



# clean eating

## crockpot freezer meals

New Leaf Wellness

Clean Eating Crockpot Freezer Meals.

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# ABOUT THE AUTHORS



Dr. Kelly McNelis is a psychologist, blogger, and the author of several other freezer meal eCookbooks. Kelly lives in Pittsburgh, PA with her husband, Andy, and their four young children. Kelly shares her favorite crockpot recipes and freezer meal prep sessions on her blog, [New Leaf Wellness](#).



Jill Petrush Rogers is an artist and former bookbuyer/seller. Jill recently moved back to her hometown of Pittsburgh, PA with her husband, Tom, and their two energy-filled boys. Jill loves to channel her creativity by coming up with recipes as a contributing writer for New Leaf Wellness.

# TABLE OF CONTENTS

<b>Introduction</b>	<b>6</b>
<b>Crockpot Freezer Recipes</b>	
1. BBQ Maple Ribs	17
2. Beef and Cabbage Soup	18
3. Beef and Quinoa Stuffed Peppers	19
4. Beef and Sweet Potato Stew	20
5. Black Bean Sweet Potato Chili	21
6. Cabbage Rolls with Wild Rice	22
7. Cherry Pot Roast with Sweet Potatoes	23
8. Chicken Artichoke Marinara	24
9. Chicken Lentil Curry Chili	25
10. Chicken and Wild Rice Soup	26
11. Citrus Chicken	27
12. Ginger-Peach Pork Roast with Green Beans	28
13. Italian Chicken and Quinoa Soup	29
14. Italian Meatballs	30
15. Lemon Chicken with Baby Spinach	31
16. Maple Pork Roast with Cinnamon Applesauce	32
17. Minestrone Soup with Ground Beef	33
18. Pear Pork Tenderloin	34
19. Ratatouille	35
20. Savory Indian Chickpeas	36
21. Shredded Chicken Fajitas	37

22. Spaghetti Squash with Marinara Sauce	38
23. Spiced Butternut Squash Soup	39
24. Spicy Garlic Lime Chicken	40
25. Stuffed Pepper Soup	41
26. Sweet Potato and Pork Burrito Bowls	42
27. Sweet Potato Split Pea Soup	43
28. Sweet 'n Spicy Thai Beef	44
29. Turkey Chili with Butternut Squash	45
30. Tuscan Steak and Green Peppers	46

**Nutritional Information** **47**

**Grocery List** **55**

**Printable Labels for Freezer Meals** **59**

# INTRODUCTION

Welcome to Clean Eating Crockpot Freezer Meals! My name is Kelly McNelis and I created the blog New Leaf Wellness. Here is some information that will help you make the most of this book:

## **What do you consider “clean eating”?**

In the strictest sense, I think clean eating means eating meat, vegetables, fruit, and no processed foods whatsoever. However, if I was that strict with these recipes, they wouldn’t taste very good and would require a lot of time to prepare and assemble.

As a compromise, my co-author Jill and I agreed to include these ingredients in this cookbook:

- Fresh and frozen fruits and vegetables
- Healthier canned goods, like beans, tomatoes, and unsweetened coconut milk
- Healthier sweeteners, like honey and pure maple syrup
- Extra virgin olive oil
- Apple cider vinegar
- Store-bought chicken, beef, and vegetable broths
- Dried herbs and spices

Since you are making the meals from scratch, you will have complete control over the ingredients. You are welcome to substitute homemade items for the store-bought ones (for example, substituting cooked dried beans for canned beans). Please note that any changes you make will change the nutritional info for the dish.

## **How long do the meals need to cook?**

Most meals will cook perfectly in 3-6 hours on “low” in a large crockpot (6-7 quarts) or 8-10 hours on “low” in a small crockpot (2-4 quarts). If you need to be out of the house longer than that, I highly recommend purchasing a [crockpot with a timer](#) that you can program to switch to the “warm” setting after a specified amount of time. This is the easiest way to make sure that your meals do not end up dry and burned. If you only need one extra hour (or less), you can use a standard light timer to turn off your crockpot instead. However, if your food sits in the crockpot longer than that, it will start to get cold.

## **What size crockpot should I use?**

All of the recipes should work in a 4-7 quart crockpot. This [6-quart programmable crockpot with a timer](#) is my favorite and the one that I use most often.

## **Are the recipes gluten-free?**

Most of the recipes are naturally gluten-free, but if you are preparing the meals for someone with Celiac Disease, please read the labels carefully for every ingredient. Gluten can be hidden in items that you wouldn't expect, like canned goods, broth, vinegar, and spices.

## **How many servings are in each recipe? Can I decrease the number of servings if I'm only cooking for two people?**

The number of servings vary, but the average is six. (You can find the exact number of servings and serving size in the nutritional information labels.) The easiest way to decrease the number of servings is to split each recipe into two freezer bags and cook in a smaller crockpot (2-4 quarts).

## **Is it safe to freeze raw meat and vegetables in the same bag?**

Yes. The USDA Food Safety and Inspection Service explains that the freezer inactivates any microbes present in food (like bacteria, yeasts, and molds). You will cook the food before eating it too, so it's perfectly safe.

## **Do I have to freeze the meals before cooking?**

No. You can cook them fresh instead. The ingredients tend to mix together in the freezer bags, so if you're making a recipe with sauce, I recommend mixing the sauce in a bowl before pouring it into the crockpot.

## **How long do the meals last in the freezer?**

Most meals will last at least three months in a standard refrigerator/freezer combo.

## **Can I re-freeze the leftovers?**

Yes. Once the meals are cooked, they are the same as non-frozen meals.

## **Do I need to thaw my frozen meals before cooking? If so, how do I do it?**

The USDA Food Safety and Inspection Service recommends thawing frozen meat before placing it in a crockpot. I thaw my meals overnight in the refrigerator or in the morning in water.

## **Why do you freeze broth in some recipes and wait to add it until the day of cooking in others?**

If a recipe calls for 32oz or more of broth (4 cups), I wait to add it the day of cooking. This is because it can be difficult to fit that much liquid in a freezer bag and it takes longer to thaw.

## **How do I use the printable labels for my freezer meals?**

The labels in this book are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75"](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers. You can also print the labels on regular computer paper and attach to your freezer bags with clear shipping tape.

## **Additional questions?**

If you have additional questions, you can email me at [kelly@newleafwellness.biz](mailto:kelly@newleafwellness.biz). I would also love to hear what you think of the meals after you freeze and cook them yourself. Please email me or tag me on Instagram [@kellymcnelis](#).

Disclosure: The items recommended above include my Amazon Associate link so I earn a very small percentage of the sales price if you purchase something after clicking on them. Thank you for your support!





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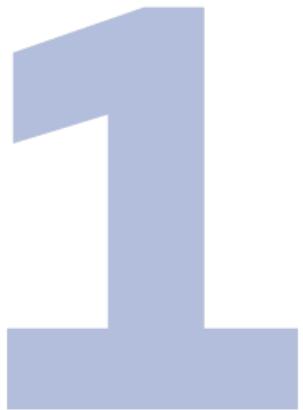
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30



# BBQ MAPLE RIBS



Serve with corn on the cob and a salad.

Yields: 6 servings

## Ingredients

2 pounds boneless pork ribs  
6oz can tomato paste  
1/4 cup pure maple syrup  
2 tablespoons apple cider vinegar  
1 tablespoon chili powder  
2 teaspoons curry powder  
1 teaspoon paprika  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon pepper  
1/2 teaspoon salt

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Optional: Pour contents of crockpot onto a cookie sheet covered with aluminum foil and bake for 15 minutes at 350 degrees F.

# BEEF AND CABBAGE SOUP



Serve with fresh bread.

