

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:

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| ☐ 1 AND 1/2 POUNDS CHICKEN BREASTS, SLICED | ☐ 3 CARROTS, SLICED |
| ☐ 1/4 CUP SOY SAUCE | ☐ 1 GREEN BELL PEPPER, SLICED |
| ☐ 1/2 CUP PACKED BROWN SUGAR | ☐ 1 TEASPOON GINGER PASTE |
| ☐ 1/2 CUP TERIYAKI SAUCE | ☐ 1 CUP CHICKEN BROTH |
| ☐ 1 TABLESPOON SESAME OIL | ☐ 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:

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| ☐ 1-16 OZ. PACKAGE SAUSAGE, SLICED | ☐ 1 ONION SLICED |
| ☐ 3 BELL PEPPERS (ONE GREEN, ONE YELLOW AND ONE RED) SLICED | ☐ 1 CHICKEN BOUILLON CUBE |
| ☐ 2-14.5 OZ. CANS DICED TOMATOES, FIRE-ROASTED VARIETY AND NOT DRAINED | ☐ 2 CLOVES GARLIC MINCED |
| | ☐ 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:

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| ☐ 1 AND 1/2 POUNDS CHICKEN BREASTS, CUT UP
IN ONE-INCH PIECES | ☐ 2 CLOVES GARLIC, MINCED |
| ☐ 8 OZ. BAR OF CREAM CHEESE | ☐ 1 CAN CREAM OF CHICKEN SOUP |
| ☐ 1 PACKET ZESTY ITALIAN SALAD DRESSING MIX | ☐ 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:

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

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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| ☐ 2 POUNDS BEEF, SLICED (SIRLOIN WORKS WELL) | ☐ 1/4 CUP SOY SAUCE |
| ☐ 1 CAN BEEF CONSUME (FOUND IN THE SOUP AISLE) | ☐ 1 TEASPOON GINGER PASTE |
| ☐ 1/2 CUP BROWN SUGAR, PACKED | ☐ 1 TABLESPOON SESAME OIL |
| ☐ 3 CLOVES GARLIC, MINCED | ☐ 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.