

## ***RED PEPPER CHICKEN***

### **INGREDIENTS**

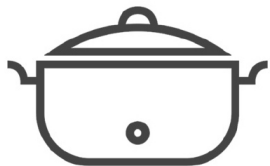
Boneless, Skinless Chicken Breasts  
Red Bell Peppers  
Extra Virgin Olive Oil  
Garlic Cloves  
Yellow Onion

Seasonings: Crushed Red Pepper Flakes,  
Black Pepper

### **TO COOK**

Thaw in refrigerator overnight or in morning in water. Add to crockpot and cook for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Slice or shred chicken and return to mix with juice in crockpot. Serve with a slotted spoon onto tortillas or rice.

**USE BY:**



## ***CHERRY PORK LOIN WITH SWEET POTATOES***

### **INGREDIENTS**

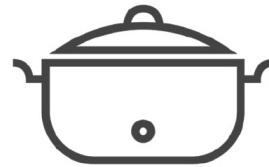
Boneless Pork Tenderloin  
Sweet Potatoes  
Yellow Onion  
Frozen Pitted Dark Sweet Cherries  
Olive Oil  
Garlic

Seasonings: Thyme, Pepper

### **TO COOK**

Add contents of freezer bag to crockpot with broth. Cook on "low" setting for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Serve with salad.

**USE BY:**



## ***MEATBALL VEGETABLE SOUP***

### **INGREDIENTS**

Small Meatballs  
Marinara Pasta Sauce  
Carrots  
Green Beans  
Zucchini  
Yellow Onion

ADD: Chicken Broth

### **TO COOK**

Add contents of freezer bag to crockpot with broth. Cook on "low" setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Top with grated parmesan cheese and serve with garlic bread.

**USE BY:**



## ***CHICKEN CURRY***

### **INGREDIENTS**

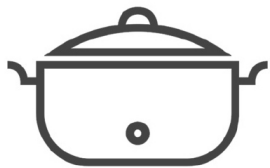
Boneless Skinless Chicken Breasts  
Tomato Paste  
Unsweetened Coconut Milk  
Yellow Onion  
Frozen Peas  
Tomato Sauce  
Garlic  
Honey

Seasonings: Curry Powder, Salt, Crushed Red Pepper

### **TO COOK**

Add contents of freezer bag to crockpot. Cook on "low" setting for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

**USE BY:**



## TACO SOUP

### INGREDIENTS

85% Lean Ground Beef  
Yellow Onion  
Garlic  
Frozen Corn  
Diced Green Chilis  
Diced Tomatoes  
Taco Seasoning

ADD: Beef Broth

### TO COOK

Add to crockpot with broth and cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Break apart beef and stir.

USE BY:



## CHICKEN FAJITAS

### INGREDIENTS

Boneless Skinless Chicken Breasts  
Red Bell Peppers  
Green Bell Pepper  
Yellow Onion  
Garlic  
Honey  
Lime Juice

Seasonings: Chili Powder, Cumin,  
Paprika, Crushed Red Pepper Flakes

### TO COOK IN CROCKPOT

Add to crockpot and cook for 4 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

### TO COOK ON STOVETOP

Thaw freezer meal and then dump into a large pot, skillet, or sauté pan. Cook for 15 minutes on medium-high heat or until chicken is cooked through and peppers are tender.

USE BY:



## MISSISSIPPI ROAST WITH CARROTS

### INGREDIENTS

Boneless Beef Chuck Shoulder Roast  
Carrots  
Olive Oil  
Pepperoncini Peppers

Seasonings: Au Jus Seasoning  
Dry Ranch Seasoning

\*NO EXTRA LIQUID NEEDED!

### TO COOK

Add to crockpot and cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Shred meat and return to mix with juice in crockpot.

USE BY:



## ITALIAN WEDDING SOUP

### INGREDIENTS

Frozen Small Meatballs  
Yellow Onion  
Carrots  
Escarole  
Worcestershire Sauce

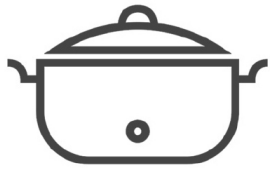
Seasonings: Onion Powder, Garlic Salt,  
Montreal Steak Seasoning

ADD: Chicken Broth, Uncooked Pasta

### TO COOK

Add to crockpot with broth. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot or until carrots are soft. Add pasta and cook for an additional 30 minutes.

USE BY:



## ***STUFFED PEPPERS***

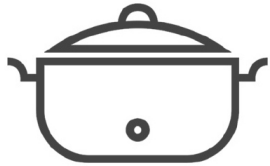
### **INGREDIENTS**

Ground Beef  
Yellow Onion  
Garlic Clove  
Green Bell Peppers  
Marinara Pasta Sauce

### **TO COOK**

Thaw freezer bags overnight in refrigerator or in water in the morning. Place peppers in crockpot and top with sauce. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

**USE BY:**



## ***TURKEY BLACK BEAN CHILI***

### **INGREDIENTS**

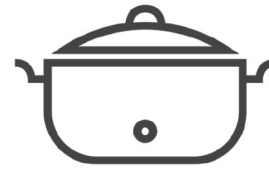
Ground Turkey  
Tomato Sauce  
Black Beans  
Petite Diced Tomatoes  
Frozen Corn

### **TO COOK**

Add contents of freezer bag to crockpot. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Break apart turkey and stir.

Seasonings: Paprika, Chili Powder, Ground Cumin, Ground Oregano, Crushed Red Pepper Flakes

**USE BY:**



## ***ASIAN CHICKEN LETTUCE WRAPS***

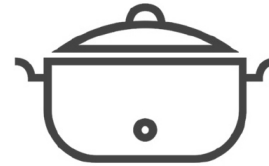
### **INGREDIENTS**

Ground Chicken  
Red Bell Pepper  
Carrots  
Garlic  
Low-Sodium Soy Sauce  
Ketchup  
Honey  
Crushed Red Pepper Flakes

### **TO COOK**

Add contents of freezer bag to crockpot. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Break apart chicken and stir.

**USE BY:**



## ***CRANBERRY PORK ROAST***

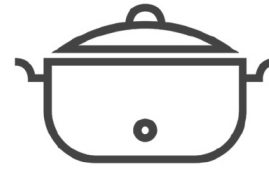
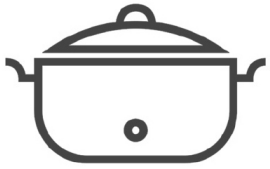
### **INGREDIENTS**

Bone-In Pork Shoulder  
Canned Whole Berry Cranberry Sauce  
Honey  
Dried Minced Onion

### **TO COOK**

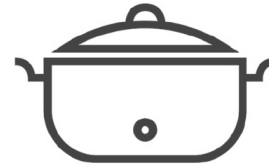
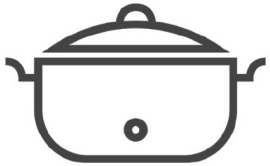
Add contents of freezer bag to crockpot. Cook for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot. Remove bones and shred meat.

**USE BY:**



USE BY:

USE BY:



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