Yields: 6 servings

## Ingredients

1 pound 85% lean ground beef  
1 small cabbage (1 1/2 pounds), sliced (save the 6 outer leaves to make the cabbage rolls)  
1 small yellow onion, diced (one cup)  
4 cloves garlic, minced  
4 carrots, peeled and diced  
14.5oz can diced tomatoes, undrained  
3 bay leaves  
1 teaspoon salt  
1 teaspoon pepper  
32oz beef broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Remove bay leaves and break apart ground beef.

# BEEF AND QUINOA STUFFED PEPPERS

3

Top with Parmesan cheese and serve with a salad.

Yields: 6 servings

## Ingredients

### Peppers

6 small red bell peppers, tops in mix  
½ cup dry quinoa, uncooked  
1 pound 85% lean ground beef  
1 small yellow onion, diced (one cup)  
4 cloves garlic, minced  
1 tablespoon Italian seasoning  
1 teaspoon salt  
½ teaspoon pepper

### Sauce

1 tablespoon Italian seasoning  
15oz can tomato sauce

## Materials

- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your gallon-sized freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Cut tops off peppers, clean, and set aside.
3. In a large bowl, mix diced tops of peppers with remaining “peppers” ingredients.
4. Spoon equally into peppers (about 1 cup per pepper) and place in freezer bag.
5. To your quart-sized bag add sauce ingredients.
6. Remove as much air as possible from both bags, seal, and freeze.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Place stuffed peppers in crockpot and cover with sauce.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

# BEEF AND SWEET POTATO STEW

Serve with bread.

Yields: 6 servings



## Ingredients

1 ½ pound stew meat  
1 small yellow onion, diced (one cup)  
½ pound carrots (4 large), peeled and diced  
2 medium-sized sweet potatoes (1 pound), peeled and diced  
1 cup frozen peas  
2 bay leaves  
1 tablespoon parsley  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
1 teaspoon onion powder  
32oz beef broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Remove bay leaves.
5. Break apart beef and stir.

# BLACK BEAN SWEET POTATO CHILI



Top with sour cream, shredded cheddar cheese, and chopped avocados.

Yields: 6 servings

## Ingredients

3 cans black beans (15oz each), drained and rinsed  
1 pound sweet potatoes, peeled and cubed (2 medium-sized sweet potatoes or 4 cups)  
28oz can diced tomatoes, undrained  
1 small yellow onion, diced (one cup)  
1 tablespoon jalapeños, finely chopped (include seeds for a chili with medium heat, omit seeds for mild)  
3 cloves garlic, minced  
1 tablespoon chili powder  
1 teaspoon cumin  
½ teaspoon pepper  
16oz vegetable broth (2 cups)

## Materials

- 1 gallon-sized plastic freezer bag
- Gloves to wear while cutting jalapeño pepper

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

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

# CABBAGE ROLLS WITH WILD RICE



Serve with a salad.

Yields: 6 servings

## Ingredients

### Cabbage rolls

6 large cabbage leaves\* from a small head of cabbage (1 ½ pounds) (Tip: core cabbage and run head under hot water to help remove outer leaves)  
1 pound 85% lean ground beef  
1 cup dry wild rice, uncooked  
1 small yellow onion, diced (one cup)  
1 teaspoon Italian seasoning

### Sauce

28oz can diced tomatoes, undrained  
15oz can tomato sauce  
1 tablespoon honey  
1 tablespoon Italian seasoning  
½ teaspoon salt  
½ teaspoon pepper

## Materials

- 2 gallon-sized plastic freezer bags

## To Freeze and Cook Later

1. Label one freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Label the second freezer bag as the sauce for the cabbage rolls.
3. In a large bowl, mix ingredients for cabbage roll filling and spoon equally onto cabbage leaves (about ⅔ cup per leaf).
4. Tuck in sides, roll, and place in freezer bag seam-side down.
5. To your second bag, add ingredients for sauce.
6. Remove as much air as possible from both bags, seal, and freeze.

## To Cook

1. Thaw both bags overnight in refrigerator or in morning in water.
2. Place cabbage rolls in crockpot and cover with sauce.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

\*If you can't remove your leaves in whole pieces, chop and freeze them with all of the ingredients to make “deconstructed cabbage rolls.”

# CHERRY POT ROAST WITH SWEET POTATOES

Yields: 6 servings

Serve with a salad.

## Ingredients

2-pound boneless beef chuck roast, fat trimmed  
2 medium-sized sweet potatoes (1 pound), peeled and cut into 1-inch pieces  
1 small yellow onion, peeled and chopped (one cup)  
12oz bag frozen pitted dark sweet cherries  
3 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
1 teaspoon thyme  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

# CHICKEN AND ARTICHOKE MARINARA

8

Top with Parmesan cheese and serve with pasta or a salad.

Yields: 6 servings

## Ingredients

1 pound boneless skinless chicken breasts, fat trimmed  
1 small yellow onion, diced (one cup)  
1 red bell pepper, chopped  
4 cloves garlic, minced  
28oz can crushed tomatoes  
6oz can tomato paste  
14oz can quartered artichoke hearts, drained  
1 tablespoon honey  
1 tablespoon basil  
1 teaspoon salt  
½ 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred chicken and stir.

# CHICKEN LENTIL CURRY CHILI



Top with shredded cheddar cheese, crumbled feta cheese, banana pepper rings, and crushed pita chips.

Yields: 6 servings

## Ingredients

1 pound boneless skinless chicken breasts, fat trimmed  
1 small yellow onion, diced (one cup)  
1 cup frozen peas  
1 cup French green lentils, rinsed  
13.5oz can unsweetened coconut milk  
2 tablespoons apple cider vinegar  
1 tablespoon honey  
1 tablespoon curry powder  
1 tablespoon garam masala  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon crushed red pepper flakes  
16oz chicken broth (2 cups)

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

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

# CHICKEN AND WILD RICE SOUP

Serve with fresh bread.

Yields: 6 servings



## Ingredients

1 pound boneless skinless chicken breasts, fat trimmed  
1 pound carrots, peeled and diced  
2 celery ribs, chopped (1 cup)  
1 small yellow onion, diced (one cup)  
4 cloves garlic, minced  
 $\frac{1}{4}$  cup dry wild rice, uncooked  
1 teaspoon basil  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon thyme  
32oz chicken broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred chicken and stir.

# CITRUS CHICKEN

Serve with brown rice and roasted asparagus.

Yields: 6 servings



## Ingredients

2 pounds boneless skinless chicken breasts (about 6 small chicken breasts)  
1 orange, half juiced/half thinly sliced  
1 lemon, half juiced/half thinly sliced  
1 lime, half juiced/half thinly sliced  
4 cloves garlic, minced  
1 tablespoon honey  
 $\frac{1}{2}$  teaspoon thyme  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{1}{2}$  teaspoon parsley  
 $\frac{1}{2}$  teaspoon basil

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

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

# GINGER-PEACH PORK ROAST WITH GREEN BEANS

Serve with rice.

Yields: 6 servings



## Ingredients

2-pound boneless pork roast  
16oz bag frozen sliced peaches (or 2-3 cups fresh)  
1 pound fresh green beans\*, ends trimmed  
1 inch fresh ginger root, peeled and grated (1 tablespoon)  
3 cloves garlic, minced  
1 tablespoon honey  
1 tablespoon apple cider vinegar  
½ teaspoon salt  
½ teaspoon 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible from the bag, seal, and freeze.

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Shred pork and serve with green beans and peaches in crockpot.

*\*Freeze green beans separately and add last 30 minutes of cooking if you prefer al dente vegetables.*

# ITALIAN CHICKEN AND QUINOA SOUP

13

Serve with fresh bread.

Yields: 6 servings

## Ingredients

1 pound boneless skinless chicken breasts, fat trimmed  
28oz can diced tomatoes, undrained  
15oz can dark red kidney beans, drained and rinsed  
5oz bag baby spinach  
1/4 cup dry quinoa, uncooked  
1 tablespoon Italian seasoning  
1/2 teaspoon salt  
32oz chicken broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

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

# ITALIAN MEATBALLS

Serve with spaghetti and a salad. (You can also cook half of the meatballs with the Spaghetti Squash with Marinara Sauce recipe in this book.)

