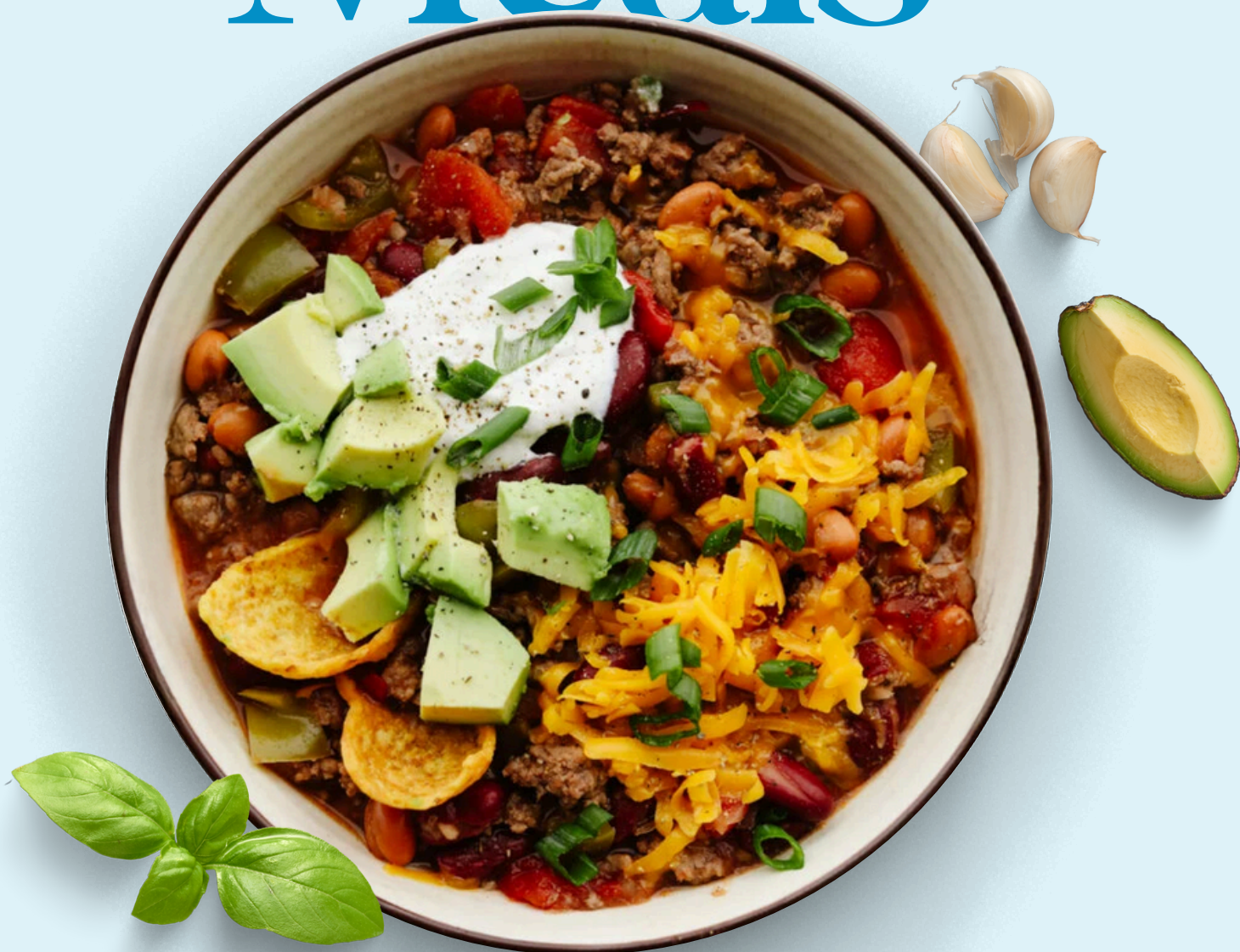


# 7 Freezer Meals



Keep dinner simple with these freezer-ready favorites

[www.therecipecritic.com](http://www.therecipecritic.com)



## Meet Alyssa

Welcome to my kitchen! I am Alyssa Rivers, published cookbook author of '**The Tried and True Cookbook**' and I am the foodie behind **The Recipe Critic**. This website launched in 2012 as a place to share my passion for cooking.

