



Crockpot Freezer Meals: Grocery List

Serves: 4

- 1. Meal 1: Shrimp & Okra Jambalaya**
- 2. Meal 2: Mexican Pork Stew**
- 3. Meal 3: Beef & Butternut Squash Tagine**
- 4. Meal 4: Thai Chicken & Veggie Stew**
- 5. Meal 5: Classic Beef & Root Veggie Stew**



Veggies

garlic (1,2,3,4,5)
2-3" fresh ginger (4)
1 bunch celery (1,2,5)
1# carrots (2,4,5)
1 head broccoli (4)
¼# turnips (5)
¼# parsnips (5)
1 green bell pepper (1)
2 red & 2 yellow bell pepper (2,4)
2 jalapeños, optional (2,4)
2 yellow onions (1,3,5)
1 red onion (2,4)
¼# potatoes, optional (5)
3 lg sweet potatoes (2,4)



Meats

1# pork stew meat (2)
3# grassfed beef, stew meat (3,5)
1.5# pastured chicken breasts, boneless, skinless (4)



Frozen

1# bag frozen okra (1)
1# bag butternut squash (3)



Pantry

2 x 14.5oz cans diced tomato * (1,5)
1c brown rice, optional (1)
1 can chickpeas, optional (3)
1c tomato puree* (3)
3T coconut aminos (4) (OR tamari)
2T red curry paste* (4)
1T fish sauce, optional* (4)
11oz coconut milk (4)
1c red wine (5)
8c chicken broth* (1,2)
4-6c beef broth* (5)



Fish

1# bag frozen shrimp (1) (peeled & deveined)



Nuts & Dry Fruit

¼c dried apricots* (3)



Spices, etc.

1T cajun seasoning (1)
2tsp cayenne, optional (2)
2T chili powder (2)*
3T cumin powder (2,3)
1T cinnamon (3)
1T jambalaya file (1)*
OR creole seasoning
3T Italian seasoning* (5) (OR herbs de provence)
1T paprika (3)
1T turmeric (3)



Fruits

4 limes (2,4)

Crockpot Freezer Meals: Prep Day



Celery: finely chop 1 bunch celery, set aside 1/3 for Jambalaya (1), 1/3 for Mexican Stew (2), 1/3 for Beef Stew (5). (1,2,5)

Carrots: finely chop carrots, set aside 1/3 for Mexican Stew (2), 1/3 for Thai Stew (4), 1/3 for Beef Stew (5). (2,4,5)

Turnips: peel and dice, set aside. (5)

Parsnips & Potatoes: dice, set aside. (5)

Sweet Potato: finely dice, set aside 1/2 for Mexican Stew (2) and half for Thai Stew (4). (2,4)

Dried Apricots: finely dice 1/4c dried apricots. (3)

Green Bell Pepper: Finely dice green bell pepper. (1)

Red & Yellow Bell Pepper: Finely dice remaining red & yellow bell peppers. (4)

Ginger: peel & chop a 2-3" piece of ginger (or grate). (4)

Garlic: Finely chop ~10+ cloves garlic for ~5T total. (1,2,3,4,5)

Jalapeño: remove seeds & white veins (include for **heat**); finely dice. Set aside 1/2 for Mexican Stew (2); 1/2 Thai Stew (4). (2,4)

Y Onions: Dice 1 yellow onion, for Tagine (3). Dice 1 yellow onion, Set aside 1/2 for Jambalaya (1) & 1/2 for Beef Stew (5). (1,3,5)

R Onions: Dice 1 red onion, Set aside 1/2 for Mexican Stew (2) & 1/2 for Thai Stew (4). (2,4)

Broccoli: finely chop florets, option to also peel & chop stalk (discarding outer peel of stalk). (4)

Chicken: cut into bite-sized pieces, set aside. (4)

Cut pork or beef stew meat if not pre-cut. (2,3,5)



Mexican Stew (2)

Whisk together:

juice of 3 limes (~2-3T) + ~1T chopped garlic + 2T chili powder + 1T cumin powder + 1-2tsp cayenne pepper (optional for heat)

Toss all together with pork stew meat. Set aside.