Yields: 36 1 1/2-inch meatballs (12 servings of 3 meatballs each)

## Ingredients

### Meatballs

2 pounds 85% lean ground beef  
2 small yellow onions, diced (2 cups)  
1/4 cup dry quinoa, uncooked  
2 tablespoons apple cider vinegar  
1 tablespoon Italian seasoning  
2 teaspoons garlic powder  
1 teaspoon paprika  
1 teaspoon whole fennel seeds  
1 teaspoon pepper  
1/2 teaspoon red pepper flakes

### Sauce

1 tablespoon Italian seasoning  
28oz can diced tomatoes, undrained  
15oz can tomato sauce  
1 tablespoon honey  
1/2 teaspoon salt  
1/2 teaspoon pepper

## Materials

- 3 gallon-sized plastic freezer bags (2 for meatballs – freeze them in single layers – and 1 for sauce)

## To Freeze and Cook Later

1. Label two of your gallon-sized freezer bags with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Label your last bag as the sauce for the meatballs and add ingredients for sauce.
3. In a large bowl, combine meatball ingredients and roll into small balls.
4. Place in bags.
5. Remove as much air as possible from all of the bags, seal, and freeze.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add sauce to crockpot.
3. Layer meatballs on top of sauce.
4. Cook on “low” setting for 6 hours in 6-quart crockpot or 8-10 hours in 4-quart crockpot.

# LEMON CHICKEN WITH BABY SPINACH

Serve over spaghetti or farfalle pasta and top with Parmesan cheese.

Yields: 6 servings



## Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed  
5oz bag baby spinach  
6 cloves garlic, minced  
1/4 cup extra virgin olive oil  
The juice from 1 lemon  
1 tablespoon parsley  
1 tablespoon basil  
1/2 teaspoon pepper  
1/2 teaspoon salt

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
4. Slice or shred chicken and mix with spinach and sauce in crockpot.

# MAPLE PORK ROAST WITH CINNAMON APPLESAUCE

Serve with green beans.

Yields: 6 servings



## Ingredients

- 2-pound boneless pork roast
- 2 pounds McIntosh apples (about 9 small apples), peeled, cored, and chopped
- The juice from  $\frac{1}{2}$  a lemon (2 tablespoons)
- 2 tablespoons pure maple syrup
- 1 teaspoon cinnamon

## 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 (3 months from when you prepped the meal).
2. Add apples and lemon juice to bag and seal, and shake to combine.
3. Open freezer bag and add remaining ingredients.
4. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Using two forks, shred pork.
5. Serve with applesauce in crockpot.

# MINESTRONE SOUP WITH GROUND BEEF

17

Serve with fresh bread.

Yields: 6 servings

## Ingredients

1 pound 85% lean ground beef  
15oz can dark red kidney beans, drained and rinsed  
2oz baby spinach (two large handfuls)  
Half of a 2-pound butternut squash, peeled and diced (about 2 cups) (use other half in Turkey Chili recipe)  
1 small zucchini, diced (no need to peel) (about 2 cups)  
1 small yellow onion, diced (one cup)  
14.5oz can diced tomatoes, undrained  
1 tablespoon Italian seasoning  
1 teaspoon salt  
1 teaspoon pepper  
32oz beef broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except beef broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart beef and stir.

# PEAR PORK TENDERLOIN

Serve with rice and a salad.

Yields: 6 servings

# 18

## Ingredients

2-pound boneless pork tenderloin  
3 ripe Bosc pears, peeled and cubed  
3 cloves garlic, minced  
 $\frac{1}{4}$  cup apple cider vinegar  
1 tablespoon honey  
1 teaspoon basil  
1 teaspoon pepper  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Slice or shred pork and serve with pears in crockpot.

# RATATOUILLE

19

Top with shredded mozzarella and lots of freshly chopped basil leaves.

Yields: 6 servings

## Ingredients

1 medium-sized eggplant (1 pound), peeled and cut length-wise into four pieces  
1/2 teaspoon salt  
Rainbow pack of bell peppers (red, orange, and yellow), chopped  
1 small yellow onion, diced (one cup)  
4 garlic cloves, minced  
28oz can diced tomatoes, drained  
15oz can cannellini beans, drained and rinsed  
1 tablespoon fennel seeds  
1 teaspoon basil  
1/2 teaspoon 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 (3 months from when you prepped the meal).
2. Sprinkle cut eggplant with salt, toss, and let sit 15 minutes to remove excess moisture (this will remove bitter taste when it cooks). Wipe away liquid and cut into 1-inch cubes.
3. Add all ingredients to your freezer bag.
4. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

# SAVORY INDIAN CHICKPEAS

20

Top with fresh cilantro and serve with basmati rice or naan.

Yields: 6 servings

## Ingredients

2 cans chickpeas (garbanzo beans) (15oz each), drained and rinsed  
1 small yellow onion, diced (one cup)  
The juice from half a lemon (2 tablespoons)  
4 cloves garlic, minced  
28oz crushed tomatoes  
4.25oz can diced green chilies  
1 tablespoon honey  
1 tablespoon garam masala  
1 tablespoon curry powder  
1 teaspoon chili 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

# SHREDDED CHICKEN FAJITAS

21

Serve over rice, tortillas, or salad, and top with shredded cheese, diced tomatoes, and guacamole.

Yields: 6 servings

## Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed  
1 red pepper, sliced  
1 green pepper, sliced  
1 red onion, sliced  
 $\frac{1}{4}$  cup extra virgin olive oil  
The juice from one lime (about 3 tablespoons)  
1 tablespoon chili powder  
2 teaspoons cumin  
1 teaspoon crushed red pepper flakes  
 $\frac{1}{2}$  teaspoon salt

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
4. Shred chicken and return to crockpot to mix with peppers, onions, and sauce.

# SPAGHETTI SQUASH WITH MARINARA SAUCE

Top with shredded mozzarella cheese and lots of freshly chopped basil leaves.

Yields: 4 servings

## Ingredients

28oz can crushed tomatoes  
14.5oz can diced tomatoes, undrained  
1 small yellow onion, diced (one cup)  
4 cloves garlic, minced  
1 tablespoon honey  
1 tablespoon Italian seasoning  
1/2 teaspoon pepper  
1/2 teaspoon salt  
1 small spaghetti squash (3-3 1/2 pounds and 10" long or shorter so it fits in the crockpot) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except spaghetti squash.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Wash spaghetti squash and poke it 10-15 times with a fork.
3. Pour sauce into crockpot and add spaghetti squash.
4. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
5. Remove squash from crock and cool to touch (10-15 minutes).
6. Cut in half, remove seeds, and shred flesh with fork.
7. Serve with remaining sauce in crockpot.



# SPICED BUTTERNUT SQUASH SOUP

Serve with pita bread or rice.

Yields: 6 servings



## Ingredients

1 small butternut squash (about 2 pounds) peeled, gutted, and cubed (about 6 cups)  
2 cans unsweetened coconut milk (13.5oz each)  
4.25oz can diced green chilies  
1 small yellow onion, diced (one cup)  
3 cloves garlic, minced  
1 tablespoon curry powder  
1/2 teaspoon cumin  
1/2 teaspoon pepper  
1/4 teaspoon salt

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Cook on “low” setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
3. Puree with immersion blender or regular countertop blender.

# SPICY GARLIC LIME CHICKEN

Serve with rice and steamed broccoli or corn on the cob.

Yields: 6 servings



## Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed (about 6 small chicken breasts)  
¼ cup extra virgin olive oil  
The juice and zest of one lime  
6 garlic cloves, minced  
1 small yellow onion, diced (one cup)  
1 teaspoon crushed red pepper flakes  
½ teaspoon pepper  
¼ teaspoon salt

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

# STUFFED PEPPER SOUP

25

Top with shredded mozzarella cheese.

