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*Slow Cooker  
Freezer Meals*



# Slow Cooker Freezer Meals

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## Beef Fajitas

### Ingredients:

- **2-lb** boneless beef chuck shoulder roast, fat trimmed
- **2** bell peppers, sliced
- **2** cloves of garlic, minced
- **1 tablespoon** honey
- The juice from **1** lime **OR** **1** tablespoon apple cider vinegar
- **1 tablespoon** chili powder
- **2 teaspoons** cumin
- **1 teaspoon** paprika
- **1/4 teaspoon** crushed red pepper flakes

### To Freeze:

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

### To Cook:

1. Place bag in fridge to thaw overnight.
2. Dump bag into slow cooker and cover with lid
3. Cook on **low for 8 hours** or until beef shreds easily with a fork
4. Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese



# Slow Cooker Freezer Meals

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## Lasagna

### Ingredients:

- **1 1/2 lbs** ground beef (browned and drained)
- **8** lasagna noodles broken into pieces (uncooked)
- **28 oz** can diced tomatoes
- **6 oz** can tomato paste
- **1 24 oz** jar pasta sauce
- **1/2 cup** fresh celery, diced
- **1/2 cup** fresh carrots, diced
- **1 cup** fresh onion, diced
- **1/2 cup** fresh green pepper, diced
- **1 cup** cottage cheese
- **2 cups** grated mozzarella cheese
- **2 teaspoons** sugar
- **1 teaspoon** ground parsley
- **1/2 teaspoon** ground oregano
- **1/4 teaspoon** dried basil
- **1 teaspoon** salt
- **1/2 teaspoon** pepper

### To Freeze:

1. Label and date a gallon size freezer bag
2. Add all ingredients to freezer bag **except pasta sauce**
3. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Place bag in fridge to thaw overnight
2. Dump bag in slow cooker, add pasta sauce and cover with lid
3. Cook on **low for 8 hours**, stir halfway through to ensure noodles are covered in sauce



# Slow Cooker Freezer Meals

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## Maple Bacon Pork Loin

### Ingredients:

- **2-3 lb** boneless pork loin
- **4-5 strips** of bacon
- **1/2 cup** maple syrup
- **3 tablespoons** spicy brown mustard
- **2 tablespoons** soy sauce
- **1 1/2 teaspoons** minced garlic
- **2 teaspoons** black pepper

### To Freeze:

1. Label and date a gallon size freezer bag
2. Place prepared loin in bag and pour sauce in
3. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Place bag in fridge to thaw overnight
2. Coat slow cooker well with non stick cooking spray OR use liner
3. Place pork loin in bottom of 6 qt slow cooker; pour any marinade from bag on top
4. Cover with lid and cook on **low for 7-8 hours**
5. Remove from slow cooker and slice to serve



# Slow Cooker Freezer Meals

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## BBQ Quinoa Sloppy Joes

### Ingredients:

- **2 lbs** ground beef, turkey, or chicken (raw or cooked)
- **3/4 cup** uncooked quinoa
- **1** onion, chopped
- **1 cup** shredded carrots
- **1 cup** ketchup
- **1/2 teaspoon** salt
- **5 tablespoons** apple cider vinegar
- **3/4 cup** BBQ sauce
- **1/2 teaspoon** minced garlic
- **2 tablespoons** Worcestershire sauce
- **1/4 teaspoon** crushed red pepper flakes

### To Freeze:

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

### To Cook:

1. Place bag in fridge to thaw overnight
2. Dump bag into slow cooker and cover with lid
3. Cook on low for 6-8 hours **OR** high for 4-6 hours



# Slow Cooker Freezer Meals

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## Chicken Philly Cheesesteak

### Ingredients:

- **2 lbs** boneless skinless chicken breasts, cut into strips
- **3** bell peppers, cut into strips
- **1** large onion, sliced
- **1 cup** chicken broth
- **3 tablespoons** corn starch
- **1 clove** garlic, minced
- **6 slices** of provolone cheese

### To Freeze:

1. Label and date a gallon size freezer bag
2. Add all ingredients to freezer bag **except cheese**
3. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Place bag in fridge to thaw overnight
2. Dump bag into slow cooker and cover with lid
3. Cook on **low for 6 hours** or until chicken is cooked through and peppers are soft
4. Lay cheese over mixture
5. Cook on low for additional 10 minutes
6. Serve on a fresh, hot roll



# Slow Cooker Freezer Meals

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## Creamy Salsa Chicken

### Ingredients:

- **4-6** boneless skinless chicken breasts
- **8 oz** cream cheese
- **16 oz** salsa
- **1 can** of corn
- **1 can** of black beans

### To Freeze:

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

### To Cook:

1. Place bag in fridge to thaw overnight
2. Dump bag into slow cooker and cover with lid
3. Cook on low for 6-8 hours **OR** cook on high for 4-6 hours
4. Shred the chicken and mix together



# Slow Cooker Freezer Meals

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## Stuffed Peppers

### Ingredients:

- **1 lb** ground turkey (or beef)
- **1 tablespoon** olive oil
- **1** onion, peeled and diced
- **1** clove garlic, minced
- **4** small bell peppers, tops cut off and cleaned
- **24 oz** jar of your favorite pasta sauce (reserve 2 tablespoons)

### Directions:

1. In large bowl, mix ground meat, onion, garlic and 2 tablespoons of pasta sauce
2. Separate mixture into four equal parts and firmly stuff into peppers

