

## Crock Pot Recipes

### Crock Pot Sweet & Sour Meatballs:

#### Ingredients

- 1 lb fully cooked meatballs
- 1 onion - diced
- 1 green pepper, diced
- 1 red pepper, diced
- 1 (16-18oz) bottle sweet & sour sauce
- 1 cup pineapple tidbits, drained

#### Instructions

1. Place the frozen meatballs, peppers, onions & sweet and sour sauce into a gallon-sized freezer bag. Zip close & place in freezer. When ready to use thaw in fridge overnight. Empty contents into crock-pot and cook on low 4 hours, during the last hour add in the pineapple.
2. Serve over rice.

### Crock Pot BBQ Cranberry Chicken:

#### Ingredients

- 2 lbs boneless chicken breast
- ¼ cup dried minced onion
- 1 (16 oz) can whole cranberry sauce
- 1 cup BBQ sauce

#### Instructions

1. Combine all ingredients in a gallon-sized freezer bag. Zip close and place in freezer. When ready to use thaw in fridge overnight. Empty contents into crock-pot and cook on high 3-4 hours or low 6-7 hours.

### Honey Bourbon Crock Pot Chicken:

#### Ingredients

- 1 lb boneless, skinless chicken thighs
- salt & pepper
- ½ cup diced onion
- 1 cup honey
- ½ cup soy sauce
- ¼ cup ketchup
- 1 tbsp canola oil
- 2 garlic cloves, minced
- ¼ tsp red pepper flakes
- 1-2 tbsp cornstarch
- sesame seeds (optional)
- ¼ cup Bourbon (optional)

#### Instructions

1. Salt & pepper chicken and place in gallon-sized freezer bag.
2. In a medium bowl, mix together honey, soy sauce, ketchup, oil, garlic, red pepper flakes, onion, (bourbon, if using) and add to bag. Zip close and freeze.

3. When ready to use thaw in fridge overnight. Empty contents into crock-pot and cook on low 3-4 hours, remove chick then slice into strips
4. Combine 1 Tbsp cornstarch with 1 Tbsp water. Pour into crock pot & mix, If sauce doesn't thicken, add one more Tbsp of cornstarch and water
5. Place chicken back in crock pot and stir around to coat
6. Serve over rice, sprinkle with sesame seeds.

## Southwestern Chicken Chili:

### Ingredients

- 1½ lbs boneless chicken breast
- 3 cans petite diced tomatoes (14.5 oz each)
- 2 cups medium salsa
- 1 (14.5 oz) can corn, undrained
- 2 (14.5 oz) cans black beans, drained and rinsed
- 1 pkg ranch seasoning
- 1 pkg taco seasoning
- Toppings - cheese, sour cream, tortilla strips ect

### Instructions

1. Combine all of the ingredients in a gallon-sized freezer bag. Zip close and place in freezer. When ready to use thaw in fridge overnight. Empty contents into crock-pot and cook on low 4-5 hours.
2. Remove chicken from crock pot and shred. Place chicken back in crock pot and stir.
3. Serve with desired toppings.

## Apple BBQ Pork Tenderloin:

### Ingredients

- 1-2 lb pork tenderloin
- 1 cup chunky applesauce
- 1 cup BBQ sauce
- 2 tbsp minced dried onion

### Instructions

1. Place pork tenderloin in a gallon-sized freezer bag, in a medium bowl mix together applesauce, BBQ sauce and onion, add to bag. Zip close and freeze. When ready to use thaw in fridge overnight. Empty contents into crock-pot and cook on low 6-8 hours, or high 3-4 hours. Serve over rice or pasta.

## Crock Pot Mongolian Beef:

### Ingredients

- 1½ lbs beef flank steak, cut into strips
- 2 Tbs olive oil
- ½ tsp minced ginger
- 2 cloves garlic, minced
- ¾ cup soy sauce
- ¾ cup water
- ¾ cup brown sugar
- ¼ cup cornstarch
- ½ cup shredded carrots
- 3 med green onions, chopped

## Instructions

1. Coat the beef flank steak in starch. Add beef flank steak & rest of ingredients to gallon sized zip-lock bag. Seal closed and place in freezer.
2. When ready to use, thaw in fridge for 24 hours. Empty contents into crock-pot and cook on high for 2-3 hours or low 4-5 hours.
3. Serve over rice or noodles.

