



THE FAMILY  
FREEZER



12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN

# JANUARY

FREE PRINTABLE SHOPPING LIST, RECIPES,  
AND MEAL PLAN INCLUDED

# ***12 HEALTHY CROCKPOT FREEZER MEALS TO MAKE IN JANUARY***

Free printable recipes and grocery list below!

## **Recipe List**

1. Red Pepper Chicken
2. Meatball Vegetable Soup
3. Cherry Pork Loin with Sweet Potatoes
4. Chicken Curry
5. Taco Soup
6. Mississippi Roast with Carrots
7. Chicken Fajitas
8. Italian Wedding Soup (broth, not bullion)
9. Stuffed Peppers
10. Asian Chicken Lettuce Wraps
11. Turkey Black Bean Chili
12. Cranberry Pork Roast

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# RED PEPPER CHICKEN



Yields: 6 servings

## Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 2 medium-sized red bell peppers, sliced
- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 small yellow onion, diced or sliced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black 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 (three months from when you prepped the meal).
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

## ToCook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot and cook for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Slice or shred chicken and return to mix with juice in crockpot.
4. Serve with a slotted spoon onto tortillas or rice.

# MEATBALL VEGETABLE SOUP



Yields: 6 servings

## Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar marinara pasta sauce (about 2.5 cups) (we like Prego Traditional)
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (about 1 cup)
- 4 cups chicken broth (32oz) (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.

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
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.

Top with grated parmesan cheese and serve with garlic bread.

# CHERRY PORK LOIN WITH SWEET POTATOES

# 3

Yields: 6 servings

## Ingredients

- 2-pound boneless pork tenderloin
- 1 1/2 pounds sweet potatoes (about 2 potatoes), peeled and cut into 1-inch pieces
- 1 small yellow onion, peeled and chopped
- 12oz bag frozen pitted dark sweet cherries
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon thyme
- 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 except broth.
3. Remove as much air as possible, seal, and freeze.

## To Cook

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

# CHICKEN CURRY

# 4

Yields: 6 servings

## Ingredients

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

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (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.

## To Cook

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

Top with fresh cilantro and serve with pita bread, naan, or rice.

# TACO SOUP

# 5

Yields: 6 servings

## Ingredients

- 1 pound 85% lean ground beef
- 1 small yellow onion, diced (one cup)
- 3 cloves garlic, minced
- 1 cup frozen corn
- 4oz can diced green chilis
- 28oz can diced tomatoes, undrained
- 1 packet taco seasoning **or** this homemade version:
  - 1 tablespoon chili powder, 1 teaspoon pepper, and 1/2 teaspoon of the following: salt, ground cumin, red pepper flakes, paprika, ground oregano, garlic powder, and onion powder
- 4 cups beef broth (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

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

## To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot with broth and cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Break apart beef and stir.

Top with shredded cheese, sour cream, and green onions. Serve with tortilla chips.



# MISSISSIPPI ROAST WITH CARROTS

# 6

Yields: 6 servings

## Ingredients

- 3-pound boneless beef chuck shoulder roast, fat trimmed
- 2 pounds carrots, peeled and roughly chopped
- 1/4 cup olive oil
- 4-6 pepperoncini peppers plus 3 tablespoons juice from the jar
- 1 packet au jus seasoning or this homemade version: 4 teaspoons beef bouillon granules (or 4 teaspoons Better Than Bouillon), 1 teaspoon soy sauce, 1/4 teaspoon garlic powder, and 1/4 teaspoon pepper
- 1 packet dry ranch seasoning or this homemade mix: 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried onion flakes, 3/4 teaspoon dill, and 1/2 teaspoon pepper

NO EXTRA LIQUID NEEDED!

## 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.

## To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot and cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
3. Shred meat and return to mix with juice in crockpot.

Serve with rice.

# CHICKEN FAJITAS

# 7

Yields: 6 servings

## Ingredients

- 2 pounds boneless skinless chicken breasts, fat trimmed and sliced
- 2 red bell peppers, sliced
- 1 green bell pepper, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves garlic, minced
- 1 tablespoon honey
- the juice from one lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

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

## To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot and cook for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

+ Stovetop Option: Thaw freezer meal and then dump into a large pot, skillet, or sauté pan. Cook for 15 minutes on medium-high heat or until chicken is cooked through and peppers are tender.

Serve with a slotted spoon onto tortillas or rice. Top with shredded lettuce, cheese, and guacamole.

# ITALIAN WEDDING SOUP

Yields: 6 servings

## Ingredients

- 1 pound bag frozen small meatballs
- 1 small yellow onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 1 head escarole, thinly sliced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 8 cups chicken broth (not needed until day of cooking)
- 1/2 cup uncooked pasta (not needed until day of cooking - I use acini de pepe, ditallini, or small shells)

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

## To Cook

1. Thaw in refrigerator overnight or in morning in water.
2. Add to crockpot with broth
3. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

Serve with garlic bread.

# STUFFED PEPPERS

# 9

Yields: 4 servings

## Ingredients

- 1lb ground beef
- 1 small yellow onion, peeled and diced
- 1 garlic clove, minced
- 4 small green bell peppers, tops diced and added to mix
- 24oz jar marinara pasta sauce (reserve 2 tablespoons)

## 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. In large bowl, mix ground beef, onion, garlic, green pepper tops, and 2 tablespoons of pasta sauce and firmly stuff into peppers.
3. Add remaining pasta sauce to quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.
4. Remove as much air as possible, seal, and freeze for up to three months.

## To Cook

1. Thaw freezer bags overnight in refrigerator or in water in the morning.
2. Place peppers in crockpot and top with sauce.
3. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Top with parmesan cheese and serve with rice.

