30 BLESSINGS RECIPES

Shredded BBQ Pork
Sloppy Joes
Mexican Chicken Chili w/ Cornbread Topping
Cool Ranch Shredded Chicken Tacos
Macaroni and Cheese
Lasagna Soup
Cranberry Chicken and Green Beans
Mississippi Roast
Chicken Teriyaki
Ham and Pinto Bean Soup
BBQ Baby Back Ribs
Creamy Potato Soup
Minestrone Soup
“Monster” Cheeseburgers
Chicken Tikka Masala
Turkey & Black Bean Chili
Lemon Chicken with Baby Spinach
Shredded Chicken Fajitas
Spicy Garlic Lime Chicken
Tuscan Steak and Green Peppers
Black Bean Sweet Potato Chili
Beef Barley Stew
Sweet and Sour BBQ Meatballs
Beef Fajitas
Sweet ‘n Spicy Thai Beef
Beef and Sweet Potato Stew
Pineapple Beef Teriyaki
Citrus Chicken
Chicken and Wild Rice Soup

Chicken and Artichoke Marinara

Shredded BBQ Pork

Yields: 8 servings

Ingredients

2-pound boneless pork roast, fat trimmed
1 cup ketchup
2 tablespoons Worcestershire sauce
1 tablespoon light brown sugar
1 tablespoon chili powder
2 teaspoons curry powder
1 teaspoon hot sauce

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Shred pork and stir.

Suggestions: Serve on sandwich buns with corn on the cob and watermelon.

Sloppy Joes

Yields: 6 servings

Ingredients

2 pounds 85% lean ground beef
1 onion, diced (one cup)
1 green pepper, diced
6oz can tomato paste
1/2 cup ketchup
1 tablespoon chili powder
1 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon red pepper flakes
1/2 teaspoon celery seed

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 6-8 hours.
4. Crumble beef (I like to “mash” it with a potato masher!).
5. Stir.

Suggestions: Serve on sandwich buns with a fresh garden salad.

Mexican Chicken Chili w/ Cornbread Topping

Yields: 4 servings

Ingredients

1 pound boneless, skinless chicken breasts
1 onion, diced (one cup)
1 green pepper, chopped
1 cup frozen corn
15oz can tomato sauce
1 teaspoon honey
4 tablespoons of taco seasoning

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to Crockpot and cook on “low” for 4-6 hours.
3. Shred chicken with fork.
4. Cover shredded chicken chili with cheese and assembled corn muffin Batter **(see below ‘For Day of Cooking’)**
5. Add lid and cook on “high” setting for additional 60 minutes or until cornbread topping is cooked through.

For day of cooking:

4oz cheddar cheese, shredded (one cup)
1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box *(Jiffy calls for one egg and 1/3 cup milk and yields 6 muffins)*

Cool Ranch Shredded Chicken Tacos

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts
3 tablespoons olive oil
2 tablespoons red wine vinegar
4 tablespoons of taco seasoning
4 tablespoons of ranch seasoning

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to Crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart Crockpot.
3. Shred chicken and mix with remaining juice in Crockpot.

Suggestions: Serve on soft tortillas with your favorite taco toppings, like shredded cheese, guacamole, and salsa.

Macaroni and Cheese

Yields: 4 servings

Ingredients

1 box uncooked elbow macaroni pasta
8oz shredded cheddar cheese, (2 cups)
(1) 8oz package cream cheese, cut into cubes
4 cups milk
½ teaspoon salt
½ teaspoon pepper

To Cook

1. Thaw.
2. Add all ingredients to slow cooker. Cover and cook on low for 3-4 hours.
3. Stir throughout cooking time to combine ingredients.

Suggestions: *You can add more grated cheese for a cheesier version. Up to 4 cups.
Serve with rotisserie chicken and choice of vegetable or salad.

Lasagna Soup

Yields: 6 servings

Ingredients

24oz jar of pasta sauce
15oz can of cannellini beans, drained
3 oz fresh baby spinach, un-chopped (about 3 handfuls)
4 teaspoons of chicken bouillon
3 or more uncooked lasagna noodles, broken into small pieces **(not needed until day of cooking)**

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to slow cooker and add 4 cups of water.
3. Break 3 or more uncooked lasagna noodles into small pieces and add to slow cooker.
4. Cook on low setting for 4-6 hours.

Top with shredded parmesan cheese and serve with garlic bread.

Suggestions: You can also add 1-pound frozen meatballs for a heartier soup.

