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crockpot freezer meal recipes

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Sour Cream Pork Chops
Slow Cooker Taco Soup



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Italian Bolognese Sauce

Ingredients:

- 1 lb. cooked italian sausage
- 1/2 cup chopped onion
- 3 cloves garlic minced
- 1 28 oz can crushed tomatoes
- 1 6 oz can tomato paste
- 1 cup water
- 2 T. sugar
- 2 T. Italian seasoning
- 1 T. Herbs de provence
- 1 t. fennel seeds
- 1 t. red pepper flakes
- 1 t. salt
- 1 t. pepper

Directions: Mix all ingredients in freezer bag and freeze. Cook in slow cooker on low for 6-8 hours. Serve over hot cooked linguine.

Homestyle Chicken & Rice Soup

Ingredients:

- 1 lb. chopped chicken breast
- 1 bag frozen mixed vegetables (corn, carrots, beans, peas)
- 4T. butter
- 1 box chicken stock
- 1 cup rice (add last 20 minutes of cooking)

Directions:

Add chicken and mixed vegetables and butter to freezer bag and freeze. When ready to cook, thaw slightly and place in crockpot. Add the box of chicken stock and cook on low for 4-6 hours. Add rice last 20 minutes of cooking.

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Slow Cooker Chicken & Dumplings

Ingredients

- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 onion, finely diced
- 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces

Directions

Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover. Cover, and cook for 5 to 6 hours on High. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.

Slow Cooker Taco Soup

Top with tortilla chips, cheese, and sour cream

Ingredients

- 1 pound ground beef
- 2 (14.5 ounce) cans whole peeled tomatoes
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can pinto beans, drained and rinsed
- 1 (14 ounce) can whole kernel corn
- 1 (1 ounce) package taco seasoning
- 1 (1 ounce) package buttermilk ranch dressing mix

Directions

Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Stir browned ground beef, tomatoes, kidney beans, pinto beans, corn, taco seasoning, and ranch dressing mix together in the crock of a slow cooker. Cook on Low for at least 3 hours.

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Mexican Shredded Beef Tacos

1 (4 pound) beef bottom round roast or other lean roast

2 teaspoons ground black pepper

1 large onion, diced

1 (7 ounce) can chopped green chilies

2 teaspoons chili powder

1 teaspoon cayenne pepper

1 tablespoon garlic powder

2 teaspoons ground cumin

1 (7 ounce) can chipotle peppers in adobo sauce, or to taste

1 cube beef bouillon

Directions

Trim the roast of any excess fat, and cut into four pieces. Rub with black pepper, and place into a slow cooker. Add the onions, green chiles, chili powder, cayenne pepper, garlic powder, cumin, chipotle peppers, and beef bouillon. Pour in enough water to cover 1/3 of the roast.

Cover, and cook on High until the meat begins to fall apart, about 8 hours. Add water if needed to keep the roast from drying out.

Turn the slow cooker to Low, and remove meat to a large bowl with a slotted spoon. Shred the meat into bite-sized pieces using two forks. Return the meat to the slow cooker; cook about 20 minutes to reheat before serving.



Slow Cooker Sour Cream Pork Chops

Ingredients

6 pork chops
salt and pepper to taste
garlic powder to taste
1/2 cup all-purpose flour
1 large onion, sliced 1/4 inch thick
2 cups chicken stock
2 tablespoons all-purpose flour
1 (8 ounce) container sour cream

Directions

Season pork chops with salt, pepper, and garlic powder, and then dredge in 1/2 cup flour. Place chops in slow cooker, and top with onion slices. Mix chicken stock with sour cream and pour over chops. Cover, and cook on Low 7 to 8 hours.

Cheesy Hamburger Helper

Ingredients

3/4 lb. ground beef cooked & drained
3 cups cooked macaroni
4 oz. Velveeta cheese
1/2 cup sour cream
1/4 cup heavy cream
2 t. onion powder
2 t. garlic powder
2 t. paprika
salt & pepper

Place all ingredients in slow cooker for 4-6 hours on low.

Mexican Chicken Tortilla Soup

2 tablespoons olive oil
1 medium onion chopped
2 cloves of garlic chopped
2 jalapenos seeded and diced
2 teaspoons cumin
2 teaspoons chili powder
1 large can diced tomatoes (with broth)
1 lb. chicken (breast or tenders)
1 box chicken stock
Garnish:
1 bag fritos
lime juice
cilantro

Directions:

Place all ingredients except stock, fritos, lime & cilantro in freezer bag and freeze. Add box of stock to crockpot with bag of ingredients. Cook in crock-pot on low for 6-8 hours or high for 3-4 hours. Remove chicken, shred and return to crockpot. Ladle soup into bowls and garnish with lime juice, cilantro and top with crushed fritos, lime & cilantro.