Yields: 6 servings

## Ingredients

1 pound 85% lean ground beef  
1/2 cup dry wild rice, uncooked  
1 green bell pepper, diced  
1 red bell pepper, diced  
1 small yellow onion, diced (one cup)  
2 cloves garlic, minced  
28oz can diced tomatoes, undrained  
15oz can tomato sauce  
2 teaspoons Italian seasoning  
1 teaspoon salt  
32oz beef broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart ground beef and stir.

# SWEET POTATO AND PORK BURRITO BOWL

Serve as a burrito bowl over rice or lettuce topped with sour cream, cheddar cheese, and guacamole.

Yields: 6 servings



## Ingredients

2-pound boneless pork roast, fat trimmed  
2 large sweet potatoes (1  $\frac{1}{2}$  pounds), peeled and cubed  
1 small yellow onion, sliced  
2 red bell peppers, sliced  
3 cloves garlic, minced  
The juice from 2 limes  
1 tablespoon chili powder  
2 teaspoons cumin  
 $\frac{1}{2}$  teaspoon crushed red pepper flakes  
 $\frac{1}{2}$  teaspoon salt

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred pork and serve with sweet potatoes, potatoes, and onions in crockpot .

# SWEET POTATO SPLIT PEA SOUP

27

Serve with fresh bread.

Yields: 6 servings

## Ingredients

1 cup dried split peas (8oz), rinsed  
1 small yellow onion, diced (one cup)  
3 cloves garlic, minced  
3 carrots, peeled and sliced  
2 medium-sized sweet potatoes (1 pound), peeled and diced  
2 Roma tomatoes, seeded and diced  
1 teaspoon pepper  
 $\frac{1}{2}$  teaspoon thyme  
3 bay leaves  
32oz vegetable broth (4 cups) (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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Remove bay leaves.
5. Serve as is, or puree to desired consistency with a hand potato masher, immersion blender, or regular countertop blender.

# SWEET 'N SPICY THAI BEEF

Serve over jasmine rice. Top with Thai basil leaves.

Yields: 6 servings

# 28

## Ingredients

2-pound sirloin tip roast, fat trimmed  
1 small yellow onion, diced (one cup)  
13.5oz can unsweetened coconut milk  
2 Roma tomatoes, seeded and diced  
1 green pepper, sliced\*  
The juice and zest of 1 lime  
1 tablespoon honey  
1 teaspoon crushed red pepper flakes  
1 teaspoon cumin  
1 teaspoon dried basil  
1 teaspoon ground ginger

## 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred beef and return to crockpot to mix with sauce.

\*Freeze green pepper separately and add last 30 minutes of cooking if you prefer al dente vegetables.

# TURKEY CHILI WITH BUTTERNUT SQUASH

Serve with shredded cheddar cheese and crushed tortilla chips.

Yields: 6 servings



## Ingredients

1 pound ground turkey  
Half of a 2-pound butternut squash, peeled and diced (about 2 cups) (use other half in Minestrone Soup recipe)  
Two cans black beans (15oz each), drained and rinsed  
28oz can tomato sauce  
14.5oz can diced tomatoes, undrained  
1 tablespoon chili powder  
1 tablespoon ground cumin  
½ 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart turkey and stir.

# TUSCAN STEAK AND GREEN PEPPERS

30

Serve over egg noodles and top with Parmesan cheese.

Yields: 6 servings

## Ingredients

2-pound sirloin tip roast, fat trimmed and sliced  
2 green bell peppers, chopped\*  
4 cloves garlic, minced  
1 small yellow onion, diced (one cup)  
14.5oz can diced tomatoes, undrained  
2 tablespoons extra virgin olive oil  
1 tablespoon Italian seasoning  
1 teaspoon salt  
½ teaspoon crushed red pepper  
½ teaspoon 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 (3 months from when you prepped the meal).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

\*Freeze green peppers separately and add last 30 minutes of cooking if you prefer al dente vegetables.

# NUTRITIONAL INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings and side dishes were not included.

## BBQ Maple Ribs

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2 ribs	<b>Total Fat</b> 16g	25%	<b>Total Carb</b> 16g	5%
	Saturated Fat 5g	25%	Dietary Fiber 2g	8%
Servings 6	Trans Fat 0g		Sugars 18g	
<b>Calories</b> 390	<b>Cholesterol</b> 120mg	40%	<b>Protein</b> 44g	88%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 510mg	21%		
	Vitamin A 20%		Vitamin C 15%	
	Calcium 4%		Iron 20%	

## Beef and Cabbage Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	<b>Total Fat</b> 11g	17%	<b>Total Carb</b> 21g	7%
	Saturated Fat 5g	25%	Dietary Fiber 5g	20%
Servings 6	Trans Fat 0g		Sugars 6g	
<b>Calories</b> 250	<b>Cholesterol</b> 50mg	17%	<b>Protein</b> 17g	34%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1590mg	66%		
	Vitamin A 130%		Vitamin C 120%	
	Calcium 10%		Iron 20%	

## Beef and Quinoa Stuffed Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 pepper and sauce	<b>Total Fat</b> 12g	18%	<b>Total Carb</b> 25g	8%
	Saturated Fat 5g	25%	Dietary Fiber 3g	12%
Servings 6	Trans Fat 0g		Sugars 9g	
<b>Calories</b> 280	<b>Cholesterol</b> 50mg	17%	<b>Protein</b> 17g	34%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 620mg	26%		
	Vitamin A 80%		Vitamin C 260%	
	Calcium 4%		Iron 20%	

## Beef and Sweet Potato Stew

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	<b>Total Fat</b> 5g	8%	<b>Total Carb</b> 19g	6%
	Saturated Fat 2g	10%	Dietary Fiber 4g	16%
Servings 6	Trans Fat 0g		Sugars 7g	
<b>Calories</b> 310	<b>Cholesterol</b> 70mg	23%	<b>Protein</b> 28g	56%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1110mg	46%		
	Vitamin A 260%		Vitamin C 15%	
	Calcium 6%		Iron 20%	

## Black Bean Sweet Potato Chili

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	<b>Total Fat</b> 0g	0%	<b>Total Carb</b> 53g	18%
	Saturated Fat 0g	0%	Dietary Fiber 19g	76%
Servings 6	Trans Fat 0g		Sugars 12g	
<b>Calories</b> 280	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 17g	34%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 910mg	38%		
	Vitamin A 150%		Vitamin C 30%	
	Calcium 10%		Iron 90%	

## Cabbage Rolls with Wild Rice

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 roll and sauce	<b>Total Fat</b> 11g	17%	<b>Total Carb</b> 38g	13%
	Saturated Fat 5g	25%	Dietary Fiber 5g	20%
Servings 6	Trans Fat 0g		Sugars 12g	
<b>Calories</b> 330	<b>Cholesterol</b> 50mg	17%	<b>Protein</b> 19g	38%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 900mg	38%		
	Vitamin A 20%		Vitamin C 40%	
	Calcium 4%		Iron 20%	

## Cherry Pot Roast with Sweet Potatoes

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1/3 cup meat with potatoes and sauce	<b>Total Fat</b> 12g	18%	<b>Total Carb</b> 21g	7%
	Saturated Fat 3g	15%	Dietary Fiber 4g	16%
Servings 6	Trans Fat 0g		Sugars 11g	
<b>Calories</b> 340	<b>Cholesterol</b> 50mg	17%	<b>Protein</b> 35g	70%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 340mg	14%		
	Vitamin A 130%		Vitamin C 6%	
	Calcium 6%		Iron 30%	

## Chicken and Artichoke Marinara

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	<b>Total Fat</b> 4g Saturated Fat 1g Trans Fat 0g	6% 5% 0%	<b>Total Carb</b> 23g Dietary Fiber 6g Sugars 13g	8% 24% 13g
Servings 6				
<b>Calories</b> 200	<b>Cholesterol</b> 45mg	15%	<b>Protein</b> 20g	40%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1060mg Vitamin A 35% Calcium 8%	44% 35% 8%	Vitamin C 80% Iron 15%	80% 15%

