

# HEALTHY FREEZER CROCKPOT RECIPE LIST

Two bags of Chicken Fajitas-Two bags of Beef Roast & Carrots-Two bags of Garden Veggie Soup-Two bags of Mexican Chicken Soup

## GROCERY LIST FOR ALL 8 MEALS

### MEAT

- 4 pounds boneless, skinless chicken breasts
- Two, 2-lb boneless beef chuck shoulder roasts
- Two pounds lean ground beef (if adding to garden veggie soup)

### CANNED

- Two 15oz cans of cannellini beans

### PRODUCE

- 8 pounds carrots
- 2 medium-sized tomatoes
- 4 roma tomatoes
- 2 medium-sized zucchinis
- 2 medium-sized yellow squash
- 6 small-medium yellow onions
- 2 medium-sized green peppers
- 2 medium-sized red peppers
- 3 limes
- 8 large cloves of garlic



### SEASONINGS

- 2 tablespoons plus 2 teaspoons chili powder
- 6 teaspoons cumin
- 2 teaspoons paprika
- 2 teaspoons coriander (or sub fennel seed)
- 1/2 teaspoon crushed red pepper flakes
- 2 teaspoons salt
- 5 tablespoons of taco seasoning

**MISC**

- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 2 cups tomato juice
- Two 24oz jars of pasta sauce
- 2 tablespoons honey
- 8 gallon-sized plastic freezer bags

**SUGGESTED SIDE DISHES**

- Brown rice to serve with beef and carrots

**ITEMS NEEDED FOR DAY-OF COOKING**

- 16 cups fat-free reduced sodium chicken broth
- Tortillas and desired fajita toppings
- Desired side dishes for garden veggie soup and Mexican chicken soup

# Slow Cooker Mexican Chicken Soup

Yields: One gallon-sized bag of Mexican Chicken Soup (4 servings)

## Ingredients

- 1 pound carrots, peeled and diced
- 1 medium-sized yellow onion, diced
- 2 large cloves of garlic, minced
- 2 roma tomatoes, chopped
- 1 cup tomato juice
- 1 teaspoons cumin
- 1 teaspoons coriander (I substituted 1 teaspoon fennel seeds)
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1/2 lime (about 2 tablespoons)
- 1 pound boneless skinless chicken breasts, cut into 1" chunks
- 4 cups fat-free, reduced-sodium chicken broth (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

## Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add 4 cups chicken broth.
3. Cook on "low" setting for 6-8 hours, or until chicken is cooked through.

# Beef Roast & Carrots

Yields: One gallon-sized bag of Beef Roast & Carrots (4 servings)

## Ingredients:

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- one packet store-bought taco seasoning

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

## Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred beef and serve!

**SUGGESTED SIDE DISH:** Brown rice

# Slow Cooker Chicken Fajitas

Yields: One gallon-sized bag of Chicken Fajitas (4 servings)

## Ingredients

- 1 medium-sized green pepper, sliced
- 1 medium-sized red pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- The juice from one lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, sliced

Materials • 1 gallon-sized plastic freezer bag

Prep 1. Label your freezer bag. 2. To your freezer bag, add all ingredients. (Add the chicken to the bag last, so it's the first ingredient poured into your slow cooker.) 3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook 1. The night before cooking, move frozen bag to your refrigerator to thaw. 2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 4-8 hours, or until chicken is cooked through and tender.

(Tip: You can also cook this meal in a pan on your stovetop!)

SUGGESTED SIDE DISH: Tortillas and fajitas toppings, like cheese, lettuce, tomato, and guacamole.

# Garden Veggie Soup

Yields: One gallon-sized bag of Garden Veggie Soup (4 servings)

## Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 2 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 1 medium-sized zucchini, ends cut off and chopped (about one cup)
- 1 medium-sized yellow squash, ends cut off and chopped (about one cup)
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound lean ground beef, optional
- 4 cups fat free, reduced sodium chicken broth (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients except chicken broth. (If adding beef\*, add it to the freezer bag last so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

## Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until beef is cooked through and carrots are soft.