The Recipe Critic is home to thousands of recipes that have been tried, tested, and approved by the world's most honest critics...kids and families from all over the world.

My goal is to provide families with quick and easy meals that don't sacrifice taste. From slow cooker meals to one-pot meals, air fryer recipes, baked casseroles, grilled delights, and desserts galore, my recipes are everything that you need! Your family and guests will keep coming back for more!



# The Ultimate Freezer-Friendly Dinners

Keep things simple with these 7 freezer-ready favorites—perfect for busy nights, meal prepping, or when you just want a comforting, homemade dinner without the stress. Each recipe is designed to freeze beautifully and taste just as good as the day you made it.

Click on the buttons below to grab each recipe and start filling your freezer with meals your family will love.



## Slow Cooker Creamy Ranch Pork Chops

[GET THE RECIPE](#)

## Crockpot Tuscan Chicken

[GET THE RECIPE](#)

## Crockpot Salsa Chicken

[GET THE RECIPE](#)

## Slow Cooker Swedish Meatballs

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## Slow Cooker Chili

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## Crockpot Huli Huli Chicken

[GET THE RECIPE](#)

## 3 Packet Roast

[GET THE RECIPE](#)





# Slow Cooker Creamy Ranch Pork Chops



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Creamy ranch pork chops are the perfect go-to weeknight meal. Tender pork chops and red potatoes are covered in a creamy, zesty sauce in this 5-ingredient crock pot recipe!

## INSTRUCTIONS

- 1 Spray your slow cooker with non stick cooking spray. Layer the potatoes (and baby carrots if used) on the bottom of the slow cooker. Lay pork chops on the top.
- 2 In a medium bowl, mix together the soup and dry ranch packet. Pour on the top of the pork chops.
- 3 Cook on low for 4-5 hours. Use extra sauce as a gravy over the top of the potatoes and pork chop and sprinkle with parsley if desired.

## INGREDIENTS

- ☐ 4-6 pork chops, 1-inch thick
- ☐ 6-8 medium potatoes, chopped into large pieces
- ☐ 1 (10.5-ounce) can Cream of Chicken Soup
- ☐ 1 package dry ranch dressing mix
- ☐ Parsley to sprinkle on top, optional



PREP TIME  
**10 MINS**



SERVINGS  
**4-6 PEOPLE**



THAW & COOK TIME  
**7 HRS**



TOTAL TIME  
**7 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 3 days. When reheating, add a splash of milk to the sauce.

## How to Freeze

Add the cream of chicken soup and ranch dressing mix to a gallon-sized, freezer-safe, sealable storage bag and mix well.

Add the pork chops and potatoes to the bag with the soup mixture and mix to coat everything in the soup.

Press out as much air as possible, seal the bag, and freeze it flat for better storage.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Spray a slow cooker with non-stick cooking spray and add the contents of the bag to the slow cooker.

Cook on LOW for 5-6 hours or until the pork reaches 145 degrees Fahrenheit. Serve with fresh parsley as garnish.





# Crockpot Tuscan Chicken



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Delicious juicy and tender chicken breast cooked in a creamy parmesan and sun dried tomato sauce. The smells alone will have your family asking when dinner is!

## INSTRUCTIONS

- 1 Season the chicken breasts with Italian seasoning, onion powder, and salt and pepper. Season on both sides of the chicken.
- 2 Spray the inside of the crockpot with nonstick cooking spray. Layer the seasoned chicken in the bottom of the crockpot.
- 3 In a mixing bowl, whisk together the chicken broth, heavy cream, minced garlic, chopped sundried tomatoes, and parmesan cheese.
- 4 Pour the sauce over the chicken into the crock pot.
- 5 Cook on high for 3 hours, or low for 5 hours.
- 6 Right before serving, add the chopped spinach to the crockpot. Replace the lid and allow the spinach to wilt.
- 7 Season with additional salt and pepper if needed. Serve over cooked pasta, and enjoy!

## INGREDIENTS

- ☐ 4 boneless skinless chicken breasts
- ☐ 2 teaspoons Homemade Italian Seasoning or store-bought
- ☐ 1/2 teaspoon onion powder
- ☐ Kosher salt and cracked black pepper to taste
- ☐ 1 cup heavy cream
- ☐ 1/2 cup sundried tomatoes, drained and chopped
- ☐ 1/2 cup chicken broth
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 2 cloves garlic minced
- ☐ 1 cup frozen baby chopped spinach



PREP TIME  
**10 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**7 HRS**



TOTAL TIME  
**7 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

Mix the Italian seasoning, onion powder, salt, and pepper, and season the chicken breasts all over with the seasoning mix.

Mix the heavy cream, sundried tomatoes, chicken broth, parmesan cheese, and garlic in a gallon-sized, freezer-safe, sealable storage bag and mix well.

Add the seasoned chicken to the bag with the liquid and press out as much air as possible. Shake the bag to move the liquid around and completely cover the chicken.

Freeze the bag of chicken and sauce flat for best storage and keep it frozen for up to 3 months. Store the frozen spinach in a separate bag, but keep them together.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Place the contents of the chicken and sauce bag into a crockpot, cover, and cook on LOW for 5–6 hours, or until the internal temperature of the chicken is 165 degrees Fahrenheit.

30 minutes before the chicken is done, add in the frozen spinach and cook until the spinach is heated through and the chicken is fully cooked.





# Crockpot Salsa Chicken



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Weeknight dinner made easy with this crockpot salsa chicken! Tender and flavorful chicken that only takes 5 ingredients to make. It's a versatile recipe the whole family will love!

## INSTRUCTIONS

- 1 Place 2 pounds chicken breast, 2 cups salsa, 1 tablespoon taco seasoning, 1/2 cup chicken broth, and 2 tablespoons lime juice into a crockpot.
- 2 Set the slow cooker to low and cook for 6 hours.
- 3 Once cooked, take the chicken out and shred it before returning it to the crockpot, or serve the whole chicken breasts.
- 4 Serve chicken with chopped cilantro, shredded cheddar cheese, and lime wedges.

## INGREDIENTS

- ☐ 2 pounds boneless skinless chicken breast
- ☐ 2 cups salsa
- ☐ 1 tablespoon taco seasoning
- ☐ 1/2 cup chicken broth
- ☐ 2 tablespoons lime juice



PREP TIME  
**10 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**8 HRS**



TOTAL TIME  
**8 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

Add the salsa, taco seasoning, chicken broth, and lime juice to a gallon-sized, freezer-safe, sealable storage bag and mix well.

Add the chicken to the bag with the sauce and mix to coat the chicken in the sauce. Press out as much air as possible, seal the bag, and freeze it flat for better storage.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Place the content of the bag into the crockpot and cook on LOW for 6-7 hours until the chicken is cooked through and shreds easily.

Remove the chicken from the crockpot and shred it. Return the shredded chicken to the crockpot and mix to coat it in the sauce, or serve the breasts whole.





# Slow Cooker Swedish Meatballs



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Braised in a rich cream sauce, this blend of ground beef, pork, and warm spices makes a cozy, satisfying dish. Serve as an appetizer or with mashed potatoes or egg noodles.

## INSTRUCTIONS

- 1 Spray the slow cooker with non-stick cooking spray, then place 26 ounces frozen meatballs, in the bottom of the slow cooker.
- 2 For the sauce, melt 4 tablespoons butter in a medium skillet over medium-high heat. Add 3 tablespoons flour and whisk to create a paste.
- 3 Slowly stir in 2 cups beef broth and 1 cup heavy cream.
- 4 Stir in 1 tablespoon Worcestershire sauce, 1 teaspoon Dijon mustard, dash allspice, and dash nutmeg. Bring to a simmer until the sauce starts to thicken. Season with salt and pepper to taste.
- 5 Pour the sauce over the meatballs.
- 6 Cover and cook the meatballs for 2 hours on high or low for 4 to 5 hours.
- 7 Garnish the Swedish meatballs with parsley, and serve with mashed potatoes or egg noodles.

## INGREDIENTS

- ☐ 26 ounces frozen meatballs, precooked
- ☐ 4 tablespoons unsalted butter
- ☐ 3 tablespoons all-purpose flour
- ☐ 2 cups beef broth
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon Worcestershire sauce
- ☐ 1 teaspoon Dijon mustard
- ☐ 1/4 teaspoon allspice
- ☐ 1/4 teaspoon nutmeg
- ☐ Salt and pepper to taste



PREP TIME  
**20 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**6 HRS**



TOTAL TIME  
**6 HRS 20 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

Add the frozen meatballs to a gallon-sized, freezer-safe, sealable storage bag and set aside.

Melt the butter in a skillet over medium-high heat. Whisk the flour into the butter to create a paste.

Slowly whisk in the beef broth and heavy cream until smooth. Add in the Worcestershire sauce, Dijon mustard, allspice, nutmeg, and salt and pepper to taste.

Remove the sauce from heat and let it cool nearly to room temperature. Pour the cooled sauce into the bag with the meatballs.

Press out as much air as possible, seal the bag, and freeze it flat for better storage.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Place the contents of the bag into a slow cooker and cook on LOW for 4–5 hours until the meatballs are heated through.

Serve over egg noodles or rice and enjoy!





# Slow Cooker Chili



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Crockpot chili is the ultimate comfort food! This chili is SO easy and insanely good that everyone will come back for seconds!

## INSTRUCTIONS

- 1 In a medium-sized skillet over medium-high heat cook and crumble the beef for about 7 minutes or until brown.
- 2 Add the beef, onion, bell pepper, garlic, beef broth, tomato sauce, diced tomatoes, pinto beans, kidney beans, chili powder, oregano, cumin, coriander, salt, and cayenne to the crockpot.
- 3 Stir everything until combined. Cook on low for 5-6 hours. Serve warm with desired toppings.

## INGREDIENTS

- ☐ 2 pounds lean ground beef
- ☐ 1 small diced onion
- ☐ 1 green diced bell pepper
- ☐ 2 minced cloves of garlic
- ☐ 2 cups beef broth
- ☐ 1 (8-ounce) can tomato sauce
- ☐ 1 (15-ounce) can diced tomatoes, undrained
- ☐ 1 (15-ounce can) pinto beans
- ☐ 1 (15-ounce can) kidney beans
- ☐ 3 tablespoons chili powder
- ☐ 1 tablespoon oregano
- ☐ 1 teaspoon cumin
- ☐ 1 teaspoon coriander
- ☐ 1 teaspoon salt
- ☐ 1/4 teaspoon cayenne

## How to Freeze

Cook the ground beef in a skillet over medium-high heat until the beef is browned and cooked through. Set the cooked beef aside and let it cool.

Add the cooked and cooled beef to a gallon-sized, freezer-safe, sealable storage bag with the onion, bell pepper, garlic, beef broth, tomato sauce, diced tomatoes, pinto beans, kidney beans, chili powder, oregano, cumin, coriander, salt, and cayenne.

Mix everything well and press out as much air as possible, seal the bag, and freeze it flat for better storage.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Pour the contents of the bag into a slow cooker and cook on LOW for 5-6 hours, until everything is heated through and well combined.

Serve fresh with your favorite chili toppings!



PREP TIME  
**20 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**7 HRS**



TOTAL TIME  
**7 HRS 20 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.



# Crockpot Huli Huli Chicken



A dinner you can set and forget, then come back to and enjoy in all of its tropical goodness! Each bite of fork-tender chicken is flavored with the best sauce made of ginger, garlic, ketchup, brown sugar, and pineapple juice. It's the perfect mix of sweet, tangy, and savory!

## INSTRUCTIONS

- 1 In a medium bowl, whisk together your pineapple juice, soy sauce, brown sugar, ketchup, ginger, and garlic.
- 2 Place your chicken thighs into a crock pot and pour your sauce mixture over the top of them, and cook on low for 5-7 hours.
- 3 Remove the chicken from the crock pot and whisk in your cornstarch to thicken the sauce.
- 4 At this point you can either enjoy your chicken in the whole thigh pieces with the sauce, or shred the chicken and add the shredded chicken back to the crock pot and stir it into the sauce.
- 5 Shredding the chicken makes it an ideal sandwich filler, or topping on rice!

## INGREDIENTS

- ☐ 1 cup unsweetened pineapple juice
- ☐ 1 1/2 teaspoons minced garlic
- ☐ 1/2 cup soy sauce
- ☐ 1/2 cup brown sugar
- ☐ 1/3 cup ketchup
- ☐ 2 teaspoons fresh grated ginger
- ☐ 4 pounds boneless skinless chicken thighs, chicken breasts also work
- ☐ 2 tablespoons cornstarch



PREP TIME  
**15 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**8 HRS**



TOTAL TIME  
**8 HRS 15 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

Mix the pineapple juice, soy sauce, brown sugar, ketchup, grated ginger, and minced garlic in a gallon-sized, freezer-safe sealable storage bag.

Add the chicken to the bag with the sauce, press out as much air as possible, and seal the bag shut.

Freeze the bag of chicken and sauce flat for best storage and keep frozen for up to 3 months.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Place the contents of the bag into a crockpot, cover, and cook on LOW for 6-7 hours, or until the internal temperature of the chicken is 165 degrees Fahrenheit and the chicken can shred easily.

Remove the chicken from the crockpot and whisk the cornstarch into the sauce in the crockpot. Either shred or slice the chicken and return it to the crockpot, coating it in the thickened sauce.





# 3 Packet Roast



This 3 packet roast is my go-to for an easy but delicious Sunday dinner. Add brown gravy, Italian dressing, and ranch dressing powders to a slow cooker with your beef and then let it work its magic! It creates an ultra-tender, flavorful roast you'll love coming home to at the end of the day.

## INSTRUCTIONS

- 1 Place the 3-4 pounds boneless rump roast in the bottom of the slow cooker.
- 2 Add 1 cup low sodium beef broth, or water to a small bowl. Pour in 1 packet ranch seasoning powder, 1 packet Italian dressing powder, and 1 packet brown gravy powder. Whisk together until the powders are dissolved.
- 3 Pour the mixture over the roast into the slow cooker.
- 4 Cover and cook on low for 8 hours or 4-5 hours on high.
- 5 Shred and serve with mashed potatoes and roasted vegetables!

## INGREDIENTS

- ☐ 3-4 pounds boneless rump roast
- ☐ 1 packet ranch seasoning powder
- ☐ 1 packet Italian dressing powder
- ☐ 1 packet brown gravy powder
- ☐ 1 cup low-sodium beef broth, or water



PREP TIME  
**10 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**10 HRS**



TOTAL TIME  
**10 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

Mix the ranch seasoning, Italian dressing powder, brown gravy powder, and beef broth in a gallon-sized, freezer-safe, sealable storage bag and mix well.

Add the rump roast to the bag and press out as much air as possible. Shake the bag to move the liquid around and completely cover the roast.

Freeze the bag of meat and sauce flat for best storage and keep it frozen for up to 3 months.

## How to Reheat

Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.

Place the contents of the bag into a crockpot, cover, and cook on LOW for 8-9 hours, or until the internal temperature of the roast is 145 degrees Fahrenheit.

When the roast is cooked through, remove it from the crockpot and shred the meat. Return the shredded meat to the crockpot and coat it all in the sauce. Serve fresh.

# ---PRINTABLE LABELS---

## SLOW COOKER CREAMY RANCH PORK CHOPS

**Prep Time:** 10 Minutes

**Thaw & Cook Time:** 7 Hours

**Servings:** 4-6, depending on how many pork chops are used

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.

**Leftover Storage:** Store leftovers in an airtight container in the fridge for up to 3 days. When reheating, add a splash of milk to the sauce.

### INGREDIENTS

4-6 pork chops, 1 inch thick  
6-8 medium potatoes  
10.5 oz can cream of chicken soup  
1 package dry ranch dressing mix  
parsley to sprinkle on top

### INSTRUCTIONS

1. Add the cream of chicken soup and ranch dressing mix to a gallon-sized, freezer-safe, sealable storage bag and mix well.
2. Add the pork chops and potatoes to the bag with the soup mixture and mix to coat everything in the soup.
3. Press out as much air as possible, seal the bag, and freeze it flat for better storage.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Spray a slow cooker with non-stick cooking spray and add the contents of the bag to the slow cooker.
3. Cook on LOW for 5-6 hours or until the pork reaches 145 degrees Fahrenheit. Serve with fresh parsley as garnish.



## CROCKPOT TUSCAN CHICKEN

**Prep Time:** 10 Minutes

**Thaw & Cook Time:** 7 Hours

**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.

**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

4 chicken breasts  
2 tsp Italian seasoning  
½ tsp onion powder  
kosher salt + black pepper  
1 cup heavy cream  
½ cup sundried tomatoes  
½ cup chicken broth  
½ cup grated parmesan cheese  
2 cloves garlic minced  
1 cup frozen baby spinach

### INSTRUCTIONS

1. Mix the Italian seasoning, onion powder, salt, and pepper, and season the chicken breasts all over with the seasoning mix.
2. Mix the heavy cream, sundried tomatoes, chicken broth, parmesan cheese, and garlic in a gallon-sized, freezer-safe, sealable storage bag and mix well.
3. Add the seasoned chicken to the bag with the liquid and press out as much air as possible. Shake the bag to move the liquid around and completely cover the chicken.
4. Freeze the bag of chicken and sauce flat for best storage and keep it frozen for up to 3 months. Store the frozen spinach in a separate bag, but keep them together.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Place the contents of the chicken and sauce bag into a crockpot, cover, and cook on LOW for 5-6 hours, or until the internal temperature of the chicken is 165 degrees Fahrenheit.
3. 30 minutes before the chicken is done, add in the frozen spinach and cook until the spinach is heated through and the chicken is fully cooked.





## CROCKPOT SALSA CHICKEN

**Prep Time:** 10 Minutes  
**Thaw & Cook Time:** 8 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

2 lbs chicken breast  
2 cups salsa  
1 tbsp taco seasoning  
½ cup chicken broth  
2 tbsp lime juice

### INSTRUCTIONS

1. Add the salsa, taco seasoning, chicken broth, and lime juice to a gallon-sized, freezer-safe, sealable storage bag and mix well.
2. Add the chicken to the bag with the sauce and mix to coat the chicken in the sauce. Press out as much air as possible, seal the bag, and freeze it flat for better storage.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Place the content of the bag into the crockpot and cook on LOW for 6-7 hours until the chicken is cooked through and shreds easily.
3. Remove the chicken from the crockpot and shred it. Return the shredded chicken to the crockpot and mix to coat it in the sauce, or serve the breasts whole.



## SLOW COOKER SWEDISH MEATBALLS

**Prep Time:** 20 Minutes  
**Thaw & Cook Time:** 6 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

26 oz frozen meatballs  
4 tbsp unsalted butter  
3 tbsp all-purpose flour  
2 cups beef broth  
1 cup heavy cream  
1 tbsp Worcestershire sauce  
1 tsp Dijon mustard  
¼ tsp allspice  
¼ tsp nutmeg  
salt + pepper to taste

### INSTRUCTIONS

1. Add the frozen meatballs to a gallon-sized, freezer-safe, sealable storage bag and set aside.
2. Melt the butter in a skillet over medium-high heat. Whisk the flour into the butter to create a paste.
3. Slowly whisk in the beef broth and heavy cream until smooth. Add in the Worcestershire sauce, Dijon mustard, allspice, nutmeg, and salt and pepper to taste.
4. Remove the sauce from heat and let it cool nearly to room temperature. Pour the cooled sauce into the bag with the meatballs.
5. Press out as much air as possible, seal the bag, and freeze it flat for better storage.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Place the contents of the bag into a slow cooker and cook on LOW for 4-5 hours until the meatballs are heated through.
3. Serve over egg noodles or rice and enjoy!



## SLOW COOKER CHILI

**Prep Time:** 20 Minutes  
**Thaw & Cook Time:** 7 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

2 lbs ground beef  
1 small diced onion  
1 green bell pepper  
2 minced cloves of garlic  
2 cups beef broth  
8 oz can tomato sauce  
15 oz can pinto beans  
15 oz kidney beans  
3 tbsp chili powder  
1 tbsp oregano  
1 tsp cumin  
1 tsp coriander  
1 tsp salt  
¼ tsp cayenne

### INSTRUCTIONS

1. Cook the ground beef in a skillet over medium-high heat until the beef is browned and cooked through. Set the cooked beef aside and let it cool.
2. Add the cooked and cooled beef to a gallon-sized, freezer-safe, sealable storage bag with the onion, bell pepper, garlic, beef broth, tomato sauce, diced tomatoes, pinto beans, kidney beans, chili powder, oregano, cumin, coriander, salt, and cayenne.
3. Mix everything well and press out as much air as possible. Seal the bag, and freeze it flat for better storage.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Pour the contents of the bag into a slow cooker and cook on LOW for 5-6 hours, until everything is heated through and well combined.
3. Serve fresh with your favorite chili toppings!



## CROCKPOT HULI HULI CHICKEN

**Prep Time:** 15 Minutes  
**Thaw & Cook Time:** 8 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

1 cup unsweetened pineapple juice  
1 ½ tsp minced garlic  
½ cup soy sauce  
½ cup brown sugar  
⅓ cup ketchup  
2 tsp fresh grated ginger  
4 lbs boneless skinless chicken thighs, breasts also work  
2 tbsp cornstarch

### INSTRUCTIONS

1. Mix the pineapple juice, soy sauce, brown sugar, ketchup, grated ginger, and minced garlic in a gallon-sized, freezer-safe sealable storage bag.
2. Add the chicken to the bag with the sauce, press out as much air as possible and seal the bag shut.
3. Freeze the bag of chicken and sauce flat for best storage.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Place the contents of the bag into a crockpot, cover, and cook on LOW for 8-9 hours, or until the internal temperature of the roast is 145 degrees Fahrenheit.
3. When the roast is cooked through, remove it from the crockpot and shred the meat. Return the shredded meat to the crockpot and coat it all in the sauce. Serve fresh.





## 3 PACKET ROAST

**Prep Time:** 15 Minutes  
**Thaw & Cook Time:** 10 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

3-4 lbs boneless rump roast  
1 packet ranch seasoning powder  
1 packet Italian dressing powder  
1 packet brown gravy powder  
1 cup beef broth

### INSTRUCTIONS

1. Mix the ranch seasoning, Italian dressing powder, brown gravy powder, and beef broth in a gallon-sized, freezer-safe, sealable storage bag and mix well.
2. Add the rump roast to the bag and press out as much air as possible. Shake the bag to move the liquid around and completely cover the roast.
3. Freeze the bag of meat and sauce flat for best storage and keep it frozen for up to 3 months.

### REHEATING INSTRUCTIONS

1. Pull the bag out of the freezer one hour before cooking to let it thaw slightly on the counter before cooking.
2. Place the contents of the bag into a crockpot, cover, and cook on LOW for 8-9 hours, or until the internal temperature of the roast is 145 degrees Fahrenheit.
3. When the roast is cooked through, remove it from the crockpot and shred the meat. Return the shredded meat to the crockpot and coat it all in the sauce. Serve fresh.





# FREEZER MEALS MENU PLAN

SLOW COOKER CREAMY RANCH PORK CHOPS

[RECIPE HERE](#)



CROCKPOT TUSCAN CHICKEN

[RECIPE HERE](#)



CROCKPOT SALSA CHICKEN

[RECIPE HERE](#)



SLOW COOKER SWEDISH MEATBALLS

[RECIPE HERE](#)



CROCKPOT CHILI

[RECIPE HERE](#)



CROCKPOT HULI HULI CHICKEN

[RECIPE HERE](#)



3 PACKET ROAST

[RECIPE HERE](#)



## SHOPPING LIST

### PANTRY STAPLES

- ☐ UNSWEETENED PINEAPPLE JUICE (1 CUP)
- ☐ SOY SAUCE (½ CUP)
- ☐ BROWN SUGAR (½ CUP)
- ☐ KETCHUP (½ CUP)
- ☐ CORNSTARCH (2 TBSP)
- ☐ CHICKEN BROTH (1 CUP)
- ☐ LOW-SODIUM BEEF BROTH (5 CUPS)
- ☐ SUN-DRIED TOMATOES (½ CUP)
- ☐ SALSA (2 CUPS)
- ☐ LIME JUICE (2 TBSP)
- ☐ FLOUR (3 TBSP)
- ☐ WORCESTERSHIRE (1 TBSP)
- ☐ DIJON MUSTARD (1 TSP)

### SEASONINGS

- ☐ RANCH SEASONING (2 PKGS OR 4 TBSP)
- ☐ ITALIAN DRESSING MIX (1 PKG OR 2 TBSP)
- ☐ BROWN GRAVY MIX (1 PKG OR 2 TBSP)
- ☐ TACO SEASONING (1 TBSP)
- ☐ ITALIAN SEASONING (2 TSP)
- ☐ ONION POWDER (½ TSP)
- ☐ ALLSPICE (¼ TSP)
- ☐ NUTMEG (¼ TSP)
- ☐ CHILI POWDER (3 TBSP)
- ☐ DRIED OREGANO (1 TBSP)
- ☐ CUMIN (1 TSP)
- ☐ CORIANDER (1 TSP)
- ☐ CAYENNE (¼ TSP)
- ☐ SALT AND PEPPER

### PRODUCE

- ☐ FRESH GINGER (2 TSP)
- ☐ GARLIC (5 ½ TSP)
- ☐ MEDIUM POTATOES (6-8)
- ☐ ONION (1)
- ☐ BELL PEPPER (1 GREEN)
- ☐ FRESH PARSLEY (GARNISH)

### DAIRY

- ☐ HEAVY CREAM (2 CUP)
- ☐ GRATED PARMESAN (½ CUP)
- ☐ UNSALTED BUTTER (4 TBSP)

### FROZEN

- ☐ BABY SPINACH (1 CUP)

### PROTEIN

- ☐ BONELESS SKINLESS CHICKEN BREASTS (5.5 LBS)
- ☐ BONELESS SKINLESS CHICKEN THIGHS (4 LBS)
- ☐ BEEF RUMP ROAST (3-4 LBS)
- ☐ PORK CHOPS (4-6)
- ☐ FROZEN MEATBALLS (26 OZ)
- ☐ LEAN GROUND BEEF (2 LBS)

### CANNED GOODS

- ☐ TOMATO SAUCE (1 8-OZ CAN)
- ☐ DICED TOMATOES (1 15-OZ CAN)
- ☐ PINTO BEANS (1 15-OZ CAN)
- ☐ KIDNEY BEANS (1 15-OZ CAN)
- ☐ CREAM OF CHICKEN SOUP (1 10.5-OZ CAN)