## Chicken Lentil Curry Chili

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size About ¾ cup	<b>Total Fat</b> 9g Saturated Fat 6g Trans Fat 0g	14% 30% 0%	<b>Total Carb</b> 28g Dietary Fiber 12g Sugars 6g	9% 48% 6g
Servings 6				
<b>Calories</b> 310	<b>Cholesterol</b> 43mg	14%	<b>Protein</b> 27g	54%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 580mg Vitamin A 10% Calcium 4%	24% 10% 4%	Vitamin C 15% Iron 20%	15% 20%

## Chicken and Wild Rice Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	<b>Total Fat</b> 3g Saturated Fat 1g Trans Fat 0g	5% 5% 0%	<b>Total Carb</b> 15g Dietary Fiber 3g Sugars 5g	5% 12% 5g
Servings 6				
<b>Calories</b> 170	<b>Cholesterol</b> 43mg	14%	<b>Protein</b> 19g	38%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 510mg Vitamin A 260% Calcium 6%	21% 260% 6%	Vitamin C 15% Iron 8%	15% 8%

## Citrus Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 chicken breast	<b>Total Fat</b> 5g Saturated Fat 2g Trans Fat 0g	8% 10% 0%	<b>Total Carb</b> 9g Dietary Fiber 2g Sugars 5g	3% 8% 5g
Servings 6				
<b>Calories</b> 220	<b>Cholesterol</b> 85mg	28%	<b>Protein</b> 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 60mg Vitamin A 2% Calcium 4%	3% 2% 4%	Vitamin C 60% Iron 8%	60% 8%

## Ginger Peach Pork Roast with Green Beans

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size About 1 cup	<b>Total Fat</b> 13g Saturated Fat 4g Trans Fat 0g	20% 20% 0%	<b>Total Carb</b> 15g Dietary Fiber 2g Sugars 9g	5% 8% 9%
Servings 6				
<b>Calories</b> 310	<b>Cholesterol</b> 100mg	33%	<b>Protein</b> 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 270mg Vitamin A 15% Calcium 4%	11% 15% 4%	Vitamin C 25% Iron 8%	

## Italian Chicken and Quinoa Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2 cups	<b>Total Fat</b> 3g Saturated Fat 1g Trans Fat 0g	5% 5% 0%	<b>Total Carb</b> 24g Dietary Fiber 7g Sugars 6g	8% 28% 6%
Servings 6				
<b>Calories</b> 225	<b>Cholesterol</b> 40mg	13%	<b>Protein</b> 24g	48%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1200mg Vitamin A 60% Calcium 8%	50% 60% 8%	Vitamin C 35% Iron 15%	

## Italian Meatballs

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 3 meatballs	<b>Total Fat</b> 11g Saturated Fat 5g Trans Fat 0g	17% 25% 0%	<b>Total Carb</b> 16g Dietary Fiber 2g Sugars 18g	5% 8% 18%
Servings 12				
<b>Calories</b> 215	<b>Cholesterol</b> 120mg	40%	<b>Protein</b> 44g	88%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 510mg Vitamin A 20% Calcium 4%	21% 20% 4%	Vitamin C 15% Iron 20%	

## Lemon Chicken with Baby Spinach

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 cup	<b>Total Fat</b> 15g Saturated Fat 3g Trans Fat 0g	23% 15% 0%	<b>Total Carb</b> 3g Dietary Fiber 1g Sugars 0g	1% 4% 0%
Servings 6				
<b>Calories</b> 280	<b>Cholesterol</b> 85mg	28%	<b>Protein</b> 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 270mg Vitamin A 45% Calcium 4%	11% 45% 4%	Vitamin C 25% Iron 10%	

## Maple Pork Roast with Cinnamon Applesauce

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2/3 cup	<b>Total Fat</b> 13g	20%	<b>Total Carb</b> 37g	12%
	Saturated Fat 4g	20%	Dietary Fiber 6g	24%
Servings 6	Trans Fat 0g		Sugars 27g	
<b>Calories</b> 390	<b>Cholesterol</b> 100mg	33%	<b>Protein</b> 32g	64%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 70mg	3%		
	Vitamin A 4%		Vitamin C 20%	
	Calcium 4%		Iron 6%	

## Minestrone Soup with Ground Beef

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	<b>Total Fat</b> 11g	17%	<b>Total Carb</b> 29g	10%
	Saturated Fat 5g	25%	Dietary Fiber 5g	20%
Servings 6	Trans Fat 0g		Sugars 7g	
<b>Calories</b> 300	<b>Cholesterol</b> 50mg	17%	<b>Protein</b> 21g	42%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1210mg	50%		
	Vitamin A 170%		Vitamin C 50%	
	Calcium 10%		Iron 20%	

## Pear Pork Tenderloin

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1/2 cup	<b>Total Fat</b> 5g	8%	<b>Total Carb</b> 18g	6%
	Saturated Fat 0g	0%	Dietary Fiber 3g	13%
Servings 6	Trans Fat 0g		Sugars 11g	
<b>Calories</b> 280	<b>Cholesterol</b> 110mg	37%	<b>Protein</b> 38g	76%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 280mg	37%		
	Vitamin A 2%		Vitamin C 8%	
	Calcium 2%		Iron 10%	

## Ratatouille

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 1/3 cup	<b>Total Fat</b> 0g	0%	<b>Total Carb</b> 33g	11%
	Saturated Fat 0g	0%	Dietary Fiber 33g	11%
Servings 6	Trans Fat 0g		Sugars 9g	
<b>Calories</b> 150	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 6g	12%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 550mg	23%		
	Vitamin A 20%		Vitamin C 260%	
	Calcium 10%		Iron 20%	

## Savory Indian Chickpeas

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 cup	Total Fat Saturated Fat	2g 0g	3% 0%	Total Carb Dietary Fiber	41 13g	14% 52%
Servings 6	Trans Fat	0g		Sugars	8g	
Calories 220	Cholesterol	0mg	0%	Protein	8g	16%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium Vitamin A Calcium	680mg 25% 50%	28% 30%	Vitamin C Iron	30% 20%	

## Shredded Chicken Fajitas

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size About 1 cup	Total Fat Saturated Fat	15g 3g	23% 15%	Total Carb Dietary Fiber	6g 1g	2% 4%
Servings 6	Trans Fat	0g		Sugars	8g	
Calories 290	Cholesterol	85mg	28%	Protein	34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium Vitamin A Calcium	260mg 25% 2%	11% 80%	Vitamin C Iron	80% 10%	

## Spaghetti Squash with Marinara Sauce

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 2 1/3 cups	Total Fat Saturated Fat	0g 0g	0% 0%	Total Carb Dietary Fiber	43g 10g	14% 40%
Servings 4	Trans Fat	0g		Sugars	15g	
Calories 180	Cholesterol	0mg	0%	Protein	2g	4%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium Vitamin A Calcium	830mg 40% 20%	35% 60%	Vitamin C Iron	60% 15%	

## Spiced Butternut Squash Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size About 1 cup	Total Fat Saturated Fat	20g 17g	31% 85%	Total Carb Dietary Fiber	28g 1g	9% 4%
Servings 6	Trans Fat	0g		Sugars	8g	
Calories 300	Cholesterol	0mg	0%	Protein	3g	6%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium Vitamin A Calcium	230mg 460% 10%	10% 60%	Vitamin C Iron	60% 10%	

## Spicy Garlic Lime Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 chicken breast	<b>Total Fat</b> 15g	23%	<b>Total Carb</b> 4g	1%
	Saturated Fat 3g	15%	Dietary Fiber 0g	0%
Servings 6	Trans Fat 0g		Sugars 1g	
<b>Calories</b> 280	<b>Cholesterol</b> 85mg	28%	<b>Protein</b> 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 230mg	10%		
	Vitamin A 4%		Vitamin C 10%	
	Calcium 2%		Iron 6%	