# ASIAN CHICKEN LETTUCE WRAPS

# 10

Yields: 6 servings

## Ingredients

- 2 pounds ground chicken
- 1 medium-sized red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

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

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Break apart chicken and stir.

Serve on pieces of iceberg or Boston bibb lettuce.

# TURKEY BLACK BEAN CHILI

# 11

Yields: 6 servings

## Ingredients

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans black beans (15oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn
- 2 cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

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

## To Cook

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

Serve with shredded cheese and tortilla chips.

# CRANBERRY PORK ROAST

# 12

Yields: 4 servings

## Ingredients

- 2 1/2 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”)
- 15oz can whole berry cranberry sauce (or half of this [homemade cranberry sauce recipe](#))
- 1/4 cup honey
- 1/4 cup dried minced onion

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

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot.
3. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Remove bones and shred meat.

Serve meat with cranberry mixture in crockpot and a side of green beans.

# GROCERY LIST FOR ALL 12 MEALS

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

## Produce

- 5 red bell peppers (1, 7, 10)
- 5 green bell peppers (7, 9)
- 22 garlic cloves (2 bulbs) (1, 3, 4, 5, 7, 9, 10, 11)
- 8 small yellow onions (1, 2, 3, 4, 5, 7, 8, 9)
- 3 3/4 pounds carrots (2, 6, 8, 10)
- 3 cups green beans (2)
- 1 medium-sized zucchini (2)
- 1 1/2 pounds sweet potatoes (about 2 potatoes) (3)
- 1 lime for juice (7)
- 1 head escarole (8)

## Meat

- 6 pounds boneless skinless chicken breasts (1, 4, 7)
- 2 pounds ground chicken (10)
- 2-pound boneless pork tenderloin (3)
- 2 pounds 85% lean ground beef (5, 9)
- 3-pound boneless beef chuck shoulder roast (6)
- 1 pound ground turkey (11)
- 2 1/2 pound bone-in pork shoulder (sometimes labeled as a “Boston butt” or “pork butt”) (12)

## Frozen

- 2 pounds small meatballs (2, 8)
- 12oz bag frozen pitted dark sweet cherries (3)
- 2 cups frozen peas (4)
- 16oz bag frozen corn (2 2/3 cups) (5, 11)

## Canned

- 2 jars (24oz each) marinara pasta sauce (2, 9) (we like Prego Traditional)
- 6oz can tomato paste (4)
- 14.5oz can tomato sauce (4)
- 28oz can tomato sauce (11)
- 14.5oz can petite diced tomatoes (11)
- 28oz can diced tomatoes (5)
- 13.5oz can unsweetened coconut milk (4)
- 4oz can diced green chiles (5)
- 4-6 pepperoncini peppers (6)



## **Canned (cont.)**

- 2 cans (15oz each) black beans (11)
- 15oz can whole berry cranberry sauce (12)

## **Spices and Seasonings**

- 3 3/4 teaspoons crushed red pepper flakes (1, 4, 5, 7, 10, 11)
- 2 3/4 teaspoons black pepper (1, 3, 5, 6)
- 1 3/4 teaspoon salt (1, 4, 5)
- 1 teaspoon thyme (3)
- 2 tablespoons curry powder (4)
- 3 tablespoons chili powder (5, 7, 11)
- 4 1/2 teaspoons ground cumin (5, 7, 11)
- 1 tablespoon plus 1 1/2 teaspoons paprika (5, 7, 11)
- 2 teaspoons ground oregano (5, 11)
- 1 3/4 teaspoon garlic powder (5, 6)
- 2 1/2 teaspoons onion powder (5, 6, 8)
- 4 teaspoons beef bouillon granules (or 4 teaspoons Better Than Bouillon) (6)
- 1 tablespoon dried parsley (6)
- 1 teaspoon dried onion flakes (6)
- 3/4 teaspoon dill (6)
- 1 teaspoon garlic salt (8)
- 1 teaspoon Montreal steak seasoning (8)
- 1/4 cup dried minced onion (12)

## **Baking**

- 1/4 cup plus 5 tablespoons honey (4, 7, 10, 12)

## **Oil and Vinegar**

- 1/2 cup plus 3 tablespoons extra virgin olive oil (1, 3, 6)

## **Materials**

- 12 gallon-sized plastic freezer bags (1-12)

## **Miscellaneous**

- 1 tablespoon Worcestershire sauce (8)
- 1/4 cup plus 1 teaspoon low-sodium soy sauce (6, 10)
- 1/4 cup ketchup (10)

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

- 12 cups chicken broth (96oz or 3 cartons) (2, 8)
- 4 cups beef broth (32oz or 1 carton) (5)
- 1/2 cup uncooked pasta (acini de pepe, ditallini, or small shells) (8)

## **Suggested Side Dishes**

1. Red Pepper Chicken – tortillas or rice
2. Meatball Vegetable Soup – Parmesan cheese and garlic bread
3. Cherry Pork Loin with Sweet Potatoes – salad
4. Chicken Curry – fresh cilantro, pita bread, naan, or rice
5. Taco Soup – shredded cheese, sour cream, green onions, tortilla chips
6. Mississippi Roast with Carrots – rice
7. Chicken Fajitas – tortillas or rice, shredded lettuce, cheese, and guacamole
8. Italian Wedding Soup – garlic bread
9. Stuffed Peppers – Parmesan cheese and rice
10. Asian Chicken Lettuce Wraps – iceberg or Boston bibb lettuce Turkey
11. Black Bean Chili – shredded cheese and tortilla chips
12. Cranberry Pork Roast – green beans

# JANUARY MEAL PLAN

2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY