

5 FREEZER BAG MEALS GROCERY LIST

MAKE 5 MEALS IN ONE HOUR



MEAT

- 2 LBS. BEEF SIRLOIN
- 4.5 LBS. CHICKEN BREASTS
- 16 OZ. PRE-COOKED SAUSAGE

DRY GOODS

- 10.5 OZ. CAN BEEF CONSUME
- 10.5 OZ. CAN CREAM OF CHICKEN SOUP
- 10.5 OZ. CAN CHICKEN BROTH
- 15 OZ. CAN BLACK BEANS
- ZESTY ITALIAN SEASONING PACKET
- SESAME OIL
- SOY SAUCE
- TERIYAKI SAUCE
- BROWN SUGAR
- 2 - 14.5 OZ. CANS DICED TOMATOES, FIRE ROASTED
- 4 OZ. CAN GREEN CHILES
- CUMIN
- CHICKEN BOUILLON
- CAJUN SEASONING
- SESAME SEEDS
- RICE *OPTIONAL SIDE WITH RECIPES
- PASTA *OPTIONAL SIDE WITH RECIPE
- TACO SHELLS *OPTIONAL SIDE WITH RECIPE

PRODUCE

- 2 WHITE ONIONS
- 10 GARLIC CLOVES
- BROCCOLI (2 CUPS)
- 2 LIMES
- 1 JALAPENO
- GREEN BEANS (2 CUPS)
- 2 RED BELL PEPPERS
- 2 GREEN BELL PEPPERS
- YELLOW BELL PEPPER
- 3 CARROTS
- CILANTRO
- GINGER PASTE
- GREEN ONION *GARNISH

FROZEN

- CORN

DAIRY

- 8 OZ. CREAM CHEESE
- PARMESAN CHEESE *GARNISH

REMINDER: BE SURE TO HAVE
FREEZER BAGS ON HAND!

TERIYAKI CHICKEN

SERVES 4-5

FILL A FREEZER BAG WITH:

- | | |
|---|--|
| <input type="checkbox"/> 1 AND 1/2 POUNDS CHICKEN BREASTS, SLICED | <input type="checkbox"/> 3 CARROTS, SLICED |
| <input type="checkbox"/> 1/4 CUP SOY SAUCE | <input type="checkbox"/> 1 GREEN BELL PEPPER, SLICED |
| <input type="checkbox"/> 1/2 CUP PACKED BROWN SUGAR | <input type="checkbox"/> 1 TEASPOON GINGER PASTE |
| <input type="checkbox"/> 1/2 CUP TERIYAKI SAUCE | <input type="checkbox"/> 1 CUP CHICKEN BROTH |
| <input type="checkbox"/> 1 TABLESPOON SESAME OIL | <input type="checkbox"/> 3 CLOVES GARLIC, MINCED |

TO COOK:

- Place thawed contents in a slow cooker and cook on low for 7-8 hours or high for 4 hours.
- Optional: To thicken the sauce at the end, whisk together 1/2 cup of the cooked sauce with 2 tablespoons cornstarch and pour back in the slow cooker.
- Turn cooker on high for an extra 10-15 minutes so the sauce can thicken. Serve on top of rice and garnish with sesame seeds if desired.

SAUSAGE WITH ONIONS & PEPPERS

SERVES 4-5

FILL A FREEZER BAG WITH:

- | | |
|---|---|
| <input type="checkbox"/> 1-16 OZ. PACKAGE SAUSAGE, SLICED | <input type="checkbox"/> 1 ONION SLICED |
| <input type="checkbox"/> 3 BELL PEPPERS (ONE GREEN, ONE YELLOW AND ONE RED) SLICED | <input type="checkbox"/> 1 CHICKEN BOUILLON CUBE |
| <input type="checkbox"/> 2-14.5 OZ. CANS DICED TOMATOES, FIRE-ROASTED VARIETY AND NOT DRAINED | <input type="checkbox"/> 2 CLOVES GARLIC MINCED |
| | <input type="checkbox"/> 1 TEASPOON CAJUN SEASONING |

TO COOK:

- Place thawed contents in the slow cooker for about 5-6 hours on low or 3 hours on high.
- Serve on top of rice, as desired.

CREAMY ITALIAN CHICKEN

SERVES 4-5

FILL A FREEZER BAG WITH:

- 1 AND 1/2 POUNDS CHICKEN BREASTS, CUT UP IN ONE-INCH PIECES
- 8 OZ. BAR OF CREAM CHEESE
- 1 PACKET ZESTY ITALIAN SALAD DRESSING MIX
- 2 CLOVES GARLIC, MINCED
- 1 CAN CREAM OF CHICKEN SOUP
- 2 CUP GREEN BEANS, FROZEN OR FRESH

TO COOK:

- Place thawed contents in the slow cooker on low for 7-8 hours or high for 4 hours.
- Serve chicken on top of noodles, and garnish with Parmesan cheese.

CILANTRO LIME CHICKEN

SERVES 4-5

FILL A FREEZER BAG WITH:

- 1 AND 1/2 POUNDS CHICKEN BREASTS, CHOPPED
- 1/2 WHITE ONION, CHOPPED
- 1 RED BELL PEPPER, CHOPPED
- 1 CUP BLACK BEANS, DRAINED
- 1 CUP FROZEN CORN, DRAINED
- 4 OZ. CAN GREEN CHILIES
- 1 JALAPEÑO, SEEDED AND CHOPPED
- JUICE OF TWO LIMES
- 3 CLOVES GARLIC, MINCED
- 1 CUP CILANTRO, CHOPPED
- 2 TEASPOONS CUMIN

TO COOK:

- Place thawed contents in the slow cooker and cook on low 7-8 hours or high for 4 hours.
- Shred chicken and serve on top of tortillas for tacos or serve on top of rice. Garnish with extra lime or cilantro if desired. This is one of the Crock Pot freezer meals that is easy to customize to your tastes.

CHINESE BEEF & BROCCOLI

SERVES 4-5

FILL A FREEZER BAG WITH:

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|---|---|
| <input type="checkbox"/> 2 POUNDS BEEF, SLICED (SIRLOIN WORKS WELL) | <input type="checkbox"/> 1/4 CUP SOY SAUCE |
| <input type="checkbox"/> 1 CAN BEEF CONSUME (FOUND IN THE SOUP AISLE) | <input type="checkbox"/> 1 TEASPOON GINGER PASTE |
| <input type="checkbox"/> 1/2 CUP BROWN SUGAR, PACKED | <input type="checkbox"/> 1 TABLESPOON SESAME OIL |
| <input type="checkbox"/> 3 CLOVES GARLIC, MINCED | <input type="checkbox"/> 2 CUPS FRESH OR FROZEN BROCCOLI
(SEPARATE IN A SMALLER BAG) |

TO COOK:

- Place defrosted contents in the slow cooker on low 7-8 hours or high 4 hours. Consider bagging the broccoli separate and adding it in about 30 minutes before the meat is done cooking (otherwise, the broccoli tends to overcook!).
- Optional: To thicken the sauce at the end, whisk together 1/2 cup of the cooked sauce with 2 tablespoons cornstarch and pour back in the slow cooker. Turn cooker on high for an extra 10-15 minutes so the sauce can thicken.
- Serve beef and broccoli on top of rice and garnish with chopped green onion if desired.