



Freezer to Slow Cooker Meal Plan by: Sidetracked Sarah

Table of Contents

Recipes

Slow Cooker Vegetable Beef Soup	1
Slow Cooker Honey Parmesan Pork Roast	2
Chicken Tacos	3
Best Pork Chop Marinade	4
Freezer Meat Loaf for the Crock Pot	5
Crockpot Chicken Cacciatore	6
Labels	7
Shopping List	8
Extra Shopping List	9
Assembly Instructions	10

Slow Cooker Vegetable Beef Soup



Cook time:
8 Hours on Low



Serving size: 6

Ingredients:

- 2 pounds ground beef
- 1/2 medium onion, diced
- 1 16 oz bag of frozen mixed vegetables
- 1 can white beans, drained
- 2 cups of frozen corn (or 1 can)
- 2 cups carrots, sliced
- 5 cans of diced tomatoes and green chilies
- 2 cups of water

Directions:

1. Chop onion
2. Cook ground beef and onions.
3. While beef is cooking, chop carrots
4. Place all ingredients in Slow Cooker.
5. Cook on low for 6-8 hours or high for 3-4 hours.

Freezer Bag Instructions:

1. Chop onion.
2. Brown ground beef with onion.
3. While beef is cooking, chop carrots.
4. Place 1st 6 ingredients in a freezer safe bag.
5. Label and lay flat to freeze.

Instant Pot Instructions:

1. Chop onion
2. Place ground beef and onions into Instant Pot
3. Turn the Instant Pot to Sauté and brown meat and onions.
4. While beef is cooking, slice carrots
5. Place the rest of the ingredients into Instant Pot.
6. Cook on high for 6 minutes, quick release

Side suggestions: Green salad and Rolls

Slow Cooker Honey Parmesan Pork Roast



Cook time:
8 Hours on Low



Serving size: 6

Ingredients:

- 2/3 cup Parmesan cheese
- 1/2 cup honey
- 3 tablespoons soy sauce
- 2 tablespoons basil
- 2 tablespoons minced garlic
- 1/2 teaspoon salt
- 1 (2-3 pound) boneless pork roast

Directions:

1. Mix first 6 ingredients together in a bowl.
2. Pour over the top of the pork roast in crockpot.
3. If you're home while it's cooking, you may want to flip the roast at some point so that you can recoat the top of the roast with the honey/parmesan mixture.
4. Cook on low for 7-8 hours or on high for 4-5 hours.

Freezer Bag Instructions:

1. Mix first 6 ingredients together in gallon sized freezer safe bag.
2. If there's enough room, place roast in bag with the seasonings, so that it can marinate a bit.
3. Label and get as much air out of the bag as possible, to freeze.

Instant Pot Instructions:

1. Place pork roast in Instant Pot
2. Mix first 7 ingredients together in a bowl.
3. Pour over the top of the pork roast.
4. Cook on high for 30 minutes if roast is 2 pounds or 45 minutes if it is 3 pounds. Quick release.

Side suggestions: Macaroni and Cheese and Peas.

Chicken Tacos



Cook time:
8 Hours on Low



Serving size: 6

Ingredients:

- 1 3 pound bag of frozen boneless, skinless chicken breast
- 2 cans diced tomatoes and green chilies
- 1 envelope of taco seasoning
- 2 packages of taco shells

Directions:

1. Place all ingredients inside slow cooker and stir around a bit.
2. Cook on low for 6-8 hours or high for 3-4 hours.
3. When done cooking, remove chicken and shred with 2 forks.

Freezer Bag Instructions:

1. Place all ingredients except taco shells into gallon sized freezer safe bags.
2. Label and lay flat to freeze.

Instant Pot Instructions:

1. Place all ingredients except taco shells inside Instant Pot and stir around a bit.
2. Cook on manual/pressure cook, high pressure for 15 minutes, quick release
3. Remove chicken and shred with 2 forks.
Add to taco shells

* Top with cheese, sour cream, salsa and guacamole.

Side suggestions: Cheese Dip and Tortilla Chips.

Best Pork Chop Marinade



Cook time:
8 Hours on Low



Serving size: 6

Ingredients:

- 4-6 pork chops
- 1/4 cup extra-virgin olive oil
- 3 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons Dijon mustard
- 5 cloves garlic, chopped
- 2 teaspoons thyme
- 1 teaspoon onion powder
- 2 teaspoons Worcestershire sauce
- 2 teaspoons mesquite-flavored seasoning
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions:

1. Place all spices and liquid ingredients in a bowl and stir well
2. Put pork chops in slow cooker and pour marinade over the top.
3. Cook on low for 6-8 hours
4. If cooking on grill, place all ingredients in freezer safe bag and let marinade for 6-8 hours before cooking.

Freezer Bag Instructions:

1. Place all spices and liquid ingredients in gallon sized freezer safe bag.
2. Squish the bag around so that it mixes well.
3. Add pork chops to the bag, making sure to coat them with the marinade.
4. Label and lay flat to freeze.

Instant Pot Instructions:

1. Place all spices and liquid ingredients in a bowl and stir well
2. Put pork chops in Instant Pot and pour marinade over the top.
3. Cook on high for 5 minutes, natural release for 10 minutes and then open valve to quick release any remaining pressure after 10 minutes have passed.

Side suggestions: Baked potato, salad and a roll.

Freezer Meat Loaf for the Crock Pot



Cook time:
8 Hours on Low



Serving size: 6

Ingredients:

- 2 eggs
- ½ c milk
- 2/3 c bread crumbs
- ½ chopped onion
- 1 t salt
- ½ t sage
- 1 ½ pounds ground beef
- BBQ Sauce

Side suggestions: Mashed Potatoes and Green Beans

Directions:

1. Chop onion
2. Mix together all ingredients except BBQ sauce and then form into 2 individual loaves or one large loaf.
3. Place into slow cooker and cover with BBQ sauce.
4. Cook on low for 8-10 hours.

Freezer Bag Instructions:

1. Chop onion.
2. Mix all ingredients except BBQ sauce together in a bowl.
3. Place loaves in a gallon sized freezer safe bag.
4. Label and lay flat to freeze.

Instant Pot Instructions:

1. Chop onion
2. Mix together the ingredients for the meatloaf in a large bowl.
3. Shape into a loaf.
4. Place trivet in bottom of Instant Pot
5. Pour 1 cup of water in the bottom of the Instant Pot.
6. Put 2 pieces of aluminum foil over the top of that to make a make-shift bowl out of the foil for the meatloaf to sit in.
7. Set the meatloaf in the foil, on top of the rack.
8. Pour BBQ sauce over the top of the meat loaf.
9. Seal the "bowl" as much as possible to keep grease from dripping out.
10. Replace lid and shut steam valve.
11. Cook the meatloaf on Manual mode for 25 minutes.
12. Quick release the steam.
13. Lift the meat loaf out of the Instant Pot or pressure cooker.
14. Optional: broil meatloaf for a couple minutes to make the ends more crispy.

Crockpot Chicken Cacciatore



Cook time:
8 Hours on Low



Serving size: 6

Ingredients:

- 2 cups sliced mushrooms
- 1 cup sliced celery
- 1 cup chopped carrots
- 2 medium onions, chopped
- 1 green pepper, cut into strips
- 4 teaspoons of minced garlic
- 5-6 boneless, skinless chicken breasts
- 1/2 cup chicken broth
- 1/4 cup dry white wine
- 2 bay leaves
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 14.5 oz can of diced tomatoes
- 1 can tomato paste
- Italian Bread Crumbs (optional: to thicken sauce at the end)
- Parmesan Cheese
- Spaghetti noodles (or other favorite pasta)

Directions:

1. Combine all ingredients except pasta, Parmesan cheese and bread crumbs.
2. Mix it up well so that everything will evenly cook and mix flavors together well. Cook on low for 7-9 hours or on high for 3-4 hours.
3. Once cooked, mix in about 1/4 cup of bread crumbs and 1/4 cup of Parmesan cheese to thicken it up just a bit.
4. Shred meat with two forks. Leave the lid off and cook for another 30 minutes. Serve over hot cooked spaghetti noodles.

Freezer Bag Instructions:

1. Chop mushrooms, celery, carrots, onions, and green peppers.
2. Place all ingredients except Parmesan cheese, pasta and bread crumbs into a one gallon sized freezer safe bag.
3. Label and lay flat to freeze.

Instant Pot Instructions:

1. Place chicken in Instant Pot.
2. Mix together oregano, salt, and pepper and sprinkle over the top of the chicken breasts.
3. Pour in chicken broth, garlic, chopped onions, green pepper, celery, carrots, mushrooms, bay leaves, dry white wine, diced tomatoes and tomato paste.
4. Place lid on Instant Pot and close valve.
5. Cook on Manual/Pressure Cook, high pressure for 15 minutes, quick release.
6. Remove lid and chop or shred chicken.
7. If it's still seems to be too thin, add Italian bread crumbs to thicken.
8. If it's still too thin, let cook on Sauté for a few minutes to thicken a bit.
9. Serve over cooked spaghetti noodles and top with Parmesan Cheese.

Side suggestions: Salad and Breadsticks




Freezer to Slow Cooker Meal Plan by: *Sidetracked Sarah*


Labels

Slow Cooker Vegetable Beef Soup


Add 2 cups of water and 5 cans of diced tomatoes and green chilies to slow cooker with this bag.

 Cook time:
8 Hours on Low


Best Pork Chop Marinade

 Cook time:
8 Hours on Low


Slow Cooker Honey Parmesan Pork Roast

 Cook time:
8 Hours on Low


Freezer Meat Loaf for the Crock Pot

 Cook time:
8 Hours on Low

Chicken Tacos

 Cook time:
8 Hours on Low

Crockpot Chicken Cacciatore

 Cook time:
8 Hours on Low

Freezer to Slow Cooker Meal Plan

by: *Sidetracked Sarah*

Shopping List

Baking Aisle:

items	meals
honey (only need 1/2 cup)	2
brown sugar (3 table-spoon)	4

Bottled:

items	meals
soy sauce	2
Worcestershire sauce	4
dry white wine	6
lemon juice	4
minced garlic	2
Dijon mustard	4
olive oil	4
BBQ Sauce	5

Spices:

items	meals
mesquite-flavored seasoning	4
salt	2, 4, 5, 6
black pepper	4, 6
thyme	4
onion powder	4
parsley flakes	4
envelope of taco seasoning	3
basil	2, 6
bay leaves	6
oregano	6
sage	5

Meat:

quantity	items	meals
2 3 pound	bags of frozen, boneless, skinless chicken breasts	3, 6
3 ½ pounds	Ground Beef	1, 5
1 (2-3 pound)	boneless pork roast	2
4-6	pork chops (enough for your family)	4

Produce:

quantity	items	meals
3	onions	1, 5, 6
1.5 pounds	carrots	1, 6
9	cloves garlic	4, 6
	sliced mushrooms	6
	celery	6
1	green pepper	6

Refrigerator/Freezer:

quantity	items	meals
	Parmesan cheese	2, 6
1 16 oz	bag of frozen mixed vegetables	1
1 16 oz	bag frozen corn	1
	Eggs (2)	5
	Milk (1/2 c)	5

Cans/Jars/Boxed:

quantity	items	meals
7 10 oz	cans of diced tomatoes and green chilies	1, 3
1 14.5 oz	can of diced tomatoes	6
1 can	tomato paste	6
1 can	white beans, drained	1
4 oz	chicken broth	6
	Spaghetti noodles	6
	Italian Bread Crumbs	5, 6
2	boxes taco shells	3



Freezer to Slow Cooker Meal Plan by: Sidetracked Sarah

Assembly Instructions

- Chop the following:
 - 3 onions
 - 1.5 pounds carrots
 - 9 cloves garlic
 - 2 cups of mushrooms
 - 1 cup of celery
 - 1 green pepper
- Brown 2 pounds of ground beef with 1/2 of an onion.
- Place 1st 6 ingredients of “Slow Cooker Vegetable Beef Soup” in a gallon sized freezer safe bag.
- Label and lay flat to freeze.
- Mix first 6 ingredients of “Honey Parmesan Pork Roast” together in gallon sized freezer safe bag.
- If there’s enough room, place roast in bag with the seasonings, so that it can marinade a bit.
- Label and get as much air out of the bag as possible, and place in the freezer.
- Place all ingredients for “Chicken Tacos” except taco shells into gallon sized freezer safe bag.
- Label and lay flat to freeze.
- Place all spices and liquid ingredients for “Pork Chop Marinade” in gallon sized freezer safe bag.
- Squish the bag around so that it mixes well.
- Add pork chops to the bag, making sure to coat them with the marinade.
- Label and lay flat to freeze.
- Mix all ingredients for “Meatloaf” except BBQ sauce together in a bowl.
- Form into loaves and place loaves in a gallon sized freezer safe bag.
- Label and lay flat to freeze. (Alternatively, you could cook them and then freeze the cooked loaves instead.)
- Place all ingredients for “Chicken Cacciatore” except Parmesan cheese, pasta and bread crumbs into a one gallon sized freezer safe bag.
- Label and lay flat to freeze.