

Beef Stroganoff (x4)

1/2 lb hamburger
1-1/2 c. sour cream
4 Tbsp. flour
1 can mushrooms (4 oz, drained)
1 clove garlic
1 c. beef broth
2 Tbsp. tomato paste

To freeze: Brown hamburger. Mix together sour cream and flour then add all ingredients to freezer bag.

To cook: Thaw bag and pour contents into crockpot. Cook low heat 6 to 8 hours.

To serve: Serve over egg noodles.

Spanish Rice (x2)

1 lb hamburger
1 onion
1 green pepper
2 can tomatoes (14.5 oz, drained)
1 can tomato paste (6 oz)
1 Tbsp. chili powder
2 tsp. Season salt
2 Tbsp. Worcestershire
2 c. rice, uncooked

To freeze: Brown hamburger on the stove top first and drain excess fat. Chop vegetables then add all ingredients to freezer bag.

To cook: Thaw bag and pour all contents into crockpot plus 2 cups of water or broth. Cook low heat for 6 to 8 hours.

To serve: Eat alone or on tortillas with sour cream if desired

Meat Stew (x2)

2 lb meat (beef, pork, whatever is on sale), cubed
2 onions, chopped
5 carrots, sliced
3 zucchini, sliced
2 celery stalks, chopped
2 red bell peppers, chopped
2 tsp salt
½ tsp pepper
2 tsp minced garlic
1 14oz can tomatoes
1 can tomato sauce

To freeze: Put all ingredients in ziploc bag.

To cook: Thaw bag & add contents to slow cooker. Cook on high for 4hrs or on low for 8hrs. Stir occasionally.

To serve: Serve with warm cornbread. Serves approx 5-6 ppl

Root Beer Pulled Pork (x2)

2 lb pork tenderloins
12oz root beer
1 cup BBQ sauce (any variety)
1 tsp kosher salt
¼ tsp ground black pepper

To freeze: whisk together root beer, BBQ sauce, salt & pepper. Add pork tenderloins.

To cook: Thaw bag & heat on low for about 8hrs. Shred pork with two forks.

To serve: Serve on a bun with additional BBQ sauce if desired.

Divine Chicken (x4)

2 chicken breasts
2 carrots
2 c. broccoli
1 onion
1 c. cream of chicken soup
1/2 c. milk

To freeze: Chop vegetables and add ingredients (except soup & milk) to freezer bag.

To cook: Thaw bag and pour contents into crockpot. Add 1 cup cream of chicken soup and 1/2 cup milk. Cook low heat 6 to 8 hours.

To serve: Serve with rice if desired.

Chicken Tortilla Soup (x2)

1 pound chicken
1 (15 ounce) can whole peeled tomatoes, mashed
1 (10 ounce) can enchilada sauce
1 medium onion, chopped
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 (10 ounce) package frozen corn
1 tablespoon chopped cilantro
7 corn tortillas
vegetable oil

To freeze: Combine all ingredients (except tortillas & veg oil) into a Ziploc bag.

To cook: Thaw and put into a slow cooker add 2 cups water and one 14 oz can of chicken broth. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Shred chicken in crock pot after cooking is done.

Then, make tortilla strips: Preheat oven to 400 degrees F (200 degrees C). Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet. Bake in preheated oven until crisp, about 10 to 15 minutes.

To serve: sprinkle tortilla strips over soup. Serves approx. 5-6 people.

Honey Rosemary Chicken (x2)

2 lb boneless, skinless chicken breasts or thighs, cut into bite sized pieces

1/3 c. balsamic vinegar

1/3 c. honey

1/3 c. olive oil

3 T chopped fresh rosemary

1 t salt

To freeze: Add all ingredients to ziploc bag. Let marinate for several hours in the refrigerator before freezing.

To cook: Let defrost completely in the fridge. Add 1 cup of water and the contents of the bag to the crockpot. Then cook on high for 3-4 hours or low for 6-8 hours. Ten minutes before serving, add cornstarch to thicken the sauce.

To serve: Serve over couscous (or rice). Be generous with the sauce as you ladle- it's fabulous.

Coconut Curry Chicken (x1)

3 lb boneless, skinless chicken thighs

2 lb chopped butternut squash

2 medium onions, chopped

8 minced garlic cloves

1 oz fresh ginger

2 T curry powder

1 t ground coriander

1 t ground cumin

coarse salt

2 cans coconut milk

1 bag frozen peas

To freeze: Combine all ingredients except coconut milk & peas in ziploc bag.

To cook: Add the contents of the bag and a can of coconut milk to a slow cooker and cook on low all day. 25 minutes before serving, add another can of coconut milk and a bag of frozen peas.

To serve: Garnish with chopped cashews and cilantro.

SHOPPING LIST

<p>Meat</p> <p>4 lb hamburger</p> <p>4 lb stew beef</p> <p>2x 2 lb pork tenderloins</p> <p>8 chicken breasts +</p> <p>7 lb chicken breasts</p> <p>Produce</p> <p>14 onions</p> <p>18 carrots</p> <p>6 zucchini</p> <p>4 celery stalks</p> <p>4 red bell peppers</p> <p>2 green peppers</p> <p>8 c. broccoli</p> <p>2 lb butternut squash</p> <p>Canned Goods</p> <p>4 (4oz) cans mushrooms</p> <p>6 (14.5oz) can diced tomatoes</p> <p>2 (15oz) can whole peeled tomatoes</p> <p>4 (6oz) can tomato paste</p> <p>2 (15oz) can tomato sauce</p> <p>4 cans cream of chicken soup</p> <p>2 (4oz) can chopped green chile peppers</p> <p>2 (10oz) can enchilada sauce</p> <p>2 cans coconut milk</p>	<p>Miscellaneous</p> <p>1 c. flour</p> <p>4 c. beef broth</p> <p>4 c. rice, uncooked</p> <p>2x 12oz root beer</p> <p>2 cup BBQ sauce (any variety)</p> <p>2 (10oz) package frozen corn</p> <p>1 bag frozen peas</p> <p>6 c. sour cream</p> <p>2/3 c. balsamic vinegar</p> <p>2/3 c. honey</p> <p>2/3 c. olive oil</p> <p>Seasonings</p> <p>14 tsp salt</p> <p>2 tsp pepper</p> <p>20 cloves garlic</p> <p>3 Tbsp. chili powder</p> <p>4 Tbsp. Worcestershire</p> <p>3 tsp cumin</p> <p>2 bay leaf</p> <p>6 T chopped fresh rosemary</p> <p>2 T curry powder</p> <p>1 t ground coriander</p> <p>1 oz fresh ginger</p> <p>2 T chopped cilantro</p> <p>ZIPLOC BAGS!! 1gallon freezer, 20ct</p>
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Recipe sources/ideas/tips::

<http://kojo-designs.com/2012/08/freezer-crockpot-cooking-round-2-more-recipes-more-organization/>

<http://www.ohmyoliviablog.com/2012/10/i-just-owned-pinterest.html>

<http://www.lovingmynest.com/learning-activities/freezer-crock-pot-cooking-day/>

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<http://www.squidoo.com/10-crockpot-freezer-meals>