

fit foodie finds

SLOW COOKER FREEZER MEALS

SLOW COOKER
Tikka Maso

Directions

1. Thaw for
over night
2. Place in
Slow Cooker
for 3-4 h
3. chunk
rest of t
4. serve

SLOW COOKER CH
Pot Pie Soup

Directions

1. Thaw freezer bag
2. Place contents of
chicken broth.
3. Cover & cook on low
high for 3-4.
4. once chicken is done,
5. Thicken w/ 3T cornstarch
of heavy cream. Let cook for

SLOW COOKER
Cacciat

Directions

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2. Place con
3. Bundle
4. over & oc
5. or low coo
- more minu

slow cooker

CHICKEN ENCHILADA CASSEROLE

FREEZER BAG INGREDIENTS

1.5 lbs. boneless, skinless chicken breast
1 15-oz. can pinto beans, strained and rinsed
2 cups minute brown rice
1 large green pepper, chopped
1 large yellow pepper, chopped
½ large yellow onion, chopped
1 tablespoon minced garlic
3 cups enchilada sauce
½ tablespoon Frank's hot sauce (or apple
cider vinegar)
salt, to taste

COOKING INGREDIENTS

1 cup water

FREEZER BAG DIRECTIONS

1. Place all ingredients for the Slow Cooker Chicken Enchilada Casserole into a freezer safe gallon-sized bag and mix.
2. Remove as much air from the bag as possible and seal tightly.
3. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and add 1 cup of water. Stir.
3. Cover slow cooker and cook on high for 3-4 hours or on low for 6-8.
4. Once the chicken is fully cooked, remove and chunk. Then, add chicken back in and mix.
5. Serve with Greek yogurt, avocado, cheese, or any topping of your choice!



slow cooker

CHICKEN POT PIE SOUP

FREEZER BAG INGREDIENTS

1.5 lbs. boneless, skinless chicken breast
20 oz. frozen vegetable mix
½ large yellow onion, finely diced
2 large russet potatoes, cut into ½-inch chunks
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon poultry seasoning
1 teaspoon ground oregano
½ - 1 teaspoon black pepper
8 cups chicken broth

COOKING INGREDIENTS

¼ cup butter
½ cup flour
3 tablespoons heavy cream

FREEZER BAG DIRECTIONS

1. Add chicken breast, frozen vegetables, onion, and potato into a freezer safe gallon-sized bag.
2. Then sprinkle on spices and make sure chicken and vegetables are fully coated.
3. Remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and add 8 cups of chicken broth.
3. Cover and let cook on high for 3-4 hours or on low for 6-8 hours.
4. With one hour remaining in your cook time, start making your roux.
5. In a small saucepan, melt butter over medium/high heat.
6. Lower heat to medium heat and add flour to butter. Whisk until mixture turns into a crumbly consistency. Remove from heat.
7. Add butter/flour mixture to the slow cooker and whisk soup until butter and flour mixture dissolves.
8. Place cover on slow cooker, turn to high if it's not already on high, and let cook for an additional 1 hour to allow broth to thicken.
9. Once chicken is fully cooked, remove and dice into small chunks. Add back into slow cooker and stir.
10. Finally, add heavy cream to soup, mix, and serve!



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CHICKEN TIKKA MASALA

FREEZER BAG INGREDIENTS

1.5 lbs. boneless skinless chicken breast
2 large red potatoes, chopped into 1-inch chunks
1 medium yellow onion, chopped
1 15-oz. can full-fat coconut milk
1 15-oz. can tomato sauce
2 tablespoons garam masala
1 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/2 teaspoon garlic powder
1/8 teaspoon ground ginger
1/8 teaspoon salt

FREEZER BAG DIRECTIONS

1. First, create the sauce by mixing together coconut milk, tomato sauce, and all spices.
2. Then, place chopped potatoes, onion, and full chicken breasts into a freezer safe gallon-sized bag and pour sauce on top.
3. Remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and stir.
3. Cook on high for 3-4 hours or on low for 6-8.
4. Once the chicken is fully cooked, remove and chunk. Then, add chicken back in and mix.
5. Serve over rice or quinoa.