## Beef Stew:

### Ingredients

- 2 lbs beef stew meat, cut into bite-sized pieces
- 1 tsp salt
- 1 tsp pepper
- 1 med onion, chopped
- 2 celery ribs, sliced
- 2 cups baby carrots
- 4-5 small red potatoes, cut into bite sized pieces
- 6oz can tomato paste
- 32 oz beef broth
- 2 tbsp Worcestershire sauce
- 2-3 garlic cloves, minced
- 1 tbsp dried parsley
- 1 tbsp oregano
- ¼ cup flour
- ¼ cup water
- 1 cup frozen peas
- 1 cup frozen corn

### Instructions

1. Combine all ingredients except flour, water, peas, & corn in gallon sized ziplock bag. Seal & place in freezer.
2. When ready to use thaw in fridge for 24 hours. Empty thawed contents into crock-pot and cook on low for 10 hours or high 6-7 hours. About 30 minutes before serving mix the flour and water together, and pour into crock-pot. Mix well. Add in frozen corn & peas. Cover and continue cooking for 30 minutes.

## Creamy Italian Chicken:

### Ingredients

- 3-4 boneless, skinless chicken breasts
- 8oz cream cheese, softened
- 1 can cream of chicken
- 1 dry packet of Italian Seasoning

### Instructions

1. Mix together softened cream cheese, cream of chicken and Italian Seasoning in a bowl. Once mixed, place in gallon sized ziplock bag with chicken. Seal and place in freezer.
2. When ready to use thaw in fridge overnight. Place thawed contents in crock-pot and cook on low for 4-6 hours.

## Crock-Pot Cheesy Chicken Spaghetti:

## Ingredients

- 16 oz spaghetti, cooked
- 1 lb Velveta Light cheese
- 2 cups cooked, chopped chicken
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can petite diced tomatoes
- 1 4oz can mild green chilies
- 1 cup mushrooms chopped
- ½ cup water
- 1 small onion, diced

## Instructions

1. Combine all ingredients in gallon sized ziplock bag, seal closed and place in freezer. When ready to use thaw in fridge for 24 hours. Empty thawed contents into crock-pot and mix well. Cook on low for 2-3 hours. Stir before serving.

## Sweet Potato Basil Soup:

### Ingredients

- 2 sweet potatoes, or yams peeled and diced
- ½ yellow onion, sliced
- 1 14oz coconut milk
- 1 cup vegetable broth
- 2 garlic cloves, minced
- 1 tbsp dried basil
- salt & pepper, to taste

### Instructions

1. Combine all ingredients in gallon sized ziplock bag, seal and place in freezer. When ready to use thaw in fridge for 24 hours. Empty thawed contents into crock-pot and cook on high for 3 hours.
2. Pour contents into blender or food processor and puree mixture until smooth.

## Mexican Pork and Sweet Potato Stew:

### Ingredients

- 1 lb lean pork loin, cut into chunks
- 1 cup green chilies, diced
- ½ cups chicken broth
- 2 med sweet potatoes, peeled and cubed
- 1 med red onion, chopped
- 1 14.5 oz can diced tomatoes, fire roasted
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp pepper
- 1 tbsp lime juice

### Instructions

1. Place all ingredients except lime in a gallon sized ziplock bag. Seal and place in freezer.

2. When ready to use thaw in fridge for 24 hours. Place thawed contents in crock-pot and cook on low for 6-7 hours. Add lime juice and stir well.

## Lime Garlic Chicken:

### Ingredients

- 1½ lbs skinless chicken thighs
- 4 Tbsp fresh lime juice
- 1½ cups chicken broth
- 2 garlic cloves, finely chopped
- ½ tsp thyme
- 2 Tbsp unsalted butter
- pepper, to taste

### Instructions

1. Combine all ingredients into a gallon sized freezer bag. Seal closed and place in freezer. When ready to use thaw in fridge for 24 hours. Empty contents into crockpot and cook on low for 6-8 hours.
2. Place chicken on plate and top with remaining juice.