## Stuffed Pepper Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2 cups	<b>Total Fat</b> 12g	18%	<b>Total Carb</b> 26g	9%
	Saturated Fat 5g	25%	Dietary Fiber 4g	16%
Servings 6	Trans Fat 0g		Sugars 10g	
<b>Calories</b> 290	<b>Cholesterol</b> 50mg	17%	<b>Protein</b> 19g	38%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1640mg	68%		
	Vitamin A 30%		Vitamin C 100%	
	Calcium 4%		Iron 20%	

## Sweet Potato and Pork Burrito Bowl

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 2/3 cup	<b>Total Fat</b> 13g	20%	<b>Total Carb</b> 16g	5%
	Saturated Fat 1g	20%	Dietary Fiber 3g	12%
Servings 6	Trans Fat 0g		Sugars 5g	
<b>Calories</b> 320	<b>Cholesterol</b> 100mg	33%	<b>Protein</b> 34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 310mg	13%		
	Vitamin A 160%		Vitamin C 100%	
	Calcium 6%		Iron 10%	

## Sweet Potato Split Pea Soup

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size About 1 1/4 cup	<b>Total Fat</b> 1g	2%	<b>Total Carb</b> 43g	14%
	Saturated Fat 0g	0%	Dietary Fiber 6g	24%
Servings 6	Trans Fat 0g		Sugars 10g	
<b>Calories</b> 220	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 12g	24%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 670mg	28%		
	Vitamin A 270%		Vitamin C 20%	
	Calcium 8%		Iron 20%	

## Sweet 'n Spicy Thai Beef

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size About 1 cup	<b>Total Fat</b> 21g Saturated Fat 14g Trans Fat 0g	32% 70% 0%	<b>Total Carb</b> 8g Dietary Fiber 1g Sugars 6g	3% 4% 6%
Servings 6	<b>Calories</b> 360		<b>Protein</b> 33g	66%
<b>Cholesterol</b> 80mg	27%			
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 110mg Vitamin A 8% Calcium 8%	5%	Vitamin C 40% Iron 20%	

## Turkey Chili with Butternut Squash

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 2/3 cup	<b>Total Fat</b> 6g Saturated Fat 2g Trans Fat 0g	9% 10% 0%	<b>Total Carb</b> 45g Dietary Fiber 11g Sugars 11g	15% 44% 11%
Servings 6	<b>Calories</b> 330		<b>Protein</b> 24g	48%
<b>Cholesterol</b> 110mg	37%			
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 1040mg Vitamin A 180% Calcium 10%	37% 180% 10%	Vitamin C 50% Iron 80%	

## Tuscan Steak and Green Peppers

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size About 1 cup	<b>Total Fat</b> 15g Saturated Fat 6g Trans Fat 0g	23% 30% 0%	<b>Total Carb</b> 10g Dietary Fiber 1g Sugars 5g	3% 4% 5%
Servings 6	<b>Calories</b> 310		<b>Protein</b> 33g	66%
<b>Cholesterol</b> 80mg	27%			
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	<b>Sodium</b> 630mg Vitamin A 8% Calcium 10%	26% 8% 10%	Vitamin C 70% Iron 20%	

# **GROCERY LIST**

## **FOR ALL 30 RECIPES**

The number(s) next to each ingredient corresponds to its recipe number.

### **Produce**

- 1 small cabbage (1 ½ pounds) (2, 6)
- 22 small yellow onions (8 pounds or 7 bags of frozen diced onions) (2, 3, 4, 5, 6, 7, 8, 9, 10, 14, 17, 19, 20, 22, 23, 24, 25, 26, 27, 28, 30)
- 1 red onion (21)
- 72 cloves garlic (6-7 bulbs) (2, 3, 5, 7, 8, 10, 11, 12, 15, 18, 19, 20, 22, 23, 24, 25, 26, 27, 30)
- 2 ½ pounds carrots (2, 4, 10, 27)
- 5 ½ pounds sweet potatoes (4, 5, 7, 26, 27)
- 1 jalapeño pepper (5)
- 11 red bell peppers (3, 8, 21, 25, 26)
- 1 rainbow pack of bell peppers (red, orange, and yellow) (19)
- 5 green peppers (21, 25, 28, 30)
- 2 celery ribs (10)
- 1 orange (11)
- 4 lemons (11, 15, 16, 20)
- 6 limes (11, 21, 24, 26, 28)
- 1 pound fresh green beans (12)
- 1-inch fresh ginger root (12)
- 12oz baby spinach (13, 15, 17)
- 2 pounds McIntosh apples (about 9 small apples) (16)
- 3 Bosc pears (ripe) (18)
- 2 small butternut squash (about 2 pounds each) (17, 23, 29)
- 1 small zucchini (17)
- 1 medium eggplant (1 pound) (19)
- 4 Roma tomatoes (27, 28)

### **Meat**

- 2 pounds boneless pork ribs (1)
- 3 two-pound boneless pork roasts (12, 16, 26)
- 2-pound boneless pork tenderloin (18)
- 7 pounds 85% lean ground beef (2, 3, 6, 14, 17, 25)
- 1 ½ pounds stew meat (4)
- 2-pound boneless beef chuck roast (7)
- 12 pounds boneless skinless chicken breasts (8, 9, 10, 11, 13, 15, 21, 24)
- 2 two-pound sirloin tip roasts (28, 30)

- 1 pound ground turkey (29)

## **Frozen**

- 2 cups frozen peas (4, 9)
- 12oz bag frozen pitted dark sweet cherries (7)
- 16oz bag frozen sliced peaches (or 2-3 cups fresh) (12)

## **Canned**

- 2 cans (6oz each) tomato paste (1, 8)
- 5 cans (14.5oz each) diced tomatoes (2, 17, 22, 29, 30)
- 6 cans (28oz each) diced tomatoes (5, 6, 13, 14, 19, 25)
- 4 cans (15oz each) tomato sauce (3, 6, 14, 25)
- 28oz can tomato sauce (29)
- 3 cans (28oz each) crushed tomatoes (8, 20, 22)
- 5 cans (15oz each) black beans (5, 29)
- 2 cans (15oz each) dark red kidney beans (13, 17)
- 15oz can cannellini beans (19)
- 2 cans (15oz each) chickpeas (20)
- 16oz (2 cups) chicken broth (9)
- 16oz (2 cups) vegetable broth (5)
- 14oz can quartered artichoke hearts (8)
- 4 cans unsweetened coconut milk (13.5oz each) (9, 23, 28)
- 2 cans (4.25oz each) diced green chilies (20, 23)

## **Spices/Seasonings**

- 3 tablespoons plus 1 ½ teaspoons basil (8, 10, 11, 15, 18, 19, 28)
- 8 bay leaves (2, 4, 27)
- 5 tablespoons plus 1 teaspoon chili powder (1, 5, 20, 21, 26, 29)
- 1 teaspoon cinnamon (16)
- 3 tablespoons plus ½ teaspoon cumin (5, 21, 23, 26, 28, 29)
- 3 tablespoons plus 2 teaspoons curry powder (1, 9, 20, 23)
- 1 tablespoon plus 1 teaspoon whole fennel seeds (14, 19)
- 2 tablespoons garam masala (9, 20)
- 4 teaspoons garlic powder (1, 4, 14)
- 1 teaspoon ground ginger (28)
- 10 tablespoons Italian seasoning (3, 6, 13, 14, 17, 22, 25, 30)
- 2 ½ teaspoons onion powder (1, 4, 18)
- 2 teaspoons paprika (1, 14)
- 2 tablespoons plus ½ teaspoon parsley (4, 11, 15)
- 4 tablespoons plus 2 teaspoons pepper (1, 2, 3, 4, 5, 6, 7, 10, 11, 12, 14, 15, 17, 18, 19, 22, 23, 24, 27, 30)
- 5 ¾ teaspoons crushed red pepper flakes (8, 9, 14, 21, 24, 26, 28, 29, 30)

