste
2, 16 oz. diced and fire roasted diced tomatoes
2, 16 oz. black beans
4, 16 oz. red kidney beans
4, 4 oz. mild diced green chiles
10 cups chicken broth
½ cup ketchup
6 tablespoons worcestershire sauce

Other

16 gallon sized freezer bags

Needed on Day Meals are Served

4 cups shredded monterey jack cheese
2 pounds spaghetti
4 cups brown rice
1 bag tortilla chips
1 bunch cilantro
12 hamburger buns
16 flour tortillas

Crockpot Freezer Meal Plan Recipes

CROCKPOT SPAGHETTI AND MEATBALLS

Makes: 2 Meals, 4 Servings Each

Ingredients:

- 2 pounds ground beef
- 1 cup breadcrumbs
- 2 egg
- 4 cloves garlic minced
- 1 cup shredded Parmesan
- 2 teaspoons crushed red pepper
- 1 teaspoon dried basil
- 2 teaspoon dried parsley
- 1 teaspoon salt
- 2 teaspoon Worcestershire
- 2, 32 oz. jars marinara sauce
- Serve with: 1 pound cooked spaghetti per meal (2 pounds total)

Directions:

1. Combine ground beef, breadcrumbs, egg, garlic, parmesan, red pepper, basil, parsley, and Worcestershire sauce in a large bowl. Using your hands, mix and knead the meat mixture until fully combined.
2. Roll the meat into golf ball sized pieces.
3. Heat a large skillet over medium high heat. Working in batches, brown the meatballs so they are just brown on the outside - about 30 seconds per side.
4. Let cool and divide into 2 gallon sized freezer bags and top each bag with 1 jar marinara sauce.
5. Label and seal bags. Freeze up to 3 months.
6. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 8-10 hours.
7. Serve over cooked spaghetti.

CROCKPOT BUFFALO CHICKEN

Makes: 2 meals, 4 servings each

Ingredients:

- 8 boneless skinless chicken breasts
- 3 cups mild hot sauce
- 8 tablespoons melted butter
- 4 tablespoons Worcestershire sauce
- 2 tablespoon red wine vinegar
- Serve with: 1 cup cooked brown rice (2 cups total)

Directions:

1. Divide chicken breasts in half and place 4 each in a gallon sized freezer bag
2. Place 1 ½ cups hot sauce, 4 tablespoons melted butter, 2 tablespoons worcestershire sauce, and 1 tablespoon red wine vinegar in each bag.
3. Seal and label each bag.
4. Freeze up to 3 months.
5. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 6 hours.
6. Serve over cooked brown rice.

CROCKPOT HAWAIIAN CHICKEN

Makes: 2 meals, 4 servings each

Ingredients:

- 8 boneless skinless chicken breasts
- 2 Sweet yellow onions, chopped
- 2, 18 ounce bottles of sweet barbecue sauce
- 2, 20 oz can crushed pineapple
- 2 teaspoons worcestershire sauce
- Serve with: 1 cup cooked brown rice (2 cups total)

Directions:

1. Divide chicken breasts in half and place 4 each in a gallon sized freezer bag.
2. Top each bag of chicken with 1 chopped sweet onion, 18 ounce bottle bbq sauce, 20 oz. can crushed pineapple, and 1 teaspoon worcestershire sauce.
3. Seal and label each bag.
4. Freeze up to 3 months.
5. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 6 hours.
6. Serve over cooked brown rice.

CROCKPOT TURKEY CHILI

Makes: 2 meals, 6 servings each

Ingredients:

- 4 lbs. ground turkey
- 2 yellow onions, chopped
- 2 green bell peppers, chopped
- 6 ribs celery, chopped
- 2, 28 oz. cans crushed tomatoes
- 4 cans red kidney beans, rinsed and drained
- 2, 8 oz. cans tomato sauce
- 2, 4 oz. cans mild diced green chiles
- 2 tablespoons chilli powder
- 2 teaspoons black pepper
- 2 teaspoons garlic powder
- 2 teaspoons crushed red pepper flakes
- 1 teaspoons cayenne pepper

