

# Freezer Meal Recipes

## Scrumptious Crock Pot Meals

The items highlighted in **yellow** should NOT freeze and will need to be added to the meal at time of cooking.

### Black Bean Chorizo Soup (#1)

- 2 (15 oz.) cans black beans, undrained
- 8-10 ounces chorizo sausage\*\*, chopped (if you purchase the raw ground chorizo...you will need to cook it before putting it into the crockpot)
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 1 ½ tsp. Wildtree Cajun Seasoning

\*\*chorizo substitutes: Spicy Italian sausage or for less spicy use regular or mild Italian sausage

**On Cooking day: 2 cups water needed**

If using raw chorizo, sauté it in a pan before putting in crock pot. Combine all ingredients in a slow cooker. Add 2 cups water. Cook covered on low 8 to 10 hours or on high 4 to 6 hours. Serve with sour cream and chopped fresh cilantro.

### Chicken & Vegetables in Wine Gravy (#2)

- 2 ½ lbs. Boneless, skinless chicken thighs or drumsticks
- 2 stalks celery, cut into 1-inch pieces
- 1 small onion, sliced
- 1 Tbsp. Hearty spaghetti blend
- 2 tsp. Absolutely Onion blend
- 1 tsp. Italian Salad Dressing blend
- 1 cup water
- 2 tsp. chicken bouillon soup base
- ½ cup dry white wine (or add another ½ cup water and 1 tsp bouillon)

For cooking day: For Gravy:

**3 Tbsp. butter**

**3 Tbsp. flour**

1. Place all ingredients in Freezer bag (except butter and flour). Freeze.
2. Thaw. Place contents of bag in crockpot. Cover. Cook on low setting for 8-9 hours or on high setting for 4-4 ½ hours.
3. Using a slotted spoon, transfer chicken and vegetables to a warm platter. Cover to keep warm.
4. For gravy, skim and discard fat from cooking juices. In a large saucepan, melt butter. Stir in flour and cook for one minute. Add cooking juices. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Pass the gravy with chicken and vegetables.

### **Savory Cajun Chicken and Sausage (#3)**

- 2 ½ - 3 lbs. Boneless, skinless meaty chicken pieces (breasts, thighs, or drumsticks)
- One pkg. turkey smoked sausage or kielbasa (13 oz), cut in half lengthwise and cut in one inch slices
- 2 Tbsp. Smoky Bacon Grapeseed Oil
- 1 onion, sliced
- 2 tsp. Garlic Galore
- 2 tsp. Hearty Spaghetti Blend
- 1 tsp. Cajun Blend
- ¼ tsp. black pepper
- 4 ½ tsp. Chicken Bouillon Soup Base

To have available to complete this meal

- 2 ¼ water
- 2 cups chopped tomatoes
- 2 yellow or red sweet bell peppers cut into very thin bite-sized strips
- 1 cup frozen peas
- 3 cups hot cooked rice

Thaw meal in frig. Combine all ingredients in the crockpot and then **ADD 2 ¼ cups water**. Cover and cook on low 7-8 hours or on high 3 ½ - 4 hours until chicken is cooked through. **Add tomatoes, sweet peppers, and peas** to the cooker. Cover and let stand for 5-10 minutes. Serve over the hot rice.

### **Pork Roast with Apricot Glaze (#4)**

3-3 ½ lb. boneless pork shoulder roast/Pork loin roast (trim fat from roast)  
1 18-oz. jar all natural apricot preserves (no high fructose corn syrup)  
½ cup water (tip: shake inside the empty preserve jar to get out all the jam)  
1 tsp. chicken bouillon soup base  
2 Tbsp. Dijon-style mustard  
1 large onion, chopped  
½ tsp. salt  
¼ tsp. pepper

Place all ingredients in freezer bag. Freeze.

Thaw. Place all bagged ingredients in slow cooker. Cover and cook on low setting for 10-12 hours, or on high setting for 5-6 hours. Transfer meat to serving platter. Add 2 Tbsp. flour to liquid in crock pot and whisk briskly. Let thicken for a couple minutes. Add more salt and pepper to taste. Slice roast and spoon some sauce over the roast and serve the rest of the sauce on the side.

## **Zesty Ginger-Tomato Chicken (#5)**

2-3 lbs. boneless, skinless chicken drumsticks and/or thighs  
2 14-oz. cans diced tomatoes (one drained, one undrained)  
2 Tbsp. quick-cooking tapioca  
1 tsp. ground ginger  
1 tsp. Hearty Spaghetti Blend  
3 tsp. Wildtree Garlic Galore  
2 tsp. brown sugar  
1 tsp. Cajun Blend

On Cooking day:

**Couscous or rice of choice**

Drain one can of diced tomatoes. Combine all ingredients in Gallon Freezer Bag. Freeze. Thaw. Place contents of bag in Crock pot. Cover. Cook on low-setting for 6-7 hours or on high-setting for 3-3 ½ hours. Skim fat from sauce. Serve sauce with chicken in shallow bowls with hot couscous or rice.