Hoisin Ginger Beef

2 pounds flank steak (sliced thin)
1/2 cup hoisin sauce
2 tablespoons lime juice
1 tablespoon honey
1 clove garlic minced
1 teaspoon salt
1 teaspoon fresh grated ginger
1 teaspoon sesame oil
1 teaspoon chile-garlic sauce
1/2 teaspoon red pepper flakes
4 cups cooked rice

Garnish:

1 tablespoon toasted sesame seeds
2 green onions chopped

Directions: Place all ingredients except rice in freezer bag and freeze. Cook in crockpot on low for 6-8 hours or on high for 3-4 hours. Serve over hot cooked rice. Garnish with sesame seeds and chopped green onion

Cheesy Ravioli Bake

Ingredients:

- 2 9 oz. packages of Refrigerator Ravioli
(I used the roasted portabello mushroom flavor)
- 1 Jar Prego Spagetti Sauce
- 2 cups shredded cheese

Directions: Place the ravioli and sauce in freezer bag and freeze. When ready to cook, thaw slightly and add to crockpot. Top with shredded cheese and cook on low for 4-6 hours.

Chicken Cacciatore

Ingredients:

- 1 lb. chopped chicken breast
- 3 T. olive oil
- 1 bag frozen peppers & onions
- 1 14 oz. can diced tomatoes (undrained)
- 2 fresh tomatoes chopped
- 1 package sliced mushrooms
- 1 T Italian seasoning
- 1/2 t. salt
- 2 cloves garlic minced

Directions:

Add all ingredients to freezer bag and freeze. When ready to cook, thaw slightly and add to crockpot. Cook on low for 4-6 hours. Serve with hot pasta and top with parmesan cheese.

Salisbury Steaks with Mushroom Cream Sauce

Ingredients:

- 2 lbs. ground beef
- 1 envelope of dry onion soup mix
- 2T. ketchup
- 2T. A-1 Steak Sauce
- 1/2 cup Italian breadcrumbs
- 2 eggs
- 2 cans cream of mushroom soup (use organic if available)
- 1 cup beef stock

Directions:

In a large bowl mix ground beef, onion soup mix, bread crumbs, ketchup, A-1 and eggs and form into patties. Place flat in a freezer bag and freeze. When ready to cook, thaw slightly and place patties in bottom of crockpot. In a bowl, mix the mushroom soup and beef stock and pour over patties. Cook on low for 4-6 hours, until beef is well done.

Low Country Smothered Pork Chops

4 bone in pork chops
salt & pepper
1 can cream mushroom soup
2 green pepper chopped
1 large onion chopped
3 cloves garlic diced
2 dashes worcestershire sauce
1 box chicken stock

Directions: Place all ingredients except stock in bag and freeze. Add box of chicken stock with bag of ingredients to crockpot and cook on low for 6-8 hours or high for 3-4 hours.

Cream Cheese Chicken

2 pounds chicken (breast or tenders)
1 package italian salad dressing mix
4 tablespoons butter
1 onion chopped
1 clove garlic diced
8 ounces cream cheese
1 can cream of chicken soup
1 cup chicken stock

Directions: Place all ingredients except stock and cream cheese in bag and freeze. Add chicken stock and cream cheese along with bag of ingredients to crockpot and cook on low for 6-8 hours or high for 3-4 hours.

Pioneer Woman's Perfect Pot Roast

One 3 to 5-pound chuck roast
3 tablespoons olive oil
2 whole onions, peeled and halved
6 to 8 whole carrots, unpeeled, cut into 2-inch pieces
2 or 3 sprigs fresh rosemary
2 or 3 sprigs fresh thyme
1 cup red wine, optional
3 cups beef broth

Directions: Place all ingredients except wine and beef broth in bag and freeze. Add wine & broth with bag of ingredients to crockpot and cook on low for 6-8 hours or high for 3-4 hours.