Cranberry Chicken and Green Beans

Yields: 6 servings

Ingredients

2 pounds boneless, skinless chicken breasts
1-pound green beans (4 cups)
15oz can of whole cranberry sauce
1 packet of onion soup mix

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your Crockpot.
3. Cook on “low” setting for 4-6 hours.
4. Shred meat.

Suggestions: Serve with stuffing.

Mississippi Roast

Yields: 4 servings

Ingredients

2 pounds boneless chuck roast shoulder
4 tablespoons of ranch seasoning
1 packet of dry au jus gravy mix
1 stick unsalted butter
6 whole pepperoncini

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. Pour contents of freezer bag into your Crockpot.
3. Cook on low for 8 hours.

Suggestions: Shred meat and serve with mashed potatoes and carrots.

Chicken Teriyaki

Yields: 3 servings

Ingredients

1 pound boneless skinless chicken breasts
1 cup teriyaki sauce
16 oz bag of fresh stir fry vegetables

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your Crockpot.
3. Cook on “low” setting for 6-8 hours or until chicken is cooked through and tender.

Suggestions: Serve over rice.

Ham and Pinto Bean Soup

Yields: 6 servings

Ingredients

1 ½ pound boneless ham shank
1 pound dried pinto beans
1 cup ketchup
½ teaspoon salt

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. Pour contents of freezer bag into your Crockpot and add 8 cups of water.
3. Cover and cook on “high” for 5-6 hours, “low” for 8 hours, or until beans split.

Suggestions: Serve with crusty bread and a salad.

BBQ Baby Back Ribs

Yields: 5 servings

Ingredients

3 pounds baby back ribs
1 cup ketchup
1/4 cup light brown sugar
2 tbsp Worcestershire sauce
1 tbsp chili powder
1 tsp paprika
1 tsp curry powder
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp black pepper

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker.
3. Cook on "low" setting for 6-8 hours or until ribs are cooked through and tender.
4. Place ribs onto a cookies sheet covered with aluminum foil. BAKE FOR 15 MINUTES AT 350 DEGREES.

Suggestions: Serve with extra BBQ sauce and corn on the cob.

Creamy Potato Soup

Yields: 8 Servings

Ingredients

3 lbs. russet potatoes (about 9 small potatoes), cubed
4 sticks of celery, chopped
2 onions, diced (2 cups)
4 teaspoons minced garlic
8oz frozen broccoli florets
1/2 teaspoons pepper
4 teaspoons of chicken bouillon
12OZ CAN OF EVAPORATED MILK WITH VITAMIN A *NOT NEEDED UNTIL DAY OF COOKING

To Cook

1. Pour contents of freezer bag into your crockpot and add 8 cups of water.
2. Cook meal in slow cooker on "low" setting for 8 hours or until potatoes are soft.
3. Stir in evaporated milk and continue to cook 5 minutes or until heated through.
4. Mash some of the potatoes by hand (optional).

Suggestions: Serve with your favorite baked potato toppings, like shredded cheddar cheese, green onions, sour cream, or chopped bacon.

Minestrone Soup

Yields: 6 Servings

Ingredients

28oz can of diced tomatoes
4 carrots, chopped
3 cups of fresh green beans
2 oz fresh baby spinach, un-chopped (about 2 handfuls)
1 onion, diced (1 cup)
4 teaspoons minced garlic
15oz can of kidney beans
15oz can of cannellini beans
1 tsp honey
2 tbsp Italian seasoning
1 bay leaf
1/4 tsp black pepper
6 teaspoons chicken bouillon
1 CUP UNCOOKED ELBOW MACARONI *NOT NEEDED UNTIL DAY OF COOKING

To Cook

1. Night before cooking, move frozen bag to your refrigerator to thaw.
2. Morning of cooking, pour contents of freezer bag into your slow cooker and add 6 cups of water.
3. Cook on "low" setting for 8 hours or until vegetables are tender.
4. Add macaroni and cook for additional 30 minutes.
5. Remove bay leaf and serve.

Suggestions: Top soup with parmesan cheese and serve with garlic bread and salad.