## Slow Cooker Black Bean & Corn Salsa Chicken:

### Ingredients

- 2 (14 oz) cans black beans, drained and rinsed
- 2 (14 oz) cans corn, drained
- 1 (1 oz) package taco seasoning
- 4-6 boneless chicken breasts
- 1 cup salsa
- ¾ cup water

### Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 resealable gallon-sized freezer bag. Mix together in bag and zip closed.
3. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on HIGH for 3-4 hours or LOW for 7-8 hours.
4. When finished cooking, shred chicken and serve over rice, with a salad, or in a wrap. Top with cheese, sour cream, avocado, lettuce, tomato.

## Slow Cooker Chili:

### Ingredients

- 1 lb ground beef (or ground turkey)
- 1 onion, diced
- 2 (14 oz) cans diced tomatoes
- 1 (8 oz) can tomato sauce
- ¼ cup ketchup or chili sauce
- ¼ cup water
- 1 (15 oz) can dark red kidney beans
- 1 packet chili seasoning mix
- 3 stalks celery, chopped
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon sugar

## Instructions

1. Brown ground beef with chopped onion, set aside to cool down. Combine all other ingredients in resealable gallon-sized freezer bag. When the browned hamburger and onion has cooled down, add it to the rest of the ingredients in the freezer bag and zip closed.
2. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on HIGH for 3-4 hours or LOW for 7-8 hours. Top with shredded cheese.

## Chicken Broccoli Alfredo: (Split into 2 bags = 2 meals)

### Ingredients

- 4-6 boneless chicken breasts
- 1 (16 oz) bag frozen broccoli florets
- 2 (16 oz) jars Alfredo sauce
- 1 large green pepper, chopped
- 1 (4 oz) can sliced mushrooms, drained

### Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 resealable gallon-sized freezer bag and mix together.
3. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on LOW for 4-6 hours.

## Maple Dijon Glazed Chicken: (Split into 2 bags = 2 meals)

### Ingredients

- 4-6 boneless chicken breasts
- 1 cup Dijon mustard
- ½ cup maple syrup
- 2 Tablespoons red wine vinegar
- Salt & Pepper (optional)

### Instructions

1. Split ingredients in half.
2. Place all ingredients in 2 resealable gallon-sized freezer bag.
3. Mix together and close.
4. When ready to eat, remove from freezer and thaw in fridge overnight. Empty contents into crock-pot and cook on LOW for 8 hours or HIGH for 4 hours.

## Crock Pot Beef Stroganoff:

### Ingredients

- 2 pounds of cubed beef stew meat or 4 cups of cooked ground beef
- 2 cans of cream of mushroom soup
- 1 cup chopped onion
- 2 T Worcestershire sauce
- ½ c water
- 1 c. sour cream
- 2T minced garlic
- packet of onion soup mix
- chopped mushrooms (optional)
- egg noodles (to serve over the day you cook)

## Instructions

1. Cook meat & let it cool. Add all ingredients to a gallon size freezer bag except egg noodles. Seal and place in freezer. When ready to use thaw in fridge overnight. Cook on low for 4-6 hours. Serve over egg noodles.

## Crock Pot Chicken Sweet Potatoes:

### Ingredients

- 8 boneless, skinless chicken thighs
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon curry powder
- 1/2 teaspoon ground ginger
- 3 sweet potatoes, peeled and cubed
- 1 onion, chopped
- 1 cup peach preserves OR apricot preserves
- 3 tablespoons apple cider vinegar
- 1 tablespoon soy sauce
- 1/2 cup chicken broth or water
- 2 tablespoons cornstarch

### Instructions

1. Sprinkle chicken with salt, cayenne pepper, paprika, curry powder, and ginger. Add peach preserves, vinegar, and soy sauce to gallon freezer bag. Add in sweet potatoes and onion, and top with chicken. Seal bag and place in freezer. When ready to use thaw in fridge overnight. Cover and cook on low for 6-8 hours until chicken is thoroughly cooked and sweet potatoes are tender when pierced with fork.
2. Combine chicken broth and cornstarch and mix well. Add to slow cooker. Cover and cook on high 10-15 minutes until sauce is thickened.