

MUSHROOM BARLEY STEW

RECIPE FROM: Hello Natural
COOK TIME: 8 hours on LOW
SERVES: 4-6

INGREDIENTS

- 1 lb mushrooms
- 2 carrots, sliced
- 1 celery rib, sliced
- 1 onion, diced
- 1 (15 oz) can diced tomatoes
- 1 cup uncooked barley
- 2 quarts vegetable stock

DIRECTIONS

1. Combine mushrooms, carrots, celery, onion, diced tomatoes, and barley in a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. Empty frozen mushroom barley stew ingredients into a slow cooker and add vegetable stock.
4. Cook for 8 hours on LOW.

OPTIONAL: Season with salt and pepper once cooked. Enjoy with crusty bread.

CROCK-POT WESTERN BEEF CASSEROLE

RECIPE FROM: Crock-Pot Ladies
COOK TIME: 1-2 hours on HIGH or 4 hours on LOW
SERVES: 4

INGREDIENTS

- 1 ½ lb lean ground beef, browned
- 1 (16 oz) can kidney beans, rinsed and drained
- 1 (16 oz) can corn, drained
- 1 (10.75 oz) can tomato soup
- 1 cup shredded sharp cheddar cheese
- 1 small yellow onion, chopped
- ½ tsp chili powder
- ¼ cup milk or water

DIRECTIONS

1. Combine ingredients and transfer to a sturdy, labeled, gallon-sized freezer bag.
2. Freeze flat for up to three months.
3. Empty beef casserole contents into a slow cooker and cook on LOW for about 4 hours or on HIGH for 1-2 hours.

CHICKEN BROCCOLI ALFREDO

RECIPE FROM: Six Sisters' Stuff
COOK TIME: 4-6 hours on LOW
SERVES: 4

INGREDIENTS

- 1 ½ lb 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

DIRECTIONS

1. Place ingredients in a labeled gallon-sized freezer bag and mix together.
2. Freeze for up to three months.
3. When ready to eat, remove from freezer and thaw in fridge for 24 hours.
4. Empty ingredients into a slow cooker and cook on LOW for 4-6 hours.

OPTIONAL: Serve with cooked fettuccine noodles and green salad.

SAUSAGE SPINACH TOMATO SOUP

RECIPE FROM: New Leaf Wellness
COOK TIME: 8 hours on LOW
SERVES: 4-6

INGREDIENTS

- 1 lb ground sweet or spicy Italian sausage, browned
- 1 (24 oz) jar pasta sauce
- 3 cups chicken broth
- 1 can cannellini beans, drained and rinsed
- 1 box frozen chopped spinach
- 4 large carrots, chopped into bite-sized pieces
- 1 medium yellow onion, diced

DIRECTIONS

1. Combine ingredients and add to a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw overnight in fridge.
4. Empty ingredients into a slow cooker and cook on LOW for 8-10 hours.

OPTIONAL: Serve with cooked pasta.

SALSA CHICKEN TACOS

RECIPE FROM: More Like Home

COOK TIME: 3-4 hours on HIGH or 7-8 hours on LOW

SERVES: 4



INGREDIENTS

- 2 cans black beans, drained
- 2 cans corn, drained
- 1 package taco seasoning
- 1 lb. chicken breasts
- 1 cup salsa
- $\frac{3}{4}$ cup water



DIRECTIONS

1. Combine ingredients and add to a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw in fridge for 24 hours.
4. Place ingredients in a slow cooker and cook on HIGH for 3-4 hours or on LOW for 7-8 hours.

SLOW COOKED PORK TENDERLOIN

RECIPE FROM: Living Well Spending Less

COOK TIME: 4-5 hours on LOW

SERVES: 6 per 2 lb of meat



INGREDIENTS

- 2 (2 lb) pork loin roasts
- 2 (1 oz) envelopes dry onion soup mix
- 2 cups chicken broth
- 2 cups red wine
- 1 cup onion, chopped
- 6 cloves garlic, minced
- 3 Tbsp soy sauce
- 1 Tbsp Worcestershire sauce
- freshly ground black pepper to taste



DIRECTIONS

1. Whisk together soup mix, chicken broth, wine, soy sauce, Worcestershire sauce, onion, garlic, and black pepper.
 2. Label two gallon-sized freezer bags and place one 2 lb tenderloin in each bag. Divide marinade evenly among bags and freeze.
 3. When ready to eat, thaw meat (one tenderloin) in fridge for 24 hours.
 4. Empty tenderloin and juices into a slow cooker and cook 4-5 hours on LOW.
- Optional: Add chopped carrots and potatoes to slow cooker and cook with pork.

HAWAIIAN CHICKEN

RECIPE FROM: Making Our Marx
COOK TIME: 6-7 hours on LOW
SERVES: 4-6



INGREDIENTS

- 2-3 chicken breasts
- ½ cup white sugar
- ½ cup vinegar
- 3 garlic cloves, minced
- 2 Tbsp soy sauce
- ½ cup canned pineapple juice



DIRECTIONS

1. Combine ingredients and place in a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw in fridge overnight.
4. Empty freezer-bag contents into a slow cooker and cook on LOW for 6-7 hours.

OPTIONAL: Shred chicken, return to juices, and serve over rice.

CHICKEN FAJITAS

RECIPE FROM: The Humbled Home Maker
COOK TIME: 6 hours on LOW
SERVES: 6



INGREDIENTS

- 2 lb boneless, skinless chicken breasts
- 2 bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves garlic, minced
- 1 Tbsp honey
- 1 Tbsp apple cider vinegar
- 1 Tbsp chili powder
- 2 tsp cumin
- 1 tsp paprika
- ¼ tsp crushed red pepper flakes



DIRECTIONS

1. Add all ingredients to a labeled gallon-sized freezer bag.
2. Lay flat and freeze for up to three months.
3. When ready to eat, thaw in fridge overnight.
4. Pour contents of freezer bag into a slow cooker and cook on LOW for 6 hours.
5. Shred chicken and serve with cooked onions and peppers.

HONEY TERIYAKI CHICKEN

RECIPE FROM: Twin Dragonfly Designs
COOK TIME: 4 hours on LOW
SERVES: 5



INGREDIENTS

5-6 chicken breast halves
½ cup onion, diced
2 tsp garlic, minced
½ cup honey
¼ cup ketchup
½ cup soy sauce
2 Tbsp olive oil
½ tsp cayenne pepper

4 tsp cornstarch
1/3 cup water



DIRECTIONS

1. Add chicken, onion, garlic, honey, ketchup, soy sauce, olive oil, and cayenne pepper to a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw in fridge overnight.
4. Pour contents of freezer bag into a slow cooker and cook on LOW for 4-6 hours.
5. Whisk cornstarch and water then add to cooked sauce in slow cooker. Mix well and allow sauce to thicken.

OPTIONAL: Serve over rice.

EASY CROCKPOT MEATLOAF

RECIPE FROM: Stockpiling Moms
COOK TIME: 8-10 hours on LOW
SERVES: 4-6



INGREDIENTS

2 eggs, beaten
½ cup milk
2/3 cup bread crumbs
½ cup onion, chopped
1 tsp salt
¼ tsp pepper
½ tsp sage
1 ½ lb lean ground beef
ketchup or BBQ sauce



DIRECTIONS

1. Combine eggs, milk, bread crumbs, onion, salt, pepper, sage, and beef.
2. Shape meat mixture into a loaf and place in a labeled freezer bag.
3. Freeze for up to three months.
4. When ready to eat, place frozen meatloaf in a slow cooker and cover with ketchup or BBQ sauce.
5. Cook on LOW for 8-10 hours.