

## Orange-Beef Stew

### Ingredients

- 3 to 4 pounds of chuck roast
- 2 cups of beef broth
- 2 cups of orange juice
- 1 tablespoon of sugar
- 2 tablespoons of soy sauce
- 2 tablespoons flour
- 2 tablespoons of minced garlic
- 1 bunch of scallions
- 2 sweet potatoes, cut into 1 inch cubes
- salt and pepper to taste

### Instructions

1. Divide everything into 2 bags. Label your bags.
2. Chop sweet potatoes and scallions, then add to freezer bag
3. Add in sugar, flour, soy sauce, garlic and orange juice
4. Mix up well and then lay bag flat and place in freezer
5. Day of cooking: add contents of freezer bag, roast, 2 cups of beef broth, salt and pepper to slow cooker
6. Cook on low for 8 hours or high for 4 hours
7. Serve with fresh salad and homemade sourdough bread, if you have it

## Cranberry Chicken (2 bags)

### Ingredients

- 4 medium apples, cut into wedges
- 2 medium onion, chopped
- 4 pounds chicken breasts or thighs
- The juice of three lemons
- 2 tablespoons flour
- 3 tablespoons honey
- 2 can of cranberry sauce (or you can use fresh cranberries if they are in season)

### Instructions

1. Divide everything into two, one gallon freezer bags and label
2. When ready to cook, dump into slow cooker and cook on high for 4 hours
3. Serve with rice or couscous.

## Healthy BBQ Chicken (2 bags)

### Ingredients

- 3 medium unpeeled sweet potatoes, cut into 1/2 inch pieces, about 2 cups
- 2 large green pepper, cut into strips or cubes, about 2 cups
- 1 large red pepper, cut into strips or cubes, about 1 cup
- 2 zucchini, chopped, about 2 cups
- 2 cups chopped onion
- 2 tablespoon flour
- 2 pounds chicken thighs or drumsticks
- 2 15oz cans of tomato sauce
- 4 tablespoons packed brown sugar
- 2 tablespoons Worcestershire sauce
- 2 tablespoon ground yellow mustard
- 2 clove garlic, finely minced, about 2 tablespoons
- 1 teaspoon salt

\*Continued:

## Instructions

1. Divide everything into two separate one gallon freezer bags, shake it up, seal, label and put in the freezer
2. On the day of cooking, dump it into your slow cooker and cook on high for 4 to 6 hours, or low 6-8 hours, depending on your specific slow cooker
3. If you want, you can add 1/2 cup of chicken stock to have more sauce, but the liquid from the frozen meat and vegetables melting should give you enough liquid to work with
4. Every slow cooker is different, so just watch yours the first time you make it.

## Curry Chicken Thighs (2 bags)

### Ingredients

- 1 can (15 oz.) light coconut milk
  - 3 teaspoons curry powder
  - 1 pkg (about 1.5 lbs.) boneless skinless chicken thighs
  - Salt and pepper
  - 3 medium sweet potatoes, peeled and cubed
  - 6 carrot sticks, peeled and cut into 2" pieces
  - 1 small onion, chopped
  - Salt and pepper over the top
1. Divide everything into 2 bags.
  2. Add the chicken thighs (or chicken breasts if you prefer), the sweet potatoes and carrots in plastic bag. Sprinkle a little salt and pepper over the top and freeze.
  3. **Day of:** Whisk together the coconut milk and curry powder in the base of the slow cooker.
  4. When ready to cook, add contents of freezer bag to coconut milk mixture to slow cooker and cook on low for 8 hours.

## Sausage Peppers and Onions (2 bags)

### Ingredients:

- 1 lb. hot Italian sausage links
  - 1 large green pepper (chopped)
  - 1 medium onion (chopped)
  - 1 can diced tomatoes
  - 4 Garlic cloves minced
  - Onion powder
  - (I also add red pepper flakes and other Italian type seasonings-it's up to you)
1. **Directions:** Combine all ingredients in a bag & freeze.
  2. **Write on Bag:** No thaw needed. Cook in slow cooker on LOW for 6-8 hours.

## Paleo Pork Chops w/Apple, Onion & Kraut (1 bag)

### Ingredients:

- 1 bag sauerkraut: add to crock pot day of
  - 4 thick cut pork chops
  - Half a granny smith apple in small slices
  - 1 medium onion
  - Seasoning for chops
1. **Directions:** Place pork chops, apples, and onion into freezer bag. Add kraut to crock pot the day of. Write on Bag:
  2. Place kraut on the bottom of the slow cooker. Place Pork Chop & apple/onion mixture on top.
  3. Cook on LOW for 6-8 hours.

## Paleo Slow Cooker Stuffed Bell Pepper (1 bag)

### Ingredients:

- 5 bell peppers
  - 1 lb. ground Italian hot sausage
  - 1/2 head of cauliflower grated or food processed to make cauliflower rice
  - 1 small white onion chopped
  - 1 small can tomato paste
  - 5 cloves of garlic
  - Seasoning of Choice- I used basil, oregano, red pepper flakes & thyme.
1. **Directions:** Mix all the ingredients in a bowl (except peppers). Cut the tops off and take the seeds out of the bell peppers. Stuff those peppers with the mixture & freeze. I used a few bags and kept the peppers upright.
  2. **Write on Bag:** Place peppers at the bottom of slow cooker and cook on LOW for 6-8 hours.

## Chicken Fajitas (makes 2 bags)

- 1.5 – 2 lbs. Chicken Breasts, boneless and skinless
  - 1/2 medium – large white onion, sliced vertically
  - 1 green pepper, sliced into strips
  - 1 red pepper, sliced into strips
  - 2 cans (10 oz.) Rotel diced tomatoes
  - 2 cloves garlic, diced
  - 2 tsp. chili powder
  - 2 tsp. cumin
1. Divide all ingredients into 2 large freezer bags
  2. **Write on Bag:** Cook on low 8-10 hours or on high 4-5 hours. Remove chicken when done cooking & shred, return to crock pot. Serve on tortilla shells with toppings. Side dishes of rice or black or refried beans.
  3. **Directions:** First, slice the whole green and red pepper into vertical strips. Take 2 garlic cloves, peel, and slice and dice them up. Now, take a whole onion, peel it and cut in into half. Take one half and slice it up vertically
  4. Take the chicken breasts and divide between 2 freezer bags and put them in it. Next, add the sliced up green and red peppers, onion and garlic (dividing between the 2 bags). Add 1 can of diced tomatoes. Finally add your seasonings. Freeze.

## Taco Soup: (1 bag)

### Ingredients:

- 2lb turkey (browned) taco seasoning or cumin, chili powder, s/p, garlic
  - 2 cans crushed tomatoes w/ chilies
  - 1 16oz package frozen corn
  - 2 cans organic black beans
  - 2 cans kidney beans
  - 1 large onion (chopped)
1. Split between 2 bags, seal, mix, lay flat, freeze
  2. Combine all ingredients into freezer bag. Day of:
  3. Add 1 cup water. Cook on low 4-6 hours. Serve with corn tortilla chips, sour cream, avocado, and shredded cheese

### Freezer Meals:

Chicken Fajitas (Makes 2)  
Sausage, onions & peppers (Makes 2)  
Pork chops with apple, onions, & kraut (Makes 1)  
Orange beef stew (Makes 2)

Chicken curry (Makes 2)  
Cranberry chicken (2)  
Barbeque Chicken (2)  
Stuffed peppers (1)  
Taco Soup (1)

## Grocery List:

\*I went to Aldi's and Schnuck's and this cost around \$150 total.

\* Total time to assemble freezer bags: 3 hours

### Produce:

- 2 bags sweet potatoes (12 Sweet potatoes)
- 10 green peppers
- 4 red peppers
- 2 Zucchini
- 1 bunch of Scallions
- 1 bag Apples (10 apples)
- 5 lemons
- 5 Carrots
- Cauliflower
- 2 bags of onions ( 10 onions)

### Meat:

- 3-4lbs chuck roast
- 4lb Chicken Thighs
- 4lbs chicken drumsticks
- 8 lb. bag chicken breast
- 1lb hot Italian sausage links
- 4 thick cut pork chops
- 1 lb. ground hot Italian sausage
- 3 lb. Ground turkey

### Random:

- Coconut milk (canned)
- Orange juice
- Jar of minced garlic

### Canned goods or packaged goods:

- Beef broth
- 2 can black beans
- 2 can kidney beans
- 2 can crushed tomatoes with chilies
- Soy sauce
- Canned Cranberry sauce
- 2 15oz tomato sauce
- Worcestershire sauce
- Yellow mustard
- 6 cans diced tomatoes
- Curry powder
- Tomato paste
- Sauerkraut
- Frozen corn