

KELLY'S FAVORITE RECIPES

Thank you for buying my Freezer eCookbook Bundle! If you read through the eCookbooks you'll find all of the tips and recipes you need to stock your freezer with delicious no-cook freezer meals.

The best way to get started is to jump in. You can pick a couple of recipes from different books that sound good to you, focus on one book at a time (they each contain their own grocery list), or make the seven recipes below.

These are seven of my favorite crockpot freezer recipes:

1. Chicken Spinach Alfredo on page 13 in *Crockpot Chicken Freezer Meals*
2. Chicken Curry
3. Chicken Fajitas
4. Super Simple Meatball Veggie Soup on page 61 in *Crock'd*
5. Sloppy Joes on page 57 in *Crock'd*
6. Chili-Spiced Beef Roast and Carrots on page 26 in *Crock'd*
7. Turkey & Black Bean Chili

Below, you'll find:

- Seven printable recipes
- A full grocery list if you want to make all seven at once
- Freezer labels that you can print on [Avery sticker labels](#) or regular printer paper (cut them out and stick to your bags with clear shipping tape)

If you want to make all seven at once:

1. Print the recipes, grocery list, and freezer labels.
2. Go grocery shopping.
3. Label your freezer bags.
4. Fill each freezer bag with its veggies and canned goods at the bottom, spices in the middle (so they don't get left in the bag when cooking), and meat at the top (so it's the first ingredient dumped into the crockpot).
5. Remove as much air as possible, seal, and stack in the freezer.

Eat all seven in one week or space them out over the next three months. Once you try them I know you'll be hooked!

Thoughts or questions? Email me at kelly@newleafwellness.biz. I'd love to hear from you.

1

CHICKEN SPINACH ALFREDO

Serve over cooked fettucine noodles.

Yields: 6 servings

Ingredients

1 pound boneless skinless chicken breasts (about 3 small chicken breasts)
16oz heavy cream (2 cups or 1 pint)
4 cloves garlic, minced
1 cup fresh parmesan cheese, shredded
1 teaspoon parsley
1/2 teaspoon salt
1/2 teaspoon pepper
5oz baby spinach

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir to combine.

2

CHICKEN CURRY

Serve with brown rice.

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-size pieces
- 6oz can tomato paste
- 13.5oz can unsweetened coconut milk
- 1 small yellow onion, chopped (about one cup)
- 2 cups frozen peas
- 14.5oz can tomato sauce (about 1 3/4 cup)
- 2 large cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

3

CHICKEN FAJITAS

Serve on tortillas or brown rice with shredded lettuce, guacamole, and shredded cheddar cheese.

Yields: 6 servings

Ingredients

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

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart crockpot.

+SKILLET OPTION: If you slice the chicken breasts before freezing you can also cook this recipe in a skillet instead. Thaw, add contents to skillet, and cook for 15 minutes or until chicken is cooked through.

4 **SUPER SIMPLE** MEATBALL VEGGIE SOUP

Serve with garlic bread or rolls.

Yields: 6 servings

Ingredients

- 1 pound small meatballs (store bought or homemade)
- 24oz jar pasta sauce (about 2 ½ cups)
- 1 pound carrots, peeled and chopped
- 3 cups green beans (about 1 pound), ends cut off and cut into bite-sized pieces
- 1 large zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (1 cup)
- 4 cups low sodium chicken broth (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add chicken broth and contents of freezer bag to crockpot.
3. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart crockpot.

5

SLOPPY JOES

Serve on sandwich rolls with a side salad.

Yields: 6 serving

Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (1 cup)
- 1 medium green bell pepper, diced
- 15oz can tomato sauce (about 1.75 cups)
- 2 tablespoons light brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart crockpot.
3. Break apart ground beef and stir.



CHILI-SPICED BEEF ROAST & CARROTS

Serve with brown rice.

Yields: 6 servings

Ingredients

- 2 pound boneless beef chuck shoulder roast, fat trimmed
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2 pounds carrots, peeled and chopped into 1 inch pieces
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot.
3. Add contents of freezer bag to crockpot and cook on “low” setting for 6 hours in a 6-quart slow cooker or 8-10 hours in a 4-quart crockpot.
4. Shred beef.

7 TURKEY & BLACK BEAN CHILI

Top with shredded cheddar cheese and crushed tortilla chips.

Yields: 6 servings

Ingredients

- 1 pound ground turkey
- 2 cans tomato sauce (14.5 oz each)
- 2 cans black beans (15 oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn (half of a 16oz bag)
- 2 large cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart crockpot.
3. Break apart turkey and stir.

GROCERY

LIST

Note: the number(s) listed next to each ingredient corresponds to its recipe number.

