

Menu

Hawaiian Chicken Sandwiches
Salsa Chicken
Scalloped Potatoes & Ham
Chicken Curry
Pepper Steak

Crockpot Freezer Cooking Tips

- Step 1: Choose recipes!
Step 2: Prep grocery list, split into categories, & go shopping!
Step 3: Label freezer bags with date, name, & directions!
Step 4: Cut veggies & place into bags. Prep any meats that need to be browned.
Step 5: Add seasoning & canned ingredients.
Step 6: Trim & tenderize meats & add to bags.
Tip: Always cut meats against the grain!
Step 7: Store in freezer & clean up!

Grocery List

Produce:

3 red bell peppers
1 green bell pepper
2 large onions
Lettuce wraps*
Garlic
12 new potatoes
Broccoli
Bunch of green onions

Meats:

18-24 chicken breasts
3 lbs round steak
2 ham steaks

Frozen:

1 family sized bag of corn
(or 2 15oz cans of kernel corn)

Canned:

2 small cans of pineapple rings
2 cans diced tomatoes
2 cans diced tomatoes w/ green chilies
1 jar salsa
2 cans cream your choice
2 cans cream chicken
2 15oz cans black beans

Dairy:

Provolone Cheese
4 cups cheddar cheese

Bakery:

Whole wheat buns*

Staples/Spices:

Salt
Pepper
Flour
Beef bouillon
Worcestershire sauce
Steak Sauce
Steak Seasoning
Taco Seasoning
Cooking Sherry
Butter
Curry powder
Rice
Salad Supplies

*Buy only lettuce wraps or buns, based on your sandwich preferences.

Source: <http://www.six-cents.com/2012/06/crockpot-freezer-cooking-101.html>

*After trying this out with Owen's family (1 toddler & 2 adults who aren't keen on eating leftovers) I discovered that it took them about 4 days to eat through 1 bag of Salsa Chicken. If your family fits this description, consider making 4 bags of Salsa Chicken instead.

All recipes make 2 bags of each meal. Following these instructions will yield 10 total meals.

Recipes

Hawaiian Chicken Sandwiches

6-8 Chicken Breasts (1 for each family member, doubled)
2 cups of chicken broth
2 small cans of pineapple rings
2 red bell peppers sliced into thin strips
1 large onion sliced into strips
Provolone cheese
Whole wheat buns or lettuce wraps

Directions: Divide all contents evenly into two bags except cheese and buns/lettuce. Cook on low for 8 hours. Serve chicken topped with pepper and onions under melted provolone cheese on a bun or lettuce wrap.

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### **Savory Pepper Steak**

3 pounds of round steak cut into ½ inch thick strips.  
½ cup flour  
1 tsp of salt  
1 tsp pepper  
1 large onion chopped  
a few garlic cloves—I like to put 4-5 crushed into each bag  
1 green peppers sliced  
1 red pepper sliced  
2 16oz cans of tomatoes—I prefer Italian style  
2 tbsp beef bouillon  
4 tsp of Worcestershire sauce  
2 tbsp of steak seasoning  
2 tbsp of steak sauce

Directions: Toss steak strips in mixture of flour, salt and pepper. Mix together beef bouillon, Worcestershire sauce, and steak sauce and divide evenly into two bags. Add remaining ingredients. Cook on low 8 hours. Serve with rice and a side salad.

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Scalloped Potatoes and Ham

12 new potatoes and cut into ¼ inch round slices or a large bag of frozen potatoes
2 cans of cream of your choice—I used potato
2 cans of water
2 ham steaks, cubed--we used turkey ham
8 oz cheddar cheese
4 cups of broccoli
salt and pepper

Directions: Divide everything evenly into two containers. Cook on low for 8 hours.

EDIT People have mentioned the potatoes turning black if frozen. Mine didn't do that, but just to be safe, either use frozen potatoes or add potatoes the day of cooking.

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### **Salsa Chicken**

6-8 chicken breasts  
2 15 oz. cans of black beans  
1 family size frozen bag of corn  
(or 2 15 oz. cans of kernel corn)  
2 cans of diced tomatoes and green chilies  
1 jar of salsa  
1 packet of taco seasoning  
2 cups of cheddar cheese

Directions: Divide everything except cheese evenly into two bags. Cook on low for 8 hours. Serve over rice or on corn tortillas with rice as a side.

\*\*I like to add 1 block cream cheese on the day of cooking this one. It makes it thicker & creamer!  
\*\*\*Owen's family took over a week to finish this meal. It's great over rice, on tortillas or even as a dip, but if you're like them & don't really dig leftovers no matter how versatile they may be, consider splitting this into 4 bags.

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Chicken Curry

6-8 chicken breasts
2 cans of cream of chicken soup
1 cup of dry cooking sherry
½ cup of butter
8 green onions chopped
4 tsp of curry powder
salt and pepper

Directions: Divide everything except butter into two bags evenly. Add butter to crockpot when ready to cook. Cook on low for 8 hours. Serve over rice with a side salad.

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