

grocery list

6 FREEZER MEALS

Looking to prep all 6 of these freezer slow cooker meals at once? Here is a grocery list that lays out all of the ingredients for all 6 recipes for easy shopping. These freezer meals would make an excellent gift for an expecting mom or are great for meal prep!

Be sure to cross-check your pantry before buying everything on the list. Please note that “recipe G” lists out the ingredients needed for cooking, not for prepping the freezer meals inside of freezer bags.

RECIPES

- A. Slow Cooker Chicken Enchilada Casserole
- B. Slow Cooker Chicken Pot Pie Soup
- C. Slow Cooker Chicken Tikka Masala
- D. Slow Cooker Chicken Cacciatore
- E. Slow Cooker Honey Garlic Chicken
- F. Slow Cooker Chicken Noodle Soup
- G. Additional ingredients for when you're ready to cook your freezer meal!

FRESH/FROZEN VEGETABLES

- 2 large green peppers (A, D)
- 1 large yellow pepper (A)
- 3 large yellow onions (A, B, C, D, F)
- 20 oz. frozen vegetable mix (B)
- 2 large russet potatoes (B)
- 2 large red potatoes (C)
- 1 large red pepper (D)
- 8 cloves garlic (D, F)
- 4 medium carrots (F)
- 4 large celery stalks (F)

GRAINS

- 2 cups minute brown rice (A)

EGGS/DAIRY/MILK

- ¼ cup butter (G)
- 3 tablespoons heavy cream (G)

OILS/VINEGARS

- 2 tablespoons balsamic vinegar (D)

SPICES

- 1.2 tablespoon garlic powder (B, C)
- 1 tablespoon onion powder (B)
- 1 tablespoon poultry seasoning (B)
- 1 teaspoon ground oregano (B)
- ½ teaspoon black pepper (B)
- 2 tablespoons garam masala (C)
- 1 teaspoon ground cumin (C)
- ½ teaspoon ground turmeric (C)
- ⅛ teaspoon ground ginger (C)
- 3 teaspoons salt (A, C, D, F)
- 3 tablespoons Italian seasoning, (D, F)

CONDIMENTS

- 1.5 tablespoons Frank's hot sauce (A, G)
- ½ cup soy sauce (E)
- 2 teaspoons red chili garlic sauce (E)
- 1/2 cup honey (E)

FRESH HERBS

- 12 sprigs thyme (G)
- 12 sprigs rosemary (G)

POULTRY

- 9 lbs. Boneless, skinless chicken breast (A, B, C, D, E, F)

PACKAGED/ CANNED GOODS

- 115-oz. can pinto beans (A)
- 4 tablespoon minced garlic (A, E)
- 3 cups enchilada sauce (A)
- 16 cups chicken broth (B, G)
- ½ cup flour (G)
- 115-oz can full-fat coconut milk (C)
- 2 15-oz can tomato sauce (C, D)
- 1 3.8-oz can sliced black olives (D)
- 115-oz can diced tomatoes (D)
- 8 oz pasta (G)
- ½ tablespoon cornstarch (E)
- 3 cups egg noodles (G)
- 6 freezer-safe gallon-sized bags (A, B, C, D, E, F)