

# 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. Here are 5 of our favourites recipes to make your work week a little easier!***

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!

## **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 (0.9 kg) boneless, skinless chicken breasts, fat trimmed
- $\frac{1}{2}$  cup honey
- $\frac{1}{4}$  cup Dijon mustard (or whole grain mustard)
- $1\frac{1}{2}$  tablespoons 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  $1\frac{1}{2}$  inches cut off the bottoms
- 1 cup water

### **Materials:**

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

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

## [Source](#)

## 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 jalapeño, 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

### Materials:

- 1 large-sized plastic freezer bag

### Prep:

1. Label your freezer bag.



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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 the freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour the contents of the freezer bag into your crockpot and add the broth.
3. Cook on the low setting for 6-8 hours or until the quinoa is tender.
4. Top bowls with optional toppings, such as shredded cheese, fresh lime juice, sour cream, and cilantro.

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

## Source

### 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 finely
- ½ cup carrots, shredded
- ½ cup water
- Taco Seasoning: 1 tablespoon chili powder, 1 teaspoon ground cumin, 1 teaspoon red pepper flakes

#### Fresh Salsa Recipe:

- ⅔ cup chopped tomatoes
- 2 tablespoons chopped green bell pepper
- 3 tablespoons diced onion
- 3 teaspoons minced fresh cilantro
- 1 teaspoon fresh lime juice
- 1 teaspoon chopped fresh jalapeño pepper (including seeds)
- A pinch of ground cumin
- A pinch of salt
- A pinch of ground black pepper



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## 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 it in the medium freezer bag (if you wish to keep it 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 the freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour the contents of the freezer bag (meat first) into your crockpot and add water.
3. Cook on the low setting for 6-8 hours or until the 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: 4.1 g; Protein: 27.2 g; Carbs: 7.3 g; Fiber: 2.1 g (only accounts for chicken meat, not the taco shells or toppings)

[Source](#)

## 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
- ⅓ cup soy sauce
- ⅓ cup honey
- ⅓ cup lemon juice
- Salt and pepper



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## 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 it 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 the freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour the contents of the freezer bag (except salmon) into your crockpot and add the broth.
3. Cook on the low setting for 6-8 hours or until the rice is almost tender.
4. Add the salmon on top of the rice and cook for 35-60 minutes until the salmon flakes when tested with a fork.

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

## [Source](#)

### Ground Turkey Chili (Makes 6 servings)

#### Ingredients:

- 4 garlic cloves, minced
- 2 yellow onions, diced
- 2 pounds (0.9 kg) 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 tablespoons chili seasoning mix (see recipe)
- 1 tablespoon avocado oil (canola oil will also work)



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- 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

## Prep:

1. Label your large freezer bag.
2. Heat a large frying pan on medium heat, then 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 the frying pan ingredients cool, then add to the 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 the freezer bag to your refrigerator to thaw.
2. The morning of cooking, pour the contents of the freezer bag into your crockpot.
3. Cook on the low setting for 6-8 hours.
4. Taste 30 minutes before the cook time finishes. If necessary, add more chili seasoning to taste.

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

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