

10 CROCK POT FREEZER MEALS

in under an hour



Hi there!



I am Carrie and I'm a little crazy.

Crazy about cooking! I am an avid food lover.

In fact I am a slow cooker loving fool. I love the convenience of setting the crock pot and walking away. Coming home after a long day with the house smelling amazing and dinner is done is one of my favorite joys.

After becoming a single mom to 8 amazing kiddos I found it harder and harder to get dinner on the table. However, after some trial and error and thanks to my crock pot and strategic freezer cooking I finally was able to plan, shop, and get delicious dinners on the table in no time.

My life had changed for the better.

I'm now on a mission to help other families get amazing dinners on the table that their entire family will eat. I pray that this cookbook helps your family and inspires you to try freezer cooking.

Freezer cooking has give me freedom in the evenings again.

If you love the convenience of this cookbook make sure you visit www.lazydaycookingclub.com where you can get easy crock pot freezer meals every single month!

From my kitchen to yours,

Carrie

www.eatingonadime.com

www.lazydaycookingclub.com

www.onecrazymom.com

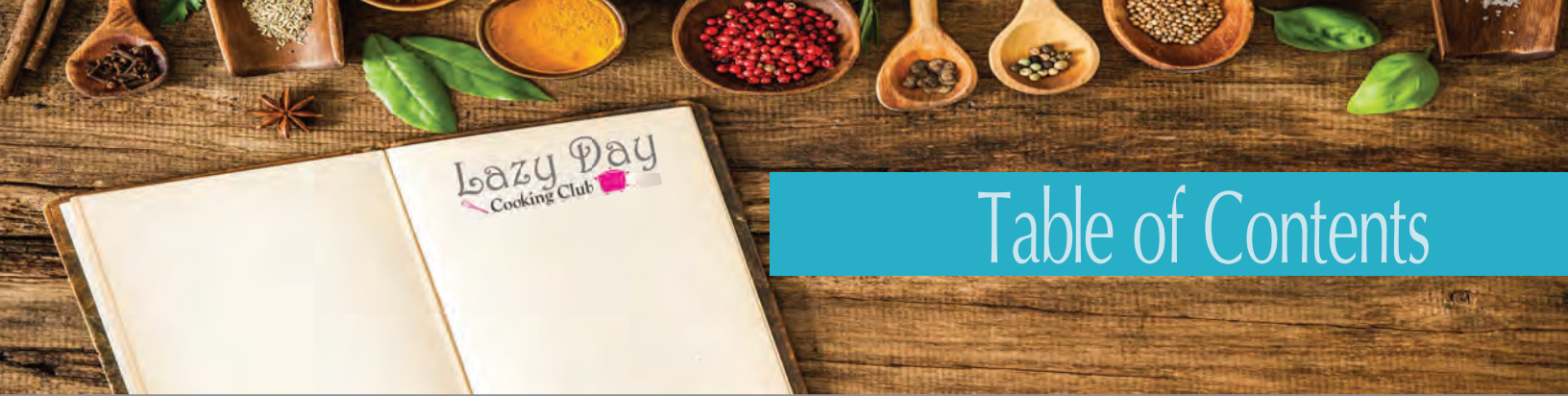


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French Onion Chicken



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.
3. Shred chicken and serve over rice.

Ingredients

- 4-6 Chicken Breasts
- 1 can of French Onion Soup
- 1/2 cup Sour Cream (or Plain Greek Yogurt)

Side Suggestions:

Over Rice



Honey Soy Pork Tenderloin



Cook Time:

6 hrs



Servings:

4-6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.

Ingredients

- 2-3 lb Pork Tenderloin
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1/2 cup honey
- 4 Tbsp steak seasoning
- 1/2 tsp garlic powder
- 1/8 tsp ground ginger
- 1/8 tsp red pepper flakes

Side Suggestions:

Mashed Potatoes & Green Beans



Smothered Pork Chops



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.

Ingredients

- 4-6 Pork Chops
- 1 Onion Soup Mix
- 1 Pork Gravy Mix
- 1 tsp Garlic Powder
- 1 tsp Chicken Granules
- 1 can Cream of Chicken Soup
- 1 cup Water

Side Suggestions:

Brown Rice & Black Eyed Peas



Sweet & Sour Meatballs



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.

Ingredients

- 1 cup brown sugar
- 3 Tbsp corn starch
- 1/4 cup vinegar
- 3 Tbsp soy sauce
- 1 package frozen meatballs

Side Suggestions:

Brown Rice



Shredded Beef Tacos



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.
3. Shred beef and serve in tacos

Ingredients

- 2 ½ lbs Chuck Roast
- 2 tsp Chicken Granules
- 1 ½ Tbsp Chili Powder
- ½ Tbsp Cumin
- ½ tsp Garlic Powder
- 1 tsp Salt
- ¼ tsp Pepper
- 2 cups Water

Side Suggestions:



French Dip Sandwiches



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8.
3. Shred beef and serve over toasted subs. Top with Provolone cheese and dip in Au Jus juice.