“Monster” Cheeseburgers

Yields: 6 Servings

Ingredients

2 lbs. 85% lean ground beef
1/2 cup minced onion flakes
2 1/2 teaspoons Montreal Steak Seasoning
4 slices of American cheese *NOT NEEDED UNTIL DAY OF COOKING

To Cook

1. Night before cooking, move frozen bag to your refrigerator to thaw.
2. Morning of cooking, mix meat and add to your slow cooker and smooth it into a flat layer on the bottom of the crock.
3. Cook of "low" setting for 6-8 hours or until beef is cooked through.
4. Top with cheese and replace lid for 10 minutes or until melted.
5. Cut into six burgers and discard grease.

Suggestions: Serve on hamburger bun with a side salad.

Chicken Tikka Masala

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts cut into pieces
(2) 15oz cans of tomato sauce
2 teaspoons of minced garlic
2 tablespoons honey
2 tablespoons curry powder
1 teaspoon crushed red pepper
1/2 teaspoon onion powder
1/2 teaspoon salt
8oz heavy cream (1 cup)

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to slow cooker and cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart slow cooker.

Suggestions: Serve with naan or rice.

Turkey & Black Bean Chili

Yields: 6 servings

Ingredients

1 pound ground turkey
28oz can tomato sauce
(2) 15oz cans black beans, drained
14.5oz can petite diced tomatoes, undrained
2 cup frozen corn
2 teaspoons minced garlic
1 tablespoon paprika
1 tablespoon chili powder
2 teaspoons ground cumin
1 ½ teaspoon ground oregano
1/4 teaspoon crushed red pepper flakes

To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart slow cooker or 8 hours in a 4-quart Crockpot.
3. Break apart turkey and stir.

Suggestions: Top with shredded cheddar cheese and crushed tortilla chips.

Lemon Chicken with Baby Spinach

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
3 oz fresh baby spinach, un-chopped (about 3 handfuls)
6 teaspoons minced garlic
1/4 cup extra virgin olive oil
The juice from one lemon
1 tablespoon parsley flakes
1 tablespoon dried basil
1/2 teaspoon pepper
1/2 teaspoon salt

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart Crockpot or 6-8 hours in a 4-quart Crockpot.
4. Slice or shred chicken and mix with spinach and sauce in Crockpot.

Suggestions: Serve over spaghetti.

Shredded Chicken Fajitas

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1 red pepper, sliced
1 green pepper, sliced
1 red onion, sliced
1/4 cup extra-virgin olive oil
The juice from one lime
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon crushed red pepper flakes
1/2 teaspoon salt

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart Crockpot or 6-8 hours in a 4-quart Crockpot.
4. Shred chicken and return to Crockpot to mix with peppers, onions, and sauce.

Suggestions: Serve over shredded lettuce, and top with diced tomatoes and guacamole.

Spicy Garlic Lime Chicken

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts, fat trimmed
1/4 cup extra virgin olive oil
The juice and zest of one lime
6 teaspoons minced garlic
1 onion, diced (one cup)
1 teaspoon crushed red pepper flakes
1/2 teaspoon pepper
1/4 teaspoon salt

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart Crockpot or 6-8 hours in a 4-quart Crockpot.

Suggestions: Serve with cauliflower (or white) rice and steamed broccoli.

Tuscan Steak and Green Peppers

Yields: 6 servings

Ingredients

2-pound boneless sirloin tip roast, fat trimmed and sliced
2 green bell peppers, chopped
4 teaspoons minced garlic
1 onion, diced (one cup)
14.5oz can petite diced tomatoes, undrained
2 tablespoons extra-virgin olive oil
1 tablespoon Italian seasoning
1 teaspoon salt
1/2 teaspoon crushed red pepper
1/2 teaspoon pepper

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart Crockpot or 8-10 hours in a 4-quart Crockpot.

Suggestions: Serve over spaghetti.

Black Bean Sweet Potato Chili

Yields: 6 servings

Ingredients

(3) 15oz cans of black beans, drained
2 sweet potatoes, peeled and cubed
28oz can diced tomatoes, undrained
1 onion, diced (one cup)
1 tablespoon jalapeños, finely chopped *(include seeds for a chili with medium heat, omit seeds for mild)*
3 teaspoons minced garlic
1 tablespoon chili powder
1 teaspoon cumin
½ teaspoon pepper
2 teaspoons chicken bouillon

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot and add 2 cups of water.
3. Cook on “low” setting for 4 hours in a 6-quart Crockpot or 6-8 hours in a 4-quart Crockpot.

Suggestions: Top with sour cream, shredded cheddar cheese, and chopped avocados.

Beef Barley Stew

Yields: 6 servings

Ingredients

2lb beef chuck roast, fat-trimmed, cut into bite-sized pieces