

# SLOW COOKER FREEZER GROCERY LIST

## Meat:

- 10 Chicken breasts
- 1 small pack Ground Beef
- 1 Beef Roast
- 1 pack Beef Stew pieces

## Fresh Produce:

- 1 Lime
- 4 Potatoes
- 1 Sweet Potato
- 2lb bag Baby Carrots
- 1 small Zucchini
- 3 Celery stalks
- 1 bunch Broccoli
- 5 Onions
- 2 Garlic Bulbs

## Canned Goods:

- 2 cans Coconut milk
- 1 19oz can diced Tomatoes
- 1 can Tomato sauce
- 1 can Black Beans
- 2 cans Navy Beans
- 1 can corn, drained
- 1 jar Alfredo sauce

## Supplies:

- 10 Large Freezer Bags

## Freezer/Pantry Staples:

- 1 cup frozen peas
- 1 egg
- Breadcrumbs (or Quick Oats)
- Milk
- Soy Sauce
- Honey
- Hoisin sauce
- 6 1/4 cups Chicken Broth
- 2 cups Beef Broth
- Peanut Butter
- Sugar
- Salt
- Pepper
- Cornstarch
- Ginger powder
- Curry powder
- Cumin
- Chili powder
- Paprika
- Olive Oil
- Rice Vinegar
- Red Wine vinegar
- Apple Cider Vinegar
- Maple syrup
- Mesquite seasoning packet (or Taco seasoning)
- Worcestershire sauce
- 1 box Pasta (any kind)
- Rice

# SLOW COOKER FREEZER RECIPES and INSTRUCTIONS

## Chicken Tortilla Soup

- 2 chicken breasts, diced
- 19oz can diced Tomatoes
- 1 can corn, drained
- 1 can black beans, drained & rinsed
- 1 onion, diced
- 2 garlic cloves, crushed
- 3 cups chicken broth
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp salt
- 1/4 tsp pepper

*These ingredients make up 1 freezer bag that serves 4 people.*

### Assembly Directions

Add all ingredients to a freezer bag, in the order they were listed. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Thaw the slow cooker pack in the refrigerator overnight. If the pack is only partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

### Serving Suggestion

Serve with tortilla chips, shredded cheese, sour cream, avocado...etc.

## Chicken Vegetable Curry

- 2 chicken breasts, diced
- 1-2 Tbsp curry powder
- 1/2 Tbsp ginger powder
- 3 garlic cloves, crushed
- 1 onion, diced
- 1 large sweet potato (or white potatoes)
- 1 small zucchini, chopped
- 2 stalks celery
- 1 cup baby carrots
- 4 Tbsp cornstarch
- 1/2 Tbsp salt
- 1 Tbsp sugar
- 2 1/2 cups chicken broth
- 1 can coconut milk

*These ingredients make up 1 freezer bag that serves 4 people.*

### Assembly Directions

Add all ingredients to a freezer bag, in the order they were listed. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Thaw the slow cooker pack in the refrigerator overnight. If the pack is only partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 4 hours or low for 6 hours.

### Serving Suggestion

Serve over rice.

# SLOW COOKER FREEZER RECIPES AND INSTRUCTIONS

## Roast Beef and Carrots

- 2 pound boneless beef roast
- 1lb baby carrots
- 3 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 seasoning packet (mesquite or taco)

*These ingredients make up 1 freezer bag that serves 4 people and possibly provides leftovers.*

### Assembly Directions

Add all ingredients to a freezer bag, in the order they were listed. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 8-10 hours. Once cooked, shred with a fork and serve.

### Serving Suggestion

Serve with potatoes and salad.

## Honey Garlic Chicken

- 2 chicken breasts
- 1/4 cup soy sauce
- 1/4 cup honey
- 2 Tbsp hoisin sauce
- 1 Tbsp rice vinegar
- 2-3 garlic cloves
- 1/2 tsp ginger powder
- 1/2 onion, finely diced
- 1-2 Tbsp cornstarch

*These ingredients make up 1 freezer bag that serves 4 people.*

### Assembly Directions

Combine soy sauce, honey, hoisin, rice vinegar, garlic, ginger and onion in a bowl. Place chicken in a freezer bag. Pour the sauce over top. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 4-5 hours. Once cooked, shred with a fork and set aside. Place the sauce from the slow cooker into a saucepan and bring to a boil. Mix cornstarch with a bit of water, then add to the sauce and stir until thickened. Finally, add shredded chicken to the sauce mixture. Stir to combine.

### Serving Suggestion

Serve over rice with a salad or steamed vegetables.

# SLOW COOKER FREEZER RECIPES AND INSTRUCTIONS

## Baked Beans

- 2 cans navy beans, drained & rinsed
- 1 onion, quartered or diced
- 1 19 oz can plain tomato sauce
- 1/2 cup maple syrup
- 3 Tbsp apple cider vinegar
- 1 tsp chili powder
- 1 tsp salt
- 1/4 tsp pepper
- Squirt of yellow mustard (optional)

*These ingredients make up 1 freezer bag that serves 4 people and provides leftovers.*

### Assembly Directions

Combine tomato sauce, maple syrup, apple cider vinegar, chili powder, salt & pepper and yellow mustard (optional) in a bowl. Add beans and onions to a freezer bag. Pour the tomato sauce mixture over top of the beans. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 4-5 hours.