- 4 tablespoons plus 2  $\frac{1}{2}$  teaspoons salt (1, 2, 3, 4, 6, 7, 8, 9, 10, 12, 13, 14, 15, 17, 18, 19, 21, 22, 23, 24, 25, 26, 30)
- 2  $\frac{1}{4}$  teaspoons thyme (7, 10, 11, 27)

## **Oil/Vinegar**

- $\frac{1}{2}$  cup plus 3 tablespoons apple cider vinegar (1, 9, 12, 14, 18)
- 1 cup plus 1 tablespoon extra virgin olive oil (7, 15, 21, 24, 30)

## **Miscellaneous**

- 10 tablespoons (or  $\frac{1}{2}$  cup plus 2 tablespoons) honey (6, 8, 9, 11, 12, 14, 18, 20, 22, 28)
- 1/4 cup plus 2 tablespoons pure maple syrup (1, 16)
- 1 cup dry quinoa (3, 13, 14)
- 1  $\frac{3}{4}$  cup dry wild rice (6, 10, 25)
- 1 cup French green lentils (9)
- 1 cup dried split peas (27)

## **Materials**

- 33 gallon-sized plastic freezer bag (1-30)
- 1 quart-sized plastic freezer bag (3)
- Gloves to wear when cutting pepper (5)

## **Not Needed Until Day of Cooking**

- 128oz beef broth (16 cups or 4 cartons) (2, 4, 17, 25)
- 64oz chicken broth (8 cups or 2 cartons) (10, 13)
- 32oz vegetable broth (4 cups or 1 carton) (27)
- 1 small spaghetti squash (3-3.5 pounds and 10" long or shorter so it fits in the crockpot) (22)
- Suggested Side Dishes
  1. BBQ Maple Ribs – corn on the cob and salad
  2. Beef and Cabbage Soup – fresh bread
  3. Beef and Quinoa Stuffed Peppers – shredded Parmesan cheese and salad
  4. Beef and Sweet Potato Stew - fresh bread
  5. Black Bean Sweet Potato Chili – shredded cheese, sour cream, chopped avocado
  6. Cabbage Rolls with Wild Rice – salad
  7. Cherry Pot Roast with Sweet Potatoes – salad
  8. Chicken Artichoke Marinara – shredded Parmesan cheese, and pasta or salad
  9. Chicken Lentil Curry Chili – shredded cheddar cheese, crumbled feta cheese, banana pepper rings, and crushed pita chips

10. Chicken and Wild Rice Soup – fresh bread
11. Citrus Chicken – brown rice and roasted asparagus
12. Ginger-Peach Pork Loin with Green Beans – rice
13. Italian Chicken and Quinoa Soup – fresh bread
14. Italian Meatballs – spaghetti and salad OR with Recipe 22
15. Lemon Chicken with Baby Spinach – shredded Parmesan cheese and spaghetti or farfalle pasta
16. Maple Pork Roast with Cinnamon Applesauce – green beans
17. Minestrone Soup with Ground Beef – fresh bread
18. Pear Pork Tenderloin – rice and salad
19. Ratatouille – shredded mozzarella and fresh basil leaves
20. Savory Indian Chick Peas – fresh cilantro and basmati rice or naan
21. Shredded Chicken Fajitas – rice, tortillas or salad, and shredded cheese, tomatoes, and guacamole
22. Spaghetti Squash with Marinara Sauce – shredded mozzarella and fresh basil leaves
23. Spiced Butternut Squash Soup – pita bread or rice
24. Spicy Garlic Lime Chicken -rice and steamed broccoli or corn on the cob
25. Stuffed Pepper Soup – shredded mozzarella cheese
26. Sweet Potato and Pork Burrito Bowls – rice or lettuce, shredded cheddar cheese, sour cream, and guacamole
27. Sweet Potato Split Pea Soup – fresh bread
28. Sweet 'n Spicy Thai Beef – jasmine rice and Thai basil leaves
29. Turkey Chili with Butternut Squash – shredded cheddar cheese and crushed tortilla chips
30. Tuscan Steak and Green Peppers – egg noodles and Parmesan cheese

# PRINTABLE LABELS FOR FREEZER MEALS

Use the labels below on your freezer meals. Each label contains the name of the recipe, ingredients inside, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

There is also a page of blank labels in case you want to edit the ingredient list or cooking instructions. You can also use these blank labels for other freezer recipes that are not included in this book.

The freezer labels are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75"](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

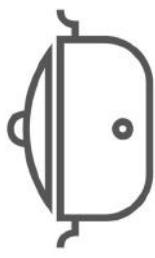
You can also print these labels on regular computer paper and attach to your freezer bags with clear shipping tape.



### CROCKPOT BBQ MAPLE RIBS

- Boneless ribs  
Tomato paste  
Pure maple syrup  
Apple cider vinegar  
Seasonings
1. Thaw.
  2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
  3. Optional: Pour onto foil-lined cookie sheet and bake 15 min at 350.

Use by:



### CROCKPOT BEEF AND CABBAGE SOUP

1. Thaw.
  2. Add to crockpot with 4 cups beef broth and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
  3. Remove bay leaves, and break apart beef.
- Ground beef  
Onions  
Cabbage  
Carrots  
Garlic  
Diced tomatoes  
Salt and pepper  
Bay leaves

Use by:



### CROCKPOT BEEF AND QUINOA STUFFED PEPPERS

- Bell peppers  
Ground beef  
Dry quinoa  
Onions  
Garlic  
Italian seasoning  
Salt and pepper  
Tomato sauce
1. Thaw.
  2. Add peppers to crockpot and cover with sauce.
  3. Cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Use by:



### SAUCE FOR BEEF & QUINOA STUFFED PEPPERS

Use by:



## CROCKPOT BEEF AND SWEET POTATO STEW

Stew meat  
Sweet potatoes  
Carrots  
Onions  
Peas  
Seasonings  
Bay leaves

1. Thaw.
2. Add to crockpot with 8 cups beef broth and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
3. Remove 2 bay leaves and break apart beef.

Use by:



## CROCKPOT BLACK BEAN SWEET POTATO CHILI

Black beans  
Sweet potatoes  
Diced tomatoes  
Onions  
Jalapenos  
Garlic  
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart.
3. Break apart beef and stir.

Use by:



## CROCKPOT CABBAGE ROLLS WITH WILD RICE

Cabbage leaves  
Ground beef  
Dry wild rice  
Onions  
Diced tomatoes  
Tomato sauce  
Honey  
Seasonings

1. Thaw.
2. Add rolls to crockpot and cover with sauce.
3. Cook on "low" for 6 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Use by:



## SAUCE FOR CABBAGE ROLLS WITH WILD RICE

Use by:



## CROCKPOT CHERRY POT ROAST WITH SWEET POTATOES

1. Thaw.
  2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
  3. Slice or shred beef.
- Boneless beef roast  
Sweet potatoes  
Onions  
Frozen cherries  
Olive oil  
Garlic  
Thyme  
Salt and pepper

Use by:



## CROCKPOT CHICKEN AND ARTICHOKE MARINARA

1. Thaw.
  2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
  3. Shred chicken and stir.
- Chicken breasts  
Red pepper  
Garlic and onions  
Crushed tomatoes  
Tomato paste  
Artichoke hearts  
Honey  
Seasonings

Use by:



## CROCKPOT CHICKEN AND WILD RICE SOUP

- Chicken breasts  
Carrots  
Celery  
Onions  
Garlic  
Dry wild rice  
Seasonings

1. Thaw.
2. Add to crockpot with 4 cups chicken broth.
3. Cook on "low" for 6 hrs in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Shred chicken and stir.