## **Open Faced Steak Sandwiches with Ratatouille (#6)**

1 ½ lb beef flank steak, fat trimmed off (or skirt steak, London Broil or sirloin)  
1 tsp. Italian salad dressing blend  
2 tsp. Wildtree Garlic Galore  
1 ½ cups sliced fresh mushrooms  
1 medium onion, finely chopped  
**In separate quart size bag:**  
1 14-oz can diced tomatoes  
2 tsp. Cajun blend  
1 tsp. Chicken Bouillon Soup Base  
1 tsp. salt  
2 Tbsp. red wine vinegar

To be added on cooking day:

**1 medium yellow summer squash or zucchini, halved lengthwise and cut into ¼ inch slices**

**1 green, red, or yellow bell pepper – cut in strips**

**Foccacia bread (about a 9 inch round)**

**1/3 cup finely shredded Asiago or Parmesan cheese**

1. With steak in freezer bag, sprinkle both sides with Italian Salad Dressing Blend and Garlic Galore. Add mushrooms and onion.
2. In separate quart sized bag, combine tomatoes, Cajun blend, Chicken Bouillon, salt & vinegar.
3. Place both bags (steak and tomato mixture) in another gallon freezer bag. Freeze
4. Thaw. Place mushrooms, onion, and garlic in crock pot first, then place steak on top. (Cut steak if necessary to fit). Pour tomato mixture over all.
5. Cover and cook on low-heat setting for 7-9 hours or low setting for 3 ½ -4 ½ hours.
6. After cooking for time specified above, add squash or zucchini and bell pepper. Cover and cook ON HIGH setting for 30 minutes more.
7. Remove meat from cooker. Thinly slice steak across grain. Arrange meat on the foccacia. Using a slotted spoon, place vegetable mixture over meat. Drizzle with cooking liquid. Sprinkle with cheese.
8. To serve, cut in wedges.

## **Hearty Chicken Parmesan (#7)**

- 4 - 6 chicken breasts
- 1 can (28 oz.) crushed tomatoes
- 1 tbsp. Wildtree Smoky Bacon Grapeseed Oil
- 1 tbsp. Wildtree Hearty Spaghetti Sauce Blend
- 1 tsp. Italian Salad dressing blend

To have available to complete this meal

- 1 cup Shredded Mozzarella cheese to top the chicken with. Great served with pasta.

Place all ingredients (except Mozz. cheese) in Freezer Bag. Freeze.

Thaw completely. Put contents of bag in Crock pot and cook on low-setting for 6-7 hours or high-setting for 4-5 hours.

Just before serving, add shredded mozzarella to chicken in crock pot and melt slightly.

OR - Oven directions: Preheat oven to 375. Put the contents of the freezer bag in a 9x13 glass pan. Cover each chicken breast with some of the shredded mozzarella cheese and bake for about 25 minutes or until chicken is done.

## **Absolutely Onion Pot Roast (#8)**

- 3 -3 ½ lb pound boneless beef pot roast
- 4 carrots, sliced
- ½ cup Wildtree Absolutely Onion Blend
- ¾ cups water
- 1 Tbsp. Wildtree Smoky Bacon Grapeseed Oil

Added on cooking day:

- 4 medium potatoes cut into 2-inch cubes

Combine all the ingredients in the crockpot, cover and cook on low for 8-10 hours or on high for 4-6 hours.

## **Scrumptious Ham & Lentil Soup (#9)**

2 cups dry lentils, rinsed  
1 large onion, chopped  
2 stalks celery, chopped (about 1 cup)  
4 carrots, sliced (about 2 cups)  
4 Tbs Chicken Bouillon Soup Base  
3 tsp. Wildtree Garlic Galore  
1 tsp. finely shredded lemon peel (lemon zest)  
2 tsp. Cajun blend

### Added on cooking day:

2 cups cubed cooked ham  
8 cups water  
4 cups fresh spinach  
1-2 TBSP Smokey Bacon Grapeseed Oil (to taste, depending on how much you enjoy the smoky bacon flavor in your soup!)

1. Combine all ingredients (lentils through Cajun blend) in freezer bag. Seal and freeze.
2. Thaw. Put ingredients of bag in crock pot. Add 8 cups water and cover. Cook on low-heat setting for 7-8 hours or on high-heat setting for 3 ½ - 4 hours.
3. OPTIONAL: ladle all or half the soup into a blender and puree until almost smooth for a “creamier” soup. Return to the crock pot.
4. After cooking for specified time as listed above (and blending if desired), add ham and cook on HIGH heat setting for an additional 10 minutes or until ham is heated through.
5. Stir in spinach and Smoky Bacon Grapeseed oil. Ladle into bowls and serve immediately.

## **Mediterranean Chicken (#10)**

2 ½ lbs chicken thighs and/or drumsticks  
1 Tbsp. Italian salad dressing blend

### **In Separate bag:**

1 14-oz. can diced tomatoes, drained  
1 6-oz jar marinated artichoke hearts (optional)  
1 2 ½-oz. can sliced, pitted ripe olives, drained  
3 Tbsp. quick cooking tapioca  
1 Tbsp. Hearty Spaghetti Seasoning  
½ tsp salt  
¾ cup water  
1 ½ tsp. Chicken Bouillon Soup Base  
¼ cup dry white wine (or increase water to 1 cup and chicken bouillon to 2 tsp)

### On cooking day:

8 oz. cooked linguine

1. Combine chicken and Italian salad dressing blend in gallon freezer bag. Shake to coat.
2. In separate freezer bag, combine all other ingredients: tomatoes through wine or bouillon
3. Put both bags in separate freezer bag. Freeze.
4. Thaw. Put Tomato mixture in crock pot. Then place chicken on top. Cover.
5. Cook on low-heat setting for 7-8 hrs or low-heat setting for 3 ½ to 4 hours.
6. Serve with hot cooked linguine.