Colorado Beef Burritos

Ingredients:

- 2 lb. stew beef
- 2 12 oz. cans enchilada sauce
- 1 cup chopped onion
- 1 cup beef stock
- 6 flour tortillas
- 2 cups shredded cheese

Directions: Label bag and add the stew beef, 1 can enchilada sauce, onions and beef stock. Freeze until ready to cook. Thaw slightly and place in slow cooker. Cook on low for 6-8 hours until beef is tender. Remove beef and shred. Divide beef between the flour tortillas, place in greased baking dish, top with other can of enchilada sauce and cheese and bake for 20-30 minutes until cheese is melted and bubbly. Serve with salsa, guacamole, shredded lettuce and tomatoes

Thai Chicken Wings with Peanut Sauce

Ingredients:

- 2 lbs. chicken drumsticks or wings
- 1/2 cup bottled salsa
- 1/4 cup Peanut Butter
- 3 T lime juice
- 3 T soy sauce
- 3 T water
- 2 T freshed chopped ginger
- 1/4 cup sugar
- 2 cloves garlic chopped

Directions: Place all ingredients in bag and freeze until ready to cook. Thaw slightly and place in slow cooker. Cook on low for 6-8 hours.

Loaded Baked Potato Soup

Ingredients:

- 1 bag of diced potatoes (found in the deli section)
- 1/2 cup chopped onion
- 32 oz chicken broth
- 2 cups heavy cream
- 3/4 lb. chopped cooked ham steak

Toppings:

- 1 bag shredded cheese
- 1/2 cup cooked chopped bacon (you can use real bacon bits)
- 4 chopped green onions
- 2 T chives
- 1 can french's fried onions

Directions:

Place potatoes, chopped ham and onions in bag and freeze until ready to cook. Thaw slightly and place potatoes, ham and onions in slow cooker. Add chicken broth, and heavy cream and cook on low for 6-8 hours. Ladle soup into bowls and garnish with shredded cheese, bacon bits, green onions, chives and fried onions.

Meatball Stroganoff

Ingredients:

1 large bag frozen meatballs
1 cup chopped onions
2 cans cream of mushroom soup (if you can find the organic version, use that instead)
2 cups sliced mushrooms
1 package cream cheese
1 8 oz container of sour cream
hot pasta or rice

Directions: Place meatball, onions, cream soup and mushrooms in freezer bag and freeze until ready to cook. Thaw slightly and place in crockpot and cook on low for 6-8 hours. Stir in the cream cheese and sour cream during last hour of cooking. Serve over hot pasta or rice.

Pork Tenderloin with Apple Cranberry Sauce

Ingredients:

2 lb pork tenderloin (not in a marinade)
1 t salt
1 t pepper
1/2 cup brown sugar
2 T cider vinegar
1 t ginger
1 t cinnamon
1/4 t red pepper flakes
1/2 cup dried cranberries
3 peeled and chopped granny smith apples

Directions: Season pork with salt and pepper and add all ingredients to freezer bag and freeze until ready. Thaw slightly and cook on low for 6-8 hours until pork is tender.

Taco Chili

Ingredients:

1 lb. cooked ground beef
1 medium onion chopped
1 can corn drained
1 can black beans drained
1 can navy beans drained
1 8 oz can tomato sauce
2 14 oz. cans diced tomatoes
1 small can diced green chiles
1 package taco seasoning (I use old el paso)

Toppings:

shredded cheese
Fritos
chopped green onions

Directions: Place all ingredients in freezer bag and freeze until ready. Thaw slightly, place in crockpot and cook on low for 4-6 hours. Serve with shredded cheese, chopped green onions and fritos

Meatloaf

1 lb. ground beef
1/2 cup bread crumbs or crushed butter crackers
1 package onion soup mix
2 eggs
1/4 cup ketchup
3 T. worcestershire sauce
2 T. steak sauce (A-1 sauce)
1/4 cup chopped onions

Combine all ingredients for meatloaf and form into a round loaf. Pack it really well to ensure the meatloaf is firm and not mushy. Place into a freezer bag and freeze. When ready, place meatloaf in bottom of crockpot. Cook on low for 6-8 hours.

Honey Sesame Chicken

1 lb chicken tenders
3 T olive oil
1 cup honey
2 T sesame seeds
1/2 cup soy sauce
1 tablespoon sesame oil
1 t. salt
1 t. pepper

Place all ingredients in freezer bag, toss to coat and freeze. When ready, place in crockpot and cook on low for 4-5 hours. Remove chicken & shred, then return to sauce. Serve over hot cooked rice.

White Chicken Chili

2 T. olive oil
1 T corn starch
1 medium onion chopped
1 can chopped green chilis, drained
2 cans white beans (drained)
2 t. cumin
2 t. chili powder
1 lb chicken tenders
2 cups chicken stock
1 t. salt
1 t. pepper

Place all ingredients except chicken stock in large freezer bag, toss to coat and freeze. When ready, place ingredients in slow cooker, add chicken stock and cook on low for 4-5 hours. Remove chicken, shred & return to crockpot. Serve with warm cornbread.

