

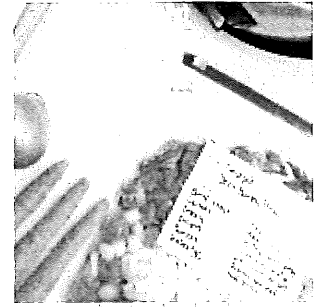
Freezer Crockpot Beef Stew

Calories

2222 kcal

Ingredients

- 2 lb beef chuck roast grass-fed, fat-trimmed and cut into bite-sized pieces
- 3 carrots peeled and chopped
- 2 celery ribs chopped
- 1/2 onion chopped
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup pearled barley
- 7 cups beef broth *not needed until day-of cooking
- 1 gallon-sized plastic freezer bag I find Hefty freezer bags work great



5 from 3 votes

Instructions

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Combine all ingredients (except beef broth) in a gallon-sized plastic freezer bag, adding the beef to the bag last so it's the first ingredient poured into the crockpot.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
5. Add to crockpot with beef broth and cook on "low" setting for 8 hours or until carrots are soft.
6. Remove the bay leaf and enjoy!

2 people

x 6

Slow Cooker Honey Dijon Pork Chops with Red Potatoes

Source: Melissa Jennings

Recipe type: Slow Cooker

Prep time: 10 mins Cook time: 8 hours Total time: 8 hours 10 mins

Serves: 4

Ingredients

- 4 thick cut pork chops (I used 2 lbs)
- 4 large fresh red potatoes (use Sweet Potatoes for Paleo)
- ½ cup olive oil
- 1 cup sugar free Dijon Mustard (I use Tessamae's Brand which is Whole30 approved)
- ½ tsp ground black pepper
- 2 TBSP raw honey (omit if Whole30)
- ½ tsp ground onion powder
- ½ cup chicken broth
- 2 cups fresh green beans or fresh carrots

Instructions

1. Combine all ingredients except chicken broth into a freezer safe bag.
2. Mix well.
3. Freeze.
4. When ready to cook thaw in the refrigerator overnight.
5. Place into slow cooker and add ½ cup chicken broth.
6. Cook on low for 6-8 hours.

Recipe by STOCKPILING MOMS™ at <http://www.stockpilingmoms.com/2016/05/slow-cooker-honey-dijon-pork-chops-with-red-potatoes/>

- 1 tsp Worcestershire Sauce
- 1 Tbsp Honey
- Juice of 1 Lemon
- 1/2 tsp Pepper
- 1/2 tsp Salt
- 2 tbsp Paprika
- 2 tbsp Butter, chopped
- 1 Chicken Boullion Cube
- 1/2 cup water
- 1/4 cup Sour Cream

Directions:

1. Place all ingredients, except water, boullion and sour cream, into a freezer bag
2. Mix to evenly distribute
3. Flatten and store in freezer
4. When ready to cook, defrost overnight in fridge
5. Place in slow cooker and add the 1/2 cup of water and boullion cube
6. cook on low for 8 hours
7. Remove Chicken and Vegetables and add the sour cream to the liquid. Stir or whisk to combine
8. Coat the sauce over the chicken and vegetables and serve

Review: Nice flavor! We ate it with Nachos & Cheese!

Recipe adapted from Epicurious.com



PEPPER STEAK RECIPE

Ingredients:

- 2 lbs Beef Round Steak (sliced)
- 1 pint grape tomatoes sliced
- 2 Green Peppers – Sliced
- 1 Onion – Sliced
- 1/4 Cup Soy Sauce
- 2 cloves Garlic Minced
- 1 tsp Ground Ginger
- 2 tsp Sugar
- salt & pepper to taste

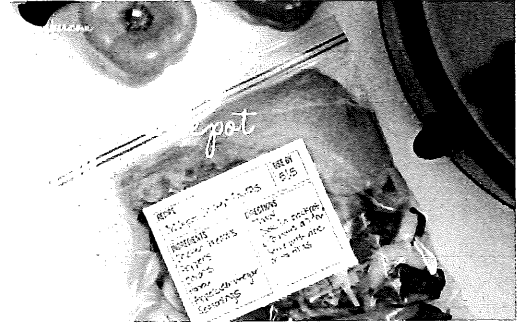
Directions:

1. Place all ingredients into a freezer bag
2. Mix to evenly distribute
3. Flatten and store in freezer
4. When ready to cook, defrost overnight in fridge
5. Place in slow cooker and cook on low for 6 hours

people
x 6

Freezer-to-Crockpot Chicken Fajitas

Ingredients



2 pounds of boneless skinless chicken breasts, fat trimmed

2 bell peppers, sliced

1 small yellow onion, peeled and sliced

2 cloves of garlic, minced

1 tablespoon honey

1 tablespoon apple cider vinegar (<http://thehumbledhomemaker.com/2014/10/make-your-own-apple-cider-vinegar.html>)

1 tablespoon chili powder (<http://thehumbledhomemaker.com/2013/02/homemade-chili-powder.html>)

2 teaspoons cumin

1 teaspoon paprika

1/4 teaspoon crushed red pepper flakes

Instructions

TO FREEZE:

Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date. (I use these simple printable labels (<http://newleafwellness.biz/product/printable-freezer-meal-labels/>).

Add all ingredients.

Remove as much air from the bag as possible, seal, and lay flat in your freezer for up to three months.

TO COOK:

The night before cooking, move the frozen bag to your refrigerator to thaw.

The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6 hours or until chicken is tender.

- 1 tsp paprika
- 1/4 tsp crushed red pepper flakes

Directions:

1. Place all ingredients into a freezer bag
2. Mix to evenly distribute
3. Flatten and store in freezer
4. When ready to cook, defrost overnight in fridge
5. Place in slow cooker and cook on low for 8 hours
6. Serve on Tortillas, and top with lettuce and shredded cheese

Adapted from newleafwellness.biz

CILANTRO LIME CHICKEN

Ingredients:

- 1 lb Boneless Chicken – cubed
- 1 Bunch Cilantro chopped
- 1 can Black Beans (14.5 oz) rinsed & drained
- 1 bag frozen corn (12 oz)
- 1 onion chopped
- 2 cloves garlic minced
- salt & pepper to taste
- 1 tsp cumin
- juice of 2 limes

Directions:

1. Place all ingredients into a freezer bag
2. Mix to evenly distribute
3. Flatten and store in freezer
4. When ready to cook, defrost overnight in fridge
5. Place in slow cooker and cook on low for 8 hours
6. Serve over rice. Top with sour cream and shredded cheese if desired

Review: Quite yummy! Served it over brown rice and topped with just cheese. Needed salt and pepper which was not in the original recipe so I added it above.

CHICKEN CACCIATORE

Ingredients:

- 1 lb Boneless Chicken Breast – Cubed
- 2 cans tomato paste (6 oz)
- 4 cloves garlic minced

2 people
X 6

25. Sausage Spinach Tomato Soup

Yields: 6 servings

Ingredients

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24 oz jar of pasta sauce
- 4 cups of chicken broth (not needed until day of cooking)
- 1 can of cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 4 large carrots, chopped into bite-sized pieces
- 1 medium yellow onion, diced (about one cup)

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag with name of the meal, cooking instructions, and "use by" date.
2. Add sausage and remaining ingredients (except chicken broth) to your freezer bag.
3. Remove as much air as possible, seal, and lay flat in your freezer.

Cook

1. The night before, move to refrigerator to thaw.
2. Add chicken broth and contents of freezer bag to slow cooker.
3. Cook on "low" setting for 8 hours.
4. Break apart sausage and stir soup.

Serve with a baked potato.