Produce

- 5oz baby spinach (1)
- 4 small yellow onions (2, 3, 4, 5)
- 1 lime (3)
- 2 medium green bell peppers (3, 5)
- 1 medium-sized red pepper (3)
- 3 pounds carrots (4, 6)
- 3 cups green beans (about 1 pound) (4)
- 1 large zucchini (4)
- 10 cloves garlic (1 bulb) (1, 2, 3, 7)

Meat

- 4 pounds boneless skinless chicken breasts (1, 2, 3)
- 1 pound 85% lean ground beef (5)
- 2 pound boneless beef chuck shoulder roast (6)
- 1 pound ground turkey (7)

Frozen

- 1 pound small meatballs (4)
- 2 cups of frozen peas (2)
- 16 oz bag frozen corn (you'll use half) (7)

Cold

- 16oz heavy cream (2 cups or 1 pint) (1)
- 1 cup fresh parmesan cheese, shredded (1)

Canned

- 13.5oz can unsweetened coconut milk (2)
- 4 cans tomato sauce (14.5-15oz each) (2, 5, 7)
- 24oz jar pasta sauce (we like Prego Traditional) (4)
- 14.5oz can petite diced tomatoes (7)
- 6oz can tomato paste (2)
- 2 cans black beans (15oz each) (7)

Spices

- 1 teaspoon parsley (1)
- 2 ½ teaspoon salt (1, 2, 5, 6)
- ¾ teaspoon pepper (1, 5)
- 2 tablespoons curry powder (2)
- 2 ¼ teaspoon crushed red pepper flakes (2, 3, 5, 6, 7)
- 3 tablespoons + 2 teaspoons chili powder (3, 5, 6, 7)
- 4 ½ teaspoon ground cumin (3, 6, 7)
- 1 tablespoon + 1 ½ teaspoon paprika (3, 6, 7)
- 1 teaspoon garlic powder (5, 6)
- ½ teaspoon onion powder (6)
- 1 ½ teaspoon ground oregano (7)

Baking

- 4 tablespoons honey (2, 3)
- 2 tablespoons light brown sugar (5)

Miscellaneous

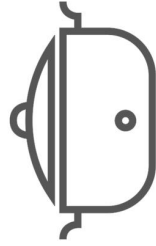
- 7 gallon-sized plastic freezer bags (1-7)
- 1 tablespoon Worcestershire sauce (5)

Oils and Vinegar

- 3 tablespoons extra virgin olive oil (6)
- 2 tablespoons red wine vinegar (6)

Not Needed until Day of Cooking

- 4 cups low sodium chicken broth (4)
- Suggested side dishes
 1. Chicken Spinach Alfredo – cooked fettucine noodles
 2. Chicken Curry - rice
 3. Chicken Fajitas – tortillas or rice, lettuce, guacamole, shredded cheese
 4. Super Simple Meatball Veggie Soup – garlic bread or rolls
 5. Sloppy Joes – rolls and side salad
 6. Chili-Spiced Beef Roast and Carrots – brown rice
 7. Turkey and Black Bean Chili – shredded cheese and crushed tortilla chips

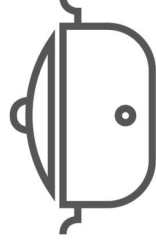


CROCKPOT CHICKEN SPINACH ALFREDO

Chicken breasts
Heavy cream
Garlic
Parmesan cheese
Parsley
Salt
Pepper
Baby spinach

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
3. Shred chicken and stir to combine.
4. Serve over fettucine.

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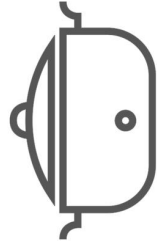


CROCKPOT CHICKEN CURRY

Chicken breasts
Tomato paste
Unsweetened coconut milk
OnionS
Peas
Tomato sauce
Honey
Seasonings

1. Thaw.
2. Add to crockpot and in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
3. Serve with rice.

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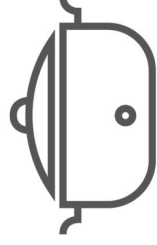


CHICKEN FAJITAS

Chicken breasts
Green peppers
Red peppers
Onions
Garlic
Honey
Fresh lime juice
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot OR in skillet for 15 min.
3. Top with lettuce, guacamole, and cheese.

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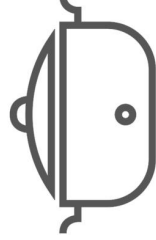


CROCKPOT MEATBALL VEGGIE SOUP

Meatballs
Pasta sauce
Carrots
Green beans
Zucchini
Onions

1. Thaw.
2. Add to crockpot with 4 cups chicken broth.
3. Cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt.
4. Serve with garlic bread or rolls.

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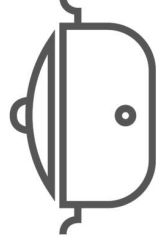


CROCKPOT SLOPPY JOES

Lean ground beef
Onions
Green peppers
Tomato sauce
Light brown sugar
Worcestershire sauce
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
3. Break apart beef and stir to combine.
4. Serve with rolls & salad.

Use by:



CROCKPOT CHILI-SPICED BEEF ROAST & CARROTS

Boneless beef roast
Extra virgin olive oil
Red wine vinegar
Carrots
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-qt crockpot or 8-10 hours in a 4-qt crockpot.
3. Shred beef.
4. Serve with rice.

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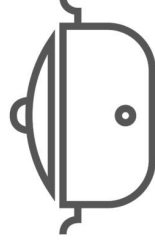


CROCKPOT TURKEY & BLACK BEAN CHILI

Ground turkey
Tomato sauce
Black beans
P petite diced tomatoes
Corn
Garlic
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-qt crockpot or 8 hours in a 4-qt crockpot.
3. Break apart turkey.
4. Top with shredded cheese and chips.

Use by:



Use by: