

Healthy Crockpot Freezer Meals

Using a crockpot/slow-cooker is a great way to simplify your life and help you get dinner on the table no matter how busy you are. Spend one hour chopping and dicing once a week, then throw the ingredients together in a plastic bag and freeze. The result? Easy, flavorful make-ahead meals that prepare themselves in your slow-cooker. The best part is that you can take the leftovers for lunch the next day!

Here are 5 of our favourites to make your work week a little easier!

WHAT YOU WILL NEED

- 3 or 6 quart slow-cooker. For best results, when all the ingredients are added, the slow-cooker should be $\frac{3}{4}$ full. If not adjust the serving size of the recipe
- Medium and large freezer bags
- A permanent marker or stickers to label each bag
- A cutting board
- A good chopping knife



Honey Dijon Chicken with Sweet Potatoes and Vegetables

Makes 6 servings

INGREDIENTS

- 2 pounds (0.9kg) of boneless skinless chicken breasts, fat trimmed
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup Dijon mustard (or whole grain mustard)
- 1 $\frac{1}{2}$ tablespoon black pepper
- 1 teaspoon salt
- 1 teaspoon ground thyme
- 3 pounds sweet potatoes rinsed, peeled and chopped
- 1 large zucchini, chopped
- 1 bundle fresh asparagus, cleaned and about 1 $\frac{1}{2}$ " cut off the bottoms
- 1 cup water

MATERIALS

- 1 large sized plastic freezer bag and 1 medium sized plastic freezer bag

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PREP

1. Label your freezer bag.
2. Mix together honey, mustard, black pepper, salt, and thyme together and add to the medium sized freezer bag with the chicken breasts
3. Add all remaining ingredients (**except water**) to your large freezer bag and place the medium freezer bag inside the large one
4. Remove as much air from the large freezer bag as possible, seal, and lay flat in your freezer

COOK

1. The night before cooking, move freezer bag to your refrigerator to thaw
2. The morning of cooking, pour contents of freezer bag into your crockpot and **add water**
3. Cook on low setting for 6-8 hours or until chicken is cooked through and tender

Per serving: Calories: 352; Fat: 3.9g; Protein: 58.3g; Carbs: 44g; Fiber: 4.6g

<https://newleafwellness.biz/wp-content/uploads/2015/05/8-no-cook-freezer-meals.pdf>

Mexican Quinoa

Makes 6 servings

INGREDIENTS:

- 4 cups sweet potatoes rinsed, peeled, and cubed
- 1 cup frozen corn
- 1 can (15.25 ounces) black beans, drained and rinsed
- 1 cup uncooked quinoa, rinsed
- 1 teaspoon minced garlic
- 1 can (14.5 ounces) fire-roasted or original diced tomatoes (low sodium)
- 1 small jalapeno, diced (optional)
- 2 cans (19 ounces each) mild red enchilada sauce
- 1 cup vegetable or chicken broth
- 2 tablespoons taco seasoning (see recipe below)

Taco Seasoning

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon red pepper flakes

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MATERIALS

- 1 large sized plastic freezer bag

PREP

1. Label your freezer bag
2. Add all ingredients (**except broth**) to your large freezer bag
3. Remove as much air from the large freezer bag as possible, seal, and lay flat in your freezer

COOK

1. The night before cooking, move freezer bag to your refrigerator to thaw
2. The morning of cooking, pour contents of freezer bag into your crockpot and **add broth**
3. Cook on low setting for 6-8 hours or until chicken is cooked through and tender
4. Top bowls with optional toppings: for example shredded cheese, fresh lime juice, sour cream, and cilantro

Per Serving: Calories: 298; Fat: 1.86g; Protein: 14.8g; Carbs: 57.2g; Fiber: 11.4g

<http://www.chelseasmessyapron.com/slow-cooker-mexican-quinoa/>

Chicken Tacos

Makes 6 servings

INGREDIENTS:

- 2 pounds (0.9 kg) chicken breasts, boneless and skinless
- 2 tablespoons taco seasoning (see recipe below)
- 1 cup salsa (see recipe below)
- 1 cup diced canned tomatoes (low sodium)
- 1 cup onions, diced fine
- ½ cup carrots, shredded
- ½ cup of water

Taco Seasoning

- 1 tablespoon chili powder
- 1 teaspoon ground cumin,
- 1 teaspoon red pepper flakes

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Fresh Salsa Recipe

- 2/3 cup chopped tomatoes
- 2 tablespoons chopped green bell pepper
- 3 tablespoons onion diced
- 3 teaspoons minced fresh cilantro
- 1 teaspoon fresh lime juice
- 1 teaspoon chopped fresh jalapeno pepper (including seeds)
- A pinch of ground cumin
- A pinch of salt
- A pinch of ground black pepper

MATERIALS:

- 1 large sized plastic freezer bag, and 1 medium sized plastic freezer bag if you prefer to separate the chicken from the vegetables.

PREP

1. Label your large freezer bag.
2. Coat your chicken in the taco seasoning and place in the medium freezer bag (if you wish to keep them separate)
3. Add all ingredients to your large freezer bag (**except water**)
4. Remove as much air from the large freezer bag as possible, seal, and lay flat in your freezer

COOK

1. The night before cooking, move freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag (**meat first**) into your crockpot and **add water**
3. Cook on low setting for 6-8 hours or until chicken is cooked through and tender
4. Serve on whole grain taco shells with shredded cheese, and lettuce or on a salad

Per Serving: Calories: 177.5; Fat: 4.1g; Protein: 27.2g; Carbs: 7.3g; Fiber: 2.1g (only accounts for chicken meat not the taco shells or the toppings)

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=871817>

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Salmon Fillets and Asian-Style Vegetables on Rice Pilaf

Makes 6 servings

INGREDIENTS:

- garlic cloves, crushed
- 2 cups long grain brown rice
- 5 cups chicken or vegetable broth – low sodium
- 2 pounds (0.9 kg) salmon fillets
- 1 cup green beans
- 1 cup broccoli
- 1 cup carrots, chopped
- ½ cup zucchini, chopped
- ½ cup onions, diced
- 1/3 cup soy sauce
- 1/3 cup honey
- 1/3 cup lemon juice
- Salt and Pepper

MATERIALS:

- 1 large sized plastic freezer bag and 1 medium sized plastic freezer bag

PREP

1. Label your large freezer bag
2. Mix together soy sauce, honey, and lemon juice
3. Season the salmon with salt and pepper to taste and place in the medium freezer bag with the soy sauce, honey, and lemon juice mixture
4. Add all remaining ingredients (**except the broth**) to your large freezer bag
5. Place the medium freezer bag containing the salmon inside the large freezer bag
6. Remove as much air from the large freezer bag as possible, seal, and lay flat in your freezer

COOK

1. The night before cooking, move freezer bag to your refrigerator to thaw
2. The morning of cooking, pour contents of freezer bag (**except salmon**) into your crockpot and **add broth**
3. Cook on low setting for 6-8 hours or until the rice is almost tender

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4. Add salmon on top of rice and cook for 35 – 60 minutes until salmon flakes when tested with a fork

Per Serving: Calories: 510; Fat: 13.5g; Protein: 29g; Carbs: 37g; Fiber: 7.5g

Source: <http://simple-nourished-living.com/2014/01/crock-pot-salmon-fillets-vegetables/>

Ground Turkey Chili

Makes 6 servings

INGREDIENTS:

- 4 garlic cloves, minced
- 2 yellow onions, diced
- 2 pounds (0.9kg) ground turkey
- 1 can red kidney beans
- 1 can chickpeas
- 2 cans diced tomatoes (low-sodium)
- 2 cans tomato paste
- 1 cup carrots, chopped
- 1 cup green pepper chopped
- 3 tablespoon chili seasoning mix (see recipe)
- 1 tablespoon avocado oil (canola oil will also work)

Chili Seasoning Mix

- 2 tablespoons ground cumin
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon white sugar
- 2 teaspoons ground pepper
- ½ teaspoon ground cayenne

MATERIALS:

- 1 large sized plastic freezer bag and 1 medium sized plastic freezer bag

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PREP

1. Label your large freezer bag
2. Heat a large frying pan on medium heat than add avocado oil
3. Add yellow onions and garlic cooking until they are soft (approximately 5 minutes)
4. Add ground turkey and cook until all the pink is gone
5. Let frying pan ingredients cool than add to medium freezer bag along with the chili seasoning mix
6. Add all remaining ingredients to your large freezer bag
7. Place the medium freezer bag containing the ground turkey mix inside the large freezer bag
8. Remove as much air from the large freezer bag as possible, seal, and lay flat in your freezer

COOK

1. The night before cooking, move freezer bag to your refrigerator to thaw
2. The morning of cooking, pour contents of freezer bag into your crockpot
3. Cook on low setting for 6-8 hours
4. Taste 30 minutes before cook time finishes. If necessary add more chili seasoning to taste

Per Serving: Calories: 315; Fat: 4.5g; Protein: 44g; Carbs: 36g; Fiber: 12g

Source: Ultimate Chili Recipe. Men's Health Magazine: November 2014.

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Shopping List

Meat

4 pounds boneless skinless chicken breast
2 pounds salmon fillet
2 pounds ground turkey

Produce

4 pounds sweet potatoes
1 zucchini
1 bundle fresh asparagus
1 jalapeno
Frozen corn
4 yellow onions
Carrots
4 tomatoes
2 green bell peppers
1 lime
3 garlic
Green beans
1 broccoli
Lemon juice

Spices

Salt
Pepper
Ground thyme
Chili powder
Ground cumin
Red pepper flakes
Fresh cilantro
Garlic powder
Paprika
Ground cayenne
White sugar
Onion powder

Grocery

Dijon mustard
1 can black beans
soy sauce (low sodium)
4 cans fire-roasted or original diced tomatoes (low sodium)
1 can chickpeas
1 can red kidney beans
2 cans tomato paste
2 cans mild red enchilada sauce
2 boxes of broth - chicken or vegetable (low sodium)
Avocado oil
Honey