slow cooker

CHICKEN CACCIATORE

FREEZER BAG INGREDIENTS

1 large red pepper, sliced
1 large green pepper, sliced
5 cloves garlic, minced
1.5 lbs. boneless, skinless chicken breast
½ large yellow onion, sliced
1 3.8-oz. can sliced black olives, drained
1 15-oz. can tomato sauce
1 15-oz. can diced tomatoes
2 tablespoons balsamic vinegar
1 tablespoon Italian seasoning
salt, to taste

COOKING INGREDIENTS

6 sprigs fresh thyme
6 sprigs fresh rosemary
Optional: 8 oz. of your favorite pasta

FREEZER BAG DIRECTIONS

1. Create sauce by mixing together tomato sauce, diced tomatoes, balsamic vinegar, Italian seasoning and salt.
2. Then, place chopped peppers, minced garlic, chopped onion, olives, and whole chicken breasts into a freezer safe gallon-sized bag.
3. Pour sauce on top and then remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and mix.
3. Then, create a fresh herb bundle by tying 6 sprigs of rosemary and 6 sprigs of thyme together with bakers twine. Set on top of other ingredients in slow cooker. Option to skip this step and add 1 more tablespoon of Italian seasoning.
4. Cover slow cooker and cook on high for 3-4 hours or on low for 6-8.
5. Once the chicken is fully cooked, remove and shred. Then, add chicken back in and mix.
6. Serve over your favorite pasta or eat as is. Top with a little balsamic vinegar and parmesan cheese.



slow cooker

HONEY GARLIC CHICKEN

FREEZER BAG INGREDIENTS

1.5 lbs. boneless, skinless chicken breast
3 tablespoons minced garlic
½ cup honey
½ cup soy sauce (or tamari)
2 teaspoons red chili garlic sauce

COOKING INGREDIENTS

½ tablespoon cornstarch (optional)

FREEZER BAG DIRECTIONS

1. Create honey garlic sauce by mixing together minced garlic, honey, soy sauce and red chili garlic sauce until the honey has dissolved.
2. Then, place chicken breast into a freezer safe gallon-sized bag and pour sauce on top.
3. Remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag into slow cooker and mix.
3. Cover slow cooker and cook on high for 3-4 hours or on low for 6-8.
4. Once the chicken is fully cooked, remove and shred.
5. Then, add in 1/2 tablespoon of cornstarch into the sauce in the slow cooker and whisk.
6. Add chicken back in and stir. Cover and cook for an additional 10 minutes to thicken.
7. Serve with your favorite grain and steamed vegetables.



slow cooker

CHICKEN NOODLE SOUP

FREEZER BAG INGREDIENTS

4 medium carrots, finely diced (1.5 cups)
4 large celery stalks, finely diced (1 cup)
3 cloves garlic, minced (2 heaping tablespoons)
½ medium yellow onion, finely diced
1.5 lbs. boneless, skinless chicken breast
2 tablespoons Italian seasoning
¼ teaspoon salt

COOKING INGREDIENTS

6 sprigs of thyme
6 sprigs of rosemary
1 tablespoon Frank's hot sauce (or white vinegar)
8 cups chicken broth
3 cups egg noodles*

FREEZER BAG DIRECTIONS

1. Place chopped carrots, celery, garlic, onion, and chicken breast into a freezer safe gallon-sized bag. Sprinkle on Italian seasoning and salt and make sure all ingredients are covered.
2. Remove as much air from the bag as possible and seal tightly.
3. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and stir. Then, pour in chicken broth and Frank's hot sauce and mix.
3. Create an herb bundle by tying together fresh rosemary and thyme with baker's twine. Place on top of soup in slow cooker.
4. Cover and cook on high for 3-4 hours or on low for 6-8 hours.
5. Once the chicken is fully cooked, remove from slow cooker and dice. Then, place back in to the slow cooker.
6. Add 3 cups of egg noodles to slow cooker and stir. Cover and let cook for an additional 10 minutes or until noodles are fully cooked.



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

- 1 15-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)
- 1 15-oz can full-fat coconut milk (C)
- 2 15-oz can tomato sauce (C, D)
- 1 3.8-oz can sliced black olives (D)
- 1 15-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)