### Serving Suggestion

Serve with bread, steamed veggies and/or salad.

## Beef Stew

- 2 pounds cubed beef stew
- 2 Tbsp cornstarch
- 1 tsp salt
- 1/2 tsp pepper
- 2 cups beef broth
- 1 tsp Worcestershire sauce
- 2 cloves garlic, crushed
- 1 tsp paprika
- 1 cup baby carrots
- 4 potatoes, cut in 1 inch chunks
- 1 onion, quartered or diced
- 1 stalk celery

*These ingredients make up 1 freezer bag that serves 4 people.*

### Assembly Directions

Add all ingredients to a freezer bag, in the order they were listed. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 8-10 hours or 4-6 hours on high.

### Serving Suggestion

Serve with salad and/or bread.

# SLOW COOKER FREEZER RECIPES AND INSTRUCTIONS

## Meatballs

- 1 1/2 pounds of ground beef
- 1 egg
- 1/3 cup breadcrumbs (or quick oats)
- 1 garlic clove, crushed
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 onion, finely diced
- 1/3 cup milk

*These ingredients make up 2 freezer bags of small meatballs that serves 4 people.*

### Assembly Directions

Place all ingredients into a bowl or electric mixer. Combine well. Roll meat mixture into 1 inch balls and place each ball on a cookie sheet for freezing. Once frozen, divide the meatballs into two freezer bags. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Place frozen (or thawed) meatballs into the slow cooker. Pour the sauce of your choice over top. (We like BBQ, sweet & sour, pasta sauce or beef broth.) Cook on low for 6-8 hours or on high for 4-5 hours.

### Serving Suggestion

Serve over rice or pasta with steamed veggies.

## Chicken Broccoli Alfredo

- 2 chicken breasts
- 1 bunch broccoli, cut into pieces
- 1 jar alfredo sauce

*These ingredients make up 1 freezer bag that serves 4 people.*

### Assembly Directions

Add all ingredients to a freezer bag, in the order they were listed. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

### Cooking Directions

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 4-6 hours.

### Serving Suggestion

Serve with pasta and salad. Garlic bread would be nice too.

# SLOW COOKER FREEZER RECIPES and INSTRUCTIONS

## **Peanut Chicken**

- 2 chicken breasts
- 1 onion, diced or quartered
- 1 cup baby carrots
- 1/2 tsp grated lime peel
- Juice of one lime
- 2 Tbsp soy sauce
- 2 Tbsp flour (optional)
- 2 garlic cloves, crushed
- 3/4 cup chicken broth
- 3-4 Tbsp peanut butter
- 1/2 can coconut milk
- 1 cup of frozen peas

*These ingredients make up 1 freezer bag that serves 4 people.*

## **Assembly Directions**

Add all ingredients to a freezer bag, except the coconut milk and peas, in the order they were listed. Remove as much air as you can. Freeze up to 3 months in a refrigerator freezer, or 6 months in a deep freezer.

## **Cooking Directions**

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 5-6 hours or high for 3-4 hours. During the last 10 minutes, add in 1/2 can coconut milk and a cup of peas.

## **Serving Suggestion**

Serve with over rice. Perhaps a salad would be nice too.

# SLOW COOKER FREEZER LABELS

## CHICKEN TORTILLA SOUP

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. If the pack is only partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

## CHICKEN VEGETABLE CURRY

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. If the pack is only partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 4 hours or low for 6 hours.

## ROAST BEEF and CARROTS

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 8-10 hours. Once cooked, shred with a fork and serve.

## CHICKEN BROCCOLI ALFREDO

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 4-6 hours.

## BAKED BEANS

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 4-5 hours.

## BEEF STEW

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 8-10 hours or 4-6 hours on high.

## MEATBALLS

*Made on:*

Place frozen (or thawed) meatballs into the slow cooker. Pour the sauce of your choice over top. (We like BBQ, sweet & sour, pasta sauce or beef broth.) Cook on low for 6-8 hours or on high for 4-5 hours.

## MEATBALLS

*Made on:*

Place frozen (or thawed) meatballs into the slow cooker. Pour the sauce of your choice over top. (We like BBQ, sweet & sour, pasta sauce or beef broth.) Cook on low for 6-8 hours or on high for 4-5 hours.

## SLOW COOKER FREEZER LABELS

### HONEY GARLIC CHICKEN

*Made on:*

Cook on low for 6-8 hours. Once cooked, shred with a fork and set aside. Place the sauce from the slow cooker into a saucepan and bring to a boil. Mix cornstarch with a bit of water, then add to the sauce and stir until thickened. Finally, add shredded chicken to the sauce mixture. Stir to combine.

### PEANUT CHICKEN

*Made on:*

Thaw the slow cooker pack in the refrigerator overnight. Cook on low for 5-6 hours or high for 3-4 hours. During the last 10 minutes, add in 1/2 can coconut milk and a cup of peas.