- Chicken breasts  
Onions  
Peas  
Lentils  
Coconut milk  
Apple cider vinegar  
Honey and seasonings  
Chicken broth

Use by:



## CROCKPOT CHICKEN LENTIL CURRY CHILI

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

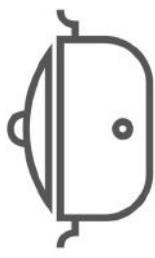
Use by:



## CROCKPOT CITRUS CHICKEN

- Chicken breasts  
Oranges  
Lemon  
Lime  
Garlic  
Honey  
Seasonings
1. Thaw.  
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Use by:



## CROCKPOT GINGER-PEACH PORK ROAST WITH GREEN BEANS

- Boneless pork roast  
Peaches  
Green beans  
Fresh ginger  
Garlic  
Honey  
Apple cider vinegar  
Salt and pepper
1. Thaw.  
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.  
3. Shred pork.

Use by:



## CROCKPOT ITALIAN CHICKEN & QUINOA SOUP

- Chicken breasts  
Diced tomatoes  
Kidney beans  
Baby spinach  
Dry quinoa  
Italian seasoning  
Salt
1. Thaw.  
2. Add to crockpot with 4 cups chicken broth and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.  
3. Shred chicken and stir.

Use by:



## CROCKPOT ITALIAN MEATBALLS

- Ground beef  
Onions  
Dry quinoa  
Apple cider vinegar  
Diced tomatoes  
Tomato sauce  
Honey  
Seasonings
1. Thaw.  
2. Add sauce to crockpot  
3. Layer meatballs on top and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.

Use by:



## CROCKPOT ITALIAN MEATBALLS

- Ground beef  
Onions  
Dry quinoa  
Apple cider vinegar  
Diced tomatoes  
Tomato sauce  
Honey  
Seasonings

1. Thaw.

2. Add sauce to crockpot
3. Layer meatballs on top and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.

Use by:



## SAUCE FOR ITALIAN MEATBALLS

1. Thaw.
2. Add sauce to crockpot
3. Layer meatballs on top and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.

Use by:

Use by:

## CROCKPOT LEMON CHICKEN WITH BABY SPINACH



- Chicken breasts  
Baby spinach  
Garlic  
Olive oil  
Fresh lemon juice  
Seasonings

1. Thaw.

2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart.
3. Slice or shred chicken and mix with spinach and sauce in crockpot.

Use by:



## CROCKPOT MAPLE PORK ROAST WITH CINNAMON APPLESAUCE



- Boneless pork roast  
Apples  
Lemon juice  
Pure maple syrup  
Cinnamon

1. Thaw.

2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
3. Shred pork and serve with applesauce in crockpot.

Use by:

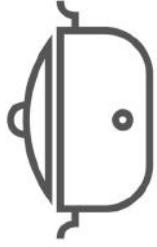


## CROCKPOT MINESTRONE SOUP WITH GROUND BEEF

- Ground beef  
Kidney beans  
Baby spinach  
Butternut squash  
Zucchini  
Onions  
Diced tomatoes  
Seasonings

1. Thaw.
2. Add to crockpot with 4 cups beef broth.
3. Cook on "low" for 6 hrs in a 6-quart crockpot or 8-10 hours in a 4-quart.
4. Break apart beef and stir.

Use by:



## CROCKPOT PEAR PORK TENDERLOIN

- Boneless pork tenderloin  
Pears  
Garlic  
Apple cider vinegar  
Honey  
Basil  
Onion powder  
Salt and pepper

1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
3. Slice or shred pork and serve with pears in crockpot.

Use by:



## CROCKPOT RATATOUILLE

- Eggplant  
Bell peppers  
Garlic and onions  
Diced tomatoes  
Cannellini beans  
Fennel seeds  
Basil  
Salt and pepper

1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

- Chickpeas  
Onions  
Lemon juice  
Garlic  
Crushed tomatoes  
Diced green chilies  
Honey  
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

Use by:



## CROCKPOT SAVORY INDIAN CHICKPEAS

1. Thaw.
2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.

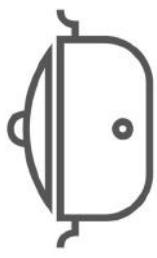
Use by:



## CROCKPOT SHREDDED CHICKEN FAJITAS

- Chicken breasts  
Bell peppers  
Onions  
Olive oil  
Fresh lime juice  
Seasonings
1. Thaw.
  2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart crockpot.
  3. Shred chicken and mix with pepper in crockpot.

Use by:



## CROCKPOT SPAGHETTI SQUASH WITH MARINARA SAUCE

1. Thaw and add to crockpot. Top with a 3-3.5lb spaghetti squash poked 10-15x with a fork.
2. Cook on "low" 6 hrs in 6-quart or 8-10 in 4-qt.
3. Cool squash, cut in half, and shred flesh.

Use by:

- Crushed tomatoes  
Diced tomatoes  
Onions  
Garlic  
Honey  
Italian seasoning  
Salt  
Pepper

## CROCKPOT SPICED BUTTERNUT SQUASH SOUP



- Butternut squash  
Coconut milk  
Diced green chilies  
Onions  
Garlic  
Curry powder  
Cumin  
Salt and pepper
1. Thaw.
  2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart.
  3. Puree with immersion blender or regular countertop blender.

Use by:



## CROCKPOT SPICY GARLIC LIME CHICKEN

- Chicken breasts  
Lime juice and zest  
Olive oil  
Onions  
Garlic  
Crushed red pepper flakes  
Salt  
Pepper
1. Thaw.
  2. Add to crockpot and cook on "low" for 4 hours in a 6-quart crockpot or 6-8 hours in a 4-quart

Use by:



## CROCKPOT STUFFED PEPPER SOUP

- Ground beef  
Dry wild rice  
Bell peppers  
Onions  
Garlic  
Diced tomatoes  
Tomato sauce  
Seasonings
1. Thaw.  
2. Add to crockpot with 4 cups beef broth.  
3. Cook on "low" for 6 hrs in a 6-quart crockpot or 8-10 hours in a 4-quart.  
4. Break apart beef and stir.

Use by:



## CROCKPOT SPICY THAI BEEF

- Sirloin tip roast  
Onions  
Coconut milk  
Green peppers  
Roma tomatoes  
Fresh lime juice and zest  
Honey  
Seasonings
1. Thaw.  
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.  
3. Shred beef and mix with sauce in crockpot.

Use by:



## CROCKPOT SWEET POTATO AND PORK BURRITO BOWL

- Boneless pork roast  
Sweet potatoes  
Onions  
Red peppers  
Garlic  
Lime juice  
Seasonings
1. Thaw.  
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.  
3. Shred pork.

Use by:



## CROCKPOT SWEET POTATO SPLIT PEA SOUP

- Dried split peas  
Onions  
Garlic  
Carrots  
Sweet potatoes  
Roma tomatoes  
Seasonings  
Three bay leaves
1. Thaw.  
2. Add to crockpot with 4 cups vegetable broth.  
3. Cook on "low" for 6 hrs in a 6-quart crockpot or 8-10 hours in a 4-quart.  
4. Remove bay leaves.  
5. Mash or puree.

Use by:



## CROCKPOT TURKEY CHILI WITH BUTTERNUT SQUASH

Ground turkey  
Butternut squash  
Black beans  
Tomato sauce  
Diced tomatoes  
Chili powder  
Cumin  
Red pepper flakes

1. Thaw.
2. Cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.
3. Break apart turkey and stir.

Use by:



## CROCKPOT TUSCAN STEAK AND GREEN PEPPERS

Sirloin tip roast  
Green peppers  
Garlic  
Onions  
Diced tomatoes  
Olive oil  
Seasonings

1. Thaw.
2. Add to crockpot and cook on "low" for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart.

Use by:



Use by:

Use by:



Use by:



Use by:



Use by:



Use by:

Use by: