

CROCK POT FREEZER MEALS

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How To....

First take large freezer bags. Grab a Sharpie and label each bag. **You should also write the instructions on the bag.** Go through and add all the meats to the bags. Then go back and add the rest of the ingredients. It's just easier in this order. Lay the bags to freeze so the frozen food will fit in your crock pot. Take them out in the morning and cook according to the instructions.

Caveats...

- My slow cooker cooks at a high temperature, so please check your food to make sure you have the proper cooking time.
- The fuller the crock pot, the longer it will take to cook your food.
- According to the official [Crock Pot website](http://CrockPot.com), you can safely cook frozen meat in your crock pot. If you still don't like the idea, you can put the bag in the fridge the night before and it should be defrosted by the morning.
- Never put the plastic bag in the crock pot. Always dump out the contents to prepare your meal.
- When you freeze the bag, make sure the frozen lump (for lack of a better work) will easily fit into your crock pot.

Philly Chicken Sandwich

- 2-3 boneless,skinless chicken breasts (about 1.5 pounds)
- 2 Tablespoons butter
- 2 green bell peppers, sliced
- 1 large yellow onion, sliced
- 1 tablespoons Montreal Marinade seasoning
- grated Mozzarella cheese
- Good Hoagie Rolls

Write on the bag

- Cook on low for 5-6 hours or high 3-4 hours. Shred the meat and serve on a roll. Add cheese and broil until cheese is bubbly.

Instructions

- Add butter, green peppers, onions, chicken, and seasoning into a large freezer bag.

Spicy Chicken over Yellow Rice

- 1 $\frac{1}{2}$ pounds boneless skinless chicken breast
- 1 $\frac{1}{2}$ cup of your favorite s salsa
- 2 Tablespoons taco seasoning
- 1 Tablespoon maple syrup
- 1 teaspoon lime juice
- 1 Tablespoon butter
- 4 oz cream cheese (do not add to the bag)

Write on the bag

- Cook 5-6 hours on high or 6-7 on low. Shred chicken and add cream cheese. Heat for about 20 minutes longer.

Instructions

- Place all the ingredients, except for the cream cheese, in a freezer bag.

Sweet & Sour Chicken

- 2 pounds boneless skinless chicken breast
- 1 small onion, sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 garlic clove, minced
- 2 Tablespoon soy sauce
- 20 oz can pineapple (chunks or crushed)
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{4}$ cup cider vinegar
- $\frac{1}{4}$ cup water

Write on the bag

- Add all the ingredients in your slow cooker and cook for 4-5 hours on high or 7-8 hours on low. (I like to cook on low so the chicken doesn't dry out.)

Instructions

- Add all the ingredients to the freezer bag. Enjoy over rice!

BBQ Chicken

- 2 pounds boneless skinless chicken breasts
- 1 cup barbeque sauce (your favorite)
- $\frac{1}{3}$ cup vinegar
- $\frac{1}{3}$ cup light brown sugar
- 1 Tablespoon yellow mustard
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon onion flakes
- 1 teaspoon garlic powder

Write on bag

- Add all the ingredient to the slow cooker. Cook 7-8 hours on low or 5-6 hours on high.

This meal can be eaten as sandwiches by shredding the chicken before serving. Or just eat the chicken and enjoy it with some delicious side items!

Dr Pepper Pot Roast

- 1 chuck roast (2-3 lbs)
- 16 oz bottle of Dr. Pepper (you can use diet or regular)
- 2 large garlic cloves, diced
- 1 Tablespoon of Worcestershire Sauce
- Carrots (Add later)
- Potatoes (Add later)

Write on the bag

- Add to the crock pot with diced carrots and potatoes (you can chop these the night before).
- Cook 7-8 hours on low or 5-6 hours on high.

Add all the ingredients to the bag (except the carrots and potatoes - I don't like to freeze these items). This is not your typical pot roast but it's has a great, unique flavor. Try substituting the Dr Pepper for Coke.