Beer & Beef Slow-Cooker Stew

2 lbs. stew beef
2 T olive oil
2 T butter
2 celery stalks chopped
2 large carrots chopped
1 lb. potatoes chopped
2 garlic cloves chopped
2 bay leaves
1 T parsley
1 cup dark beer
1 cup beef stock
1 can tomatoes with green chilis (Like Rotel)
2 t salt
1 t pepper

Season beef with salt & pepper. Place all ingredients in large freezer bag except beer and beef stock. When ready, place stew mixture in crockpot, add beer and beef stock and cook on low for 6-8 hours.

Beef Stroganoff

1/2 cup minced onion
1/4 cup butter
1 lb. stew beef
1/8 t paprika
2 cups chopped mushrooms
3/4 cup sour cream
1 can cream of mushroom soup
1/2 cup cream cheese
1 t. salt
1 t. pepper

Mix sour cream, cream cheese and mushroom soup in small bowl. Add all ingredients to a large freezer bag, toss well to coat and freeze. When ready place ingredients in crockpot and cook on low for 6-8 hours. Serve over hot noodles or cooked white rice.

Crockpot Spaghetti Sauce

Ingredients:

6 large tomatoes diced (you could also use 2 28 oz cans diced tomatoes)
1/4 cup olive oil
1 medium onion chopped
2 T garlic chopped
1 T oregano
1 T basil (fresh if you have it)
1 T thyme
1/2 T herbs de provence
1 cup white wine
2T sugar
kosher salt & fresh ground pepper

Place all items in freezer bag, lay flat and freeze. When ready to cook, put all ingredients in a crockpot and cook on low for 6 hours or high for 4 hours. Serve over cooked spaghetti or penne, top with parmesan cheese and serve with some warm cheesy garlic bread on the side!

Black Bean Chili

Ingredients:

1lb. ground beef cooked & drained
1 medium onion chopped
1 medium green pepper chopped
1 28 ounce can diced tomatoes
2 12 oz. cans of black beans drained (you can use pinto or kidney beans if you prefer)
2 t. onion powder
2 t. garlic powder
1 T cumin
1 T chili powder

Place all items in freezer bag, lay flat and freeze. When ready to cook, place all ingredients in a crockpot and cook on low for 6 hours or high for 4 hours. Serve with warm cornbread muffins!

Italian Sausage with Peppers & Onions

Ingredients:

1lb. Italian Sausage Links
1 large pepper
1 medium onion
2 cups diced tomatoes
2t. onion powder
2t. garlic powder

Mix all ingredients in freezer bag and freeze. When ready to cook, place all ingredients in a crockpot and cook on low for 6 hours or high for 4 hours. Serve on warm hotdog buns!

Crockpot Chicken Fajitas

Ingredients:

- 6 Chicken Tenders or 1 lb. Chicken Breast
- 1 medium onion sliced
- 1 medium green pepper sliced
- 2 cups of salsa
- 1 can of green chiles
- 1 package of fajita seasoning (old elpaso)
- 2 T. olive oil

Place all items in freezer bag. Toss and freeze flat. When ready to cook place all ingredients in crockpot and cook for 6 hours on low or 4 hours on high. Remove chicken from mix, shred and then add back into the mix. Serve with warm tortillas and top with salsa, guacamole, shredded lettuce, sour cream and shredded cheese.

Brunswick Stew

- 6 chicken tenders or 1 lb. chicken breasts
- 1 can yellow corn drained
- 2 cups butter beans
- 2 cups canned tomatoes
- 2 white potatoes cut in cubes
- 1 medium onion chopped
- 2 ribs celery chopped
- 1/2 cup ketchup
- 1/2 cup barbecue
- 2 t. onion powder
- 2 t. garlic powder
- 2 T. brown sugar
- 1 T. worcestershire
- 1t. hot sauce
- 2 T. butter
- 3 cups chicken stock

Place all items except the chicken stock in a large freezer bag. Label the bag and make a note to add 3 cups of chicken to crockpot before cooking. Once you are ready to cook, Place ingredients along with 3 cups of chicken stock to large crockpot. Cook on low-medium 5-6 hours. Remove cooked chicken tenders from stew, shred them and return to the stew.

Serve with warm cornbread muffins!