Tagine (3)

Whisk together:

1c tomato puree + 1 1/2c water (or beef broth) +

2T cumin powder + 1T turmeric + 2T paprika + 1T cinnamon

Toss all together w/ 1/2 of beef stew meat (1.5#).

Thai Stew (4)

Whisk together:

juice of 1 lime (~1T) + 2T red curry paste + 3T coconut aminos (or tamari) + 11oz coconut milk + 1T fish sauce (optional) + ~1T chopped garlic + chopped/ grated ginger

Toss all together w/ chicken.

Beef Stew (5)

Stir together:

1 can diced tomatoes + 1c red wine (can sub beef broth or water) + 1c water (or beef broth) + 3T Italian seasoning

Toss all together w/ 1/2 of beef stew meat (1.5#) + ~1T chopped garlic.



Layer all meals as follows in 1-2 freezer-friendly container (keeping in mind crockpot size):

Jambalaya (1)

- 1 diced green bell pepper
- 1/3 chopped celery
- 1/2 yellow onion, chopped
- ~1T chopped garlic
- 1 can diced tomatoes
- 1T Cajun seasoning
- 1T Creole seasoning (or gumbo file) [*]

Place on the side:

- 1 bag frozen okra
- 1 bag frozen shrimp
- 1c rice (place in freezer if it helps keep everything together!)

Mexican Stew (2)

- 1/2 chopped red onion
- 1/3 chopped carrots
- 1/3 chopped celery
- 1 diced jalapeno, optional
- 2 chopped bell peppers (1 red, 1 yellow)
- 1/2 chopped sweet potatoes
- 1# seasoned pork stew meat (see above) [*]

Tagine (3)

- 1 yellow onion, chopped
- ~1T chopped garlic
- chopped apricots
- 1 can drained chickpeas (if using)
- Mexican Stew seasoned beef (see above) [*]

Place on side

- chopped butternut squash

Thai Stew (4)

- 1/2 chopped red onion
- chopped red & yellow bell pepper
- 1/3 chopped carrots
- chopped broccoli
- 1/2 chopped sweet potatoes
- seasoned chicken (see above) [*]

Classic Stew (5)

- 1/3 chopped celery
- 1/3 chopped carrots
- 1/2 yellow onion, chopped
- chopped turnips
- chopped parsnips
- chopped potatoes
- Beef Stew seasoned beef (see above) [*]

KEY

[*]: store in container, label & freeze for use within the next 2-3 months



Crockpot Freezer Meals: Dish Day

Re-heating instructions for all frozen crockpot meals:

1. Ideally, place container in fridge overnight.
2. If not thawed, run hot water over freezer container so food will "release" from container. This can take up to 30min.
3. Place container + additional ingredients (see below) in crockpot on high for 6-10 hours.
4. Stir occasionally as able (not necessary, but helpful)
5. Season to taste as needed w/ S&P and additional seasonings as desired.
6. Add extra broth or water for desired consistency.

Notes:

Meal 1

Shrimp & Okra Jambalaya: Container + Rice + 4c Chicken Broth + Shrimp + Okra (1)

1. First place the 1c of rice into the crockpot to ensure it's on the bottom and covered in liquid and cooks through.

Meal 2

Mexican Pork Stew: Container + 4c Chicken Broth (2)

1. I like adding heat with ~1tsp cayenne or chipotle chili powder. But add slowly, heat will add up fast with these spices!

Meal 3

Beef & Butternut Squash Tagine: Container + Butternut Squash (3)

1. Option to add the frozen butternut squash in the last 1-2 hours of cooking to prevent it from being too soft. (I've cooked the squash all day and still love this dish, the squash is just really soft)
2. Option to serve over quinoa.

Meal 4

Thai Chicken Stew: Container

1. This is great served over rice.

Meal 5

Classic Beef Stew: Container + 4c Beef Broth (5)

1. The longer the better on this one!