Directions:

1. In a large skillet, brown the ground turkey and chopped onion. Let cool slightly.
2. Divide the browned ground turkey evenly among two gallon sized freezer bags. Label and seal.
3. In 2 separate gallon sized freezer bags, fill each with: 1 chopped green bell pepper, 3 chopped ribs celery, 1 can crushed tomatoes, 2 cans red kidney beans, 1 can tomato sauce, 1 can diced green chiles, 1 tablespoon chili powder, 1 teaspoon black pepper, 1 teaspoon garlic powder, 1 teaspoon crushed red pepper, and ½ teaspoon cayenne pepper.
4. Label and seal.
5. Freeze up to 3 months.
6. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 8-10 hours.

CROCKPOT CHICKEN TORTILLA SOUP

Makes: 2 meals, 6 servings each

Ingredients:

- 4 boneless skinless chicken breasts
- 2, 16.5 oz. cans diced and fire roasted tomatoes with green chiles
- 2, 16.5 oz. cans black beans, rinsed and drained
- 2, 4 oz. cans mild diced green chiles
- 2 cups frozen corn
- 1 diced red onion
- 2 teaspoon oregano
- 1 1/2 teaspoon salt
- 1 teaspoon black pepper
- 8 cups chicken stock
- Serve with: tortilla chips, shredded monterey jack cheese, and fresh cilantro

Directions:

1. Divide chicken breasts in half and place 2 each in a gallon sized freezer bag.
2. In each bag add: 1 can diced tomatoes, 1 can black beans, 1 can chiles, 1 cup corn, 1/2 diced red onion, 1 teaspoon oregano, 3/4 teaspoon salt, and 1/2 teaspoon black pepper.
3. Top each bag with 4 cups chicken stock.
4. Seal and label bags.
5. Freeze up to 3 months.
6. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 8-10 hours.
7. Serve with: tortilla chips, shredded monterey jack cheese, and fresh cilantro

CROCKPOT HIDDEN VEGGIE SLOPPY JOES

Makes: 2 meals, 6 servings each

Ingredients:

- 4 pounds ground beef
- 4 carrots diced
- 2 red bell peppers, chopped
- 4 cloves garlic, minced
- 1 yellow onion, diced
- 2 cups baby spinach, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups sweet BBQ sauce
- 2, 6 oz. cans tomato paste
- 2 teaspoons worcestershire sauce
- ½ cup ketchup
- Serve with: 6 hamburger buns per meal (12 total)

Directions:

1. In a medium pan, brown ground beef. Drain fat.
2. Divide meat between two gallon sized freezer bags.
3. Top each bag with 2 diced carrots, 1 chopped red bell pepper, 2 cloves minced garlic, ½ diced yellow onion, 1 cup baby spinach, ¼ teaspoon salt, ⅛ teaspoon black pepper, 1 cup bbq sauce, 1 can tomato paste, 1 teaspoon worcestershire sauce, and ¼ cup ketchup.
4. Label and seal bags.
5. Freeze up to 3 months.
6. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 8-10 hours.
7. Serve with: hamburger buns

SLOW COOKER CHICKEN FAJITAS

Makes: 2 meals, 4 servings each

Ingredients:

- 4 boneless skinless chicken breasts
- 2 yellow onions, sliced
- 2 green bell peppers, sliced
- 2 red bell peppers, sliced
- 2 cups chicken broth
- 2 packets fajita seasoning
- Serve with: 8 flour tortillas per meal (16 total) and shredded monterey jack cheese.

Directions:

1. Divide chicken breasts in half and place 2 each in gallon sized zip top bags.
2. Top each bag with 1 sliced onion, 1 sliced red bell pepper, 1 sliced green bell pepper, 1 cup chicken broth, and 1 packet fajita seasoning.
3. Label and seal each bag.
4. Freeze up to 3 months.
5. TO COOK: Defrost in refrigerator overnight or run under warm water until it starts to break up into pieces. Place in crockpot and cover. Cook on LOW 8-10 hours.
6. Serve with: flour tortillas and shredded cheese.