### To Freeze:

1. Label and date a gallon size freezer bag
2. Place stuffed peppers into freezer bag
3. Add remaining sauce to a quart sized freezer bag, seal and place inside gallon-sized bag with stuffed peppers
4. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Coat bottom of slow cooker with 1 tablespoon of olive oil
2. Place peppers into slow cooker and cover with pasta sauce.
3. Cook on low for 6-8 hours or until meat is cooked through and peppers are soft
4. Serve with rice and parmesan cheese



# Slow Cooker Freezer Meals

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## Buffalo Chicken Sliders

### Ingredients:

- **2 1/2 lbs** boneless, skinless chicken breasts
- **6 oz** can tomato paste
- **1.75 oz** buffalo wing seasoning
- **3/4 oz** ranch dip seasoning
- **2 tablespoons** red wine vinegar
- **1 tablespoon** butter
- **20** slider buns
- **20** slices cheddar cheese

### To Freeze:

1. Label and date a gallon size freezer bag
2. Add all ingredients **except buns and cheese** to freezer bag
3. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Place freezer bag in fridge to thaw overnight
2. Dump freezer bag into slow cooker
3. Cook on high for 4 hours **OR** low for 6-7 hours
4. Spoon on slider bun and top with cheese (will make approx. 20 sliders with 1/4 cup as the serving size)



# Slow Cooker Freezer Meals

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## Sweet and Sour Meatballs

### Ingredients:

- **1 pkg** cooked meatballs
- **1** onion, diced
- **1 cup** diced green pepper
- **1 cup** diced red pepper
- **1 bottle** sweet and sour sauce
- **1 can** pineapple tidbits

### To Freeze:

1. Label and date a gallon size freezer bag
2. Add all ingredients **except pineapple tidbits** to freezer bag
3. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Place freezer bag in fridge to thaw overnight
2. Dump freezer bag into slow cooker
3. Cook on low for 4 hours (**after 3 hours, add can of pineapple tidbits**)
4. Serve over rice



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# Slow Cooker Freezer Meals

## Sausage Pesto Pasta

### Ingredients:

- **1 lb** ground sausage, cooked
- **10 oz** container of pesto
- **28 oz** can diced tomatoes
- **1 tablespoon** minced garlic
- **1 cup** diced onion
- **1/2 cup** diced carrots
- **2 cups** fresh spinach
- **2 cups** shredded mozzarella cheese
- **16 oz** cooked pasta

### To Freeze:

1. Label and date a gallon size freezer bag
2. Add all ingredients **except pasta** to freezer bag
3. Remove as much air as possible, seal, and freeze for up to three months

### To Cook:

1. Place freezer bag in fridge to thaw overnight
2. Dump freezer bag into slow cooker
3. Cook on **low for 6 hours**
4. Serve over cooked pasta



# Slow Cooker Freezer Meals

## Shopping List

### Bottled:

Items	Meals
• Honey	1
• Maple syrup	2
• Spicy brown mustard	2
• Soy sauce	2
• Ketchup	4
• Worcestershire sauce	4
• BBQ sauce	4
• Olive oil	7
• Red wine vinegar	8
• Sweet and sour sauce	9
• Apple cider vinegar	1 (optional), 4

### Dairy:

Items	Meals
• Butter	8
• Cottage cheese	2
• Mozzarella Cheese (shredded)	2, 10
• Provolone Cheese (sliced)	5
• Cream Cheese	6
• Cheddar Cheese (sliced)	8



# Slow Cooker Freezer Meals

## Shopping List

### Spices:

Items	Meals
• Chili powder	1
• Cumin	1
• Paprika	1
• Crushed red pepper flakes	1, 4
• Parsley	2
• Oregano	2
• Dried basil	2
• Salt	2, 4
• Pepper	2, 3
• Buffalo wing seasoning	8
• Ranch dip seasoning	8
• Sugar	2
• Corn starch	5

### Breads:

Items	Meals
• Slider buns	8
• Hoagie	5
• Hamburger buns	4
• Tortillas	1



# Slow Cooker Freezer Meals

## Shopping List

### Produce:

#### Items

#### Meals

- 9 Mixed bell peppers 1, 5, 7
- Lime 1 (optional)
- Celery 2
- Carrots 2, 4 (shredded), 10
- Onion 2, 4, 5, 7, 9, 10
- 2 Green peppers 2, 9
- 1 Red pepper 9
- Spinach 10

### Meat:

#### Items

#### Meals

- 2 lb Boneless beef chuck shoulder roast 1
- 3 lb Ground beef 2, 4 (optional), 7 (optional)
- 2-3 lb Boneless pork loin 3
- 2 lb Ground turkey 4 (optional), 7 (optional)
- 6-8 lbs Chicken breasts (boneless, skinless) 5, 6, 8
- 1 pkg Meatballs 9
- 1 lb Ground sausage 10
- 1 lb Bacon 3



# Slow Cooker Freezer Meals

## Shopping List

### Boxed/Canned/Jarred:

Items	Meals
• 1 jar minced garlic	1, 3, 5, 7, 10
• Lasagna noodles	2
• Diced tomatoes (28 oz can)	2, 10
• Tomato paste (6 oz can)	2, 8
• Quinoa	4
• Chicken broth	5
• Salsa (16 oz)	6
• Corn	6
• Black Beans	6
• Pasta sauce (24 oz)	7
• Pineapple tidbits	9
• Pesto (10 oz)	10
• Pasta (16 oz)	10
• Rice	6, 7, 9