Crock Pot Hawaiian Chicken (4-5 servings)

- 2-3 large boneless, skinless chicken breasts
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup vinegar
- 3 garlic cloves, minced
- 2 Tablespoons soy sauce
- $\frac{1}{2}$ cup of pineapple juice (use what's in the can)
- $\frac{1}{2}$ can of large pineapple chunks

Instructions & Write on the Bag

1. Add all the ingredients to a freezer bag.
2. When you are ready to prepare your meal, dump all the ingredients in your crock pot and cook 4-5 hours on high or 6-7 hours on low.
3. Serve it over rice and enjoy. While I am cooking the rice I like to shred the chicken and put it back in the juice before I serve it.

Beef Burritos (6 servings)

- 1 London Broil or top round roast (about 2 lbs)
- 1 diced onion
- 4 garlic cloves, minced
- 2 tablespoons whole peppercorns
- 2 tablespoons apple cider vinegar
- 2 (8 oz) cans tomato sauce
- 1 chipotle pepper in adobo sauce - Use just 1 pepper!! (It's in a can.)
- 1 $\frac{1}{2}$ teaspoon chili powder (you can adjust this according to your taste)

Instructions & Write on the Bag

1. Add all the above ingredients into a freezer bag.
2. When you are ready to cook the meal, dump the contents of the bag into the crock pot and cook on high for 4-5 hours or low for 6-7 hours Cook on high for 4-5 hours or low for 6-7 hours.
3. When the meat is cooked, you will need to strain the juices and add the juice back to the slow cooker. (You want to remove the peppercorns and onions.) Shred the meat and add back to the juice in the slow cooker for about 30 minutes. This is one of our favorite recipes. My kids eat it as long as we have leftovers.

You will also need:

- 16 burrito sized flour tortillas
- Anything else you like on burritos - cream, cheese, lettuce, tomatoes, etc.

We also like to add Cilantro Lime Rice to our burritos. All you need to do is make some white rice and add lime juice, cilantro, and salt.

Garlic Honey Chicken (4-5 servings)

- 1 $\frac{1}{2}$ to 2 pounds boneless, skinless chicken breasts
- 3 garlic cloves, minced
- $\frac{1}{3}$ cup soy sauce

- $\frac{2}{3}$ cup ketchup
- $\frac{1}{4}$ cup honey

(Feel free to double the sauce if you like extra sauce)

Instructions & Write on the Bag

1. Add all the ingredients to a freezer bag.
2. When you are ready to cook this meal, dump all the ingredients in your crock pot and cook 3-4 hours on high or 5-6 hours on low.

Teriyaki Pork Chops (4 servings)

- 4 pork chops, about 1-inch thick
- Salt and pepper to taste (you can sprinkle them before you add them to the bag.)
- 2 cloves garlic, minced
- 2 tablespoons brown sugar
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{3}$ cup chicken broth

Instructions & Write on the Bag

1. Add the pork chops, garlic cloves, brown sugar, and soy sauce, and chicken broth to the freezer bag.
2. When you are ready to cook this meal, dump the ingredients in your crock pot and cook on high for 4-5 hours or low for 6-7 hours.

Chicken Fajitas (5-6 servings)

- 2 peppers (your favorite)
- 1 onion
- 1 1/2 pound chicken breast
- 1/2 cup chicken broth
- taco seasoning packet
- 1 tsp. chili powder
- 1/2 tsp. paprika

- 1 tsp. salt

You will also need tortillas, cheese, cream, etc.

Instructions

1. Put all the ingredients in a large freezer bag. (Make sure you label the bag with instructions.)
2. When it's time to cook it, dump it all in your slow cooker and cook on high for 3-4 hours or low for 5-6 hours.
3. When it's cooked, shred the meat and add it back to the pepper mixture and serve on warm tortillas and your favorite toppings.

Dijon chicken

(4-5 servings)

- 2 pounds chicken breasts
- 1 cup chicken broth (or 1 cup water & 1 Tablespoon bouillon)
- 1 onion, chopped
- 2 T dijon mustard
- 3 cloves garlic, chopped
- 2 bay leaves
- $\frac{1}{2}$ - 1 tsp thyme (depending on how much you like thyme)

Instructions & Write on the bag

Add all the ingredients to the bag.

Write the following instructions on the bag:

1. Dump the contents of the bag into your crock pot.
2. Cook 4-5 hours on high or 5-6 hours on low.
3. Remove bay leaves when you are done

Rotisserie Crock Pot Chicken And Potatoes

(serves 4-5)

- 1 whole chicken (4-5 pounds)
- 2 tsp salt
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 tsp dried thyme
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- 4 whole garlic cloves
- 3-4 potatoes, quartered (Don't put in the freezer bag)

Instructions:

1. Mix all the dry spices together. Rub the spice mixture all over the chicken, and under the skin of the breast.
2. Add 4 whole garlic cloves inside the bird.
3. Put in the freezer bag.

Write the following instructions on the bag:

1. Quarter 3-4 potatoes and loosely wrap them in a few foil balls.
2. Place them at the bottom of the crock pot and put the chicken on top of the potatoes.
3. Cover and cook on high for 4-5 hours or on low for 7-8 hours.

Italian Chicken

(serves 4-5)

- 2 pounds of boneless/skinless chicken breasts
- 2 garlic cloves, minced
- 1 packet ranch dressing mix
- 1/2 Tbsp. chili powder
- 1/2 cup water*
- 1 cup Italian dressing (Don't put in the freezer bag)

Instructions

- Place all the ingredients in the freezer bag - **except the Italian dressing.**
- *If you use pre-frozen chicken there is a layer of ice, so you do not need to add the water.

Write the following instructions on the bag:

- Add 1 cup Italian dressing
- Cook on high 5-6 hours or low for 7-8 hours. You can eat this as a whole chicken breast or shred and use it for tacos.

Chicken Tinga Tostadas

(Serves at least 6)

- 3 boneless/skinless chicken breasts
- 3-4 tomatoes
- $\frac{1}{2}$ cup water*
- $\frac{1}{8}$ piece small onion (just a small wedge)
- 1 garlic clove
- chipotle peppers (1-2 from a can - freeze the leftovers)
- 1 teaspoon chicken bouillon
- Salt to taste (at least a teaspoon)

Instructions

- In a blender combine tomatoes, 1 garlic clove, onion, 1-2 chipotle peppers, chicken bouillon, and water*. (You can use less chipotle if you don't like it to be spicy. My 7 and 3 year old boys didn't have any problems with the spiciness.) *You do not need the water if you use pre-frozen chicken breasts.
- Add all the ingredients to the freezer bag.

Write the following instructions on the bag:

1. Cook on high 5-6 hours or low for 7-8 hours.
2. When the meat is cooked it should be very easy to shred. You want to shred it as much as possible because it's easier to eat on the tostada shells.

3. Serve on tostada shells. You can put refried beans on the tostadas, then the meat mixture, then Mexican cream. We also like to crumble Panela cheese to put on top.

Chicken Cacciatore

(Serves 4-5)

- 2 pounds boneless/skinless chicken breasts
- 28 oz can crushed tomatoes
- 1/2 red bell pepper (cut lengthwise)
- 1/2 green bell pepper (cut lengthwise)
- 1/2 large onion, chopped
- 1 tsp dried oregano
- 1 bay leaf
- salt and fresh pepper to taste
- 3-4 potatoes (Don't put in the freezer bag)
- 1 bag of pre-cut baby carrots (Don't put in the freezer bag)

Instructions

Place all the ingredients, ***except the carrots and potatoes**, into the freezer bag.

Write the following instructions on the bag:

1. Dump the ingredients into your crock pot.
2. Cut up the potatoes and add potatoes and carrots to your crock pot.
3. Cook 5-6 hours on high or 7-8 hours on low.
4. Remove the bay leaves.
5. We also like to sprinkle some parmesan cheese on the dinner.

Crock Pot Chicken Ranch Tacos

- 1 1/2 pounds boneless, skinless chicken breasts
- 1 Packet taco seasoning
- 1 Packet Ranch Dressing powder
- 1/4 cup Ranch dressing (do not add to freezer bag)

Write on the bag:

Dump in the slow cooker and cook on high for 4-5 hours or low for 6-7 hours. When the meat is cooked, shred and add back to the crock pot with 1/4 cup ranch dressing.

Instructions:

Dump all the ingredients except for the Ranch dressing into the freezer bag. On the day you serve the meal you will need the additional items:

taco shells (soft or hard)

lettuce

cheese

tomatoes

salsa

sour cream

Crock Pot Ribs

About 2 lbs of ribs

1/2 cup brown sugar

1 teaspoon pepper

1 Tablespoon garlic powder

$\frac{3}{4}$ cup Coke (I saved a 2 liter with flat soda to use)

1 Tablespoons honey

Extra BBQ sauce, optional

Write on the bag:

Cook on high for 4-5 hours or on low 8-9 hours. Cooking time varies according to the size of your crock pot.

Instructions

Add all the ingredients to the freezer bag.

After you have prepared them, you may want to drizzle about a $\frac{1}{2}$ cup of BBQ sauce about 15 minutes before serving.

Simple Beef Stew

- 2 pounds cubed stew meat
- 1/2 white onion chopped
- 2 garlic cloves, diced
- 3 cups water
- 3 teaspoons of Better Than Bouillon (Like beef bouillon but it has a richer flavor.)
- Bag of baby carrots
- 2-3 large potatoes, cut into large chunks
- Salt & Pepper to taste

Write on the bag:

Add Potatoes and carrots to the crock pot. Cook on high for 6-7 hours or low for 7-8 hours.

Instructions:

Add the beef, onion, garlic, water, and bouillon to a plastic freezer bag. *Don't add the potatoes nor carrots to the freezer bag.

Comfort Chicken

2 lbs boneless, skinless chicken breasts

1/2 onion, sliced

2 cups water

3 teaspoons chicken bouillon (or 1 cube)

Bag of baby carrots*

1 can cream of chicken soup*

2-3 potatoes, chopped*

*Do not add these items to the freezer bag.

Write on the bag:

Add 1 bag of baby carrots, 2-3 chopped potatoes, and cream of mushroom soup. Cook on high for 6-7 hours or low for 7-8 hours. Also include a note to remove chicken and veggies from broth. In a saucepan pour the chicken juices. Mix 2 heaping tablespoons of flour and about 1/4 cup of water. Add to the chicken juices to make a gravy. Let it boil a little to thicken. (The gravy in the slow cooker is good, so you don't need to thicken it up when you prepare it.)

Instructions:

In a plastic freezer bag add chicken, onion, water, and chicken bouillon. (You will need to add the additional items the day you prepare the meal.) You can peel and cut the potatoes the night before to make prep time faster the next morning.

Slow Cooker Pulled Pork Sandwiches

1 (4 pound) pork shoulder roast
1 cup barbeque sauce
1/2 cup apple cider vinegar
1/2 cup chicken broth
1/4 cup light brown sugar
1 tablespoon chili powder
1 tablespoon yellow mustard
1 tablespoon Worcestershire sauce
1 large onion, chopped
2 large cloves garlic, crushed
8 hamburger buns (When you prepare the meal)

Write on the bag

Dump all the ingredients in a crock pot. Cook on high for 5-6 hours or low for 6-7 hours. When the meat is done, shred the meat with 2 forks and add back to the crock pot for a few minutes to absorb the juices.

Instructions

Combine all the ingredients (except for the buns) in a freezer bag.