Ingredients

- 3-4 lbs Beef Roast
- 3 Tbsp Onion Soup Mix
- 3 Tbsp Au Jus Mix
- 4 tsp Chicken Granules
- 4 cups Water

Side Suggestions:



Chicken Alfredo



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.
3. Shred chicken and serve over Fettuccine noodles.

Ingredients

- 4-6 Chicken Breasts
- 2 cans Cream of Chicken Soup
- 1 Italian Dressing Mix
- 8 oz Cream Cheese
- 2 cups Water

Side Suggestions:

Over Fettuccine



Chicken & Rice with Black Beans



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours.
3. Shred chicken and add 2 cups of cooked rice.

Ingredients

- 4-6 Chicken Breasts
- 2 Tbsp paprika
- 1/3 cup dehydrated minced onions
- 1 can Black Beans
- 1 can Corn
- 1 can Cream of Chicken Soup
- 1 can Rotel
- 1 cup of Milk

Side Suggestions:

Rice



Chicken Pot Pie



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag except for the potatoes and place in the freezer.
2. Place into the crockpot along with 3-4 diced potatoes (ingredients can be thawed or frozen) and cook on low for 6-8 hours.
3. Serve with a biscuit on top or cut up biscuits and mix together.

Ingredients

- 4-6 Chicken Breasts
- 2 cans Cream of Chicken Soup
- 1 cup Peas
- 1 cup Baby Carrots
- 1 tsp Chicken Granules
- 1 cup Water
- 3-4 Diced Potatoes (do not add to your freezer bag)

Side Suggestions:

Biscuits



Texas Chili



Cook Time:

6 hrs



Servings:

6

Directions

1. Put all ingredients in your labeled freezer bag and place in the freezer.
2. Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8 hours. If you place the meat in raw, break up the meat once it is cooked.
3. Shred beef and serve in tacos

Ingredients

- 2 lbs ground beef (or turkey)
- 1/3 cup dehydrated onions
- 2 tsp garlic powder
- 3 cups tomato sauce
- 1 can rotel
- 1½ Tbsp chili seasoning
- 1 can pinto beans
- 1 can chili beans
- 1 cup water

Side Suggestions:

Cornbread

Lazy Day Cooking Club Shopping List

Dairy

#	Item
1 CUP	MILK
4 OZ	SOUR CREAM
8 OZ	CREAM CHEESE
6 SLICES	PROVOLONE

Produce

#	Item
4 LBS	POTATOES
	BABY CARROTS

Spices

#	Item
4 TBSP	STEAK SEASONING
3½ TSP	GARLIC POWDER
1½ TBSP	CHILI SEASONING
2/3 CUP	DEHYDRATED ONIONS
1	ONION SOUP MIX
1	PORK GRAVY MIX
8 TSP	CHICKEN GRANULES
3 TBSP	CHILI POWDER
1	ITALIAN DRESSING MIX
1 TBSP	CUMIN
4 TBSP	AU JUS MIX

Baking Supplies

#	Item
¼ CUP	OLIVE OIL
1 CUP	BROWN SUGAR
3 TBSP	CORNSTARCH

Canned Goods

#	Item
1	FRENCH ONION SOUP
7	CREAM OF CHICKEN
2	DICED TOMATOES W/GREEN CHILIES
1	BLACK EYED PEAS
1	CHILI BEAN
24OZ	TOMATO SAUCE
1	CORN

Frozen

#	Item
1 CUP	PEAS
12	BISCUITS
1	MEATBALLS

Meat & Seafood

#	Item
24	CHICKEN BREASTS
2LB	GROUND BEEF
3LB	PORK TENDERLOIN
6	PORK CHOPS
9 LB	BEEF ROAST

Grains & Pasta

#	Item
8 CUPS	RICE
16 OZ	FETTUCINE

Condiments

#	Item
½ CUP	SOY SAUCE
½ CUP	HONEY
¼ CUP	VINEGAR

GREEN BEANS

1/8 TSP GINGER

BLACK BEANS

1/8 TSP RED PEPPER

PINTO BEANS

SUB ROLLS

Miscellaneous



Grocery List

Dairy

#	Item

Produce

#	Item

Baking Supplies

#	Item

Spices

#	Item

Grains & Pasta

#	Item

Canned Goods

#	Item

Meat & Seafood

#	Item

Condiments

#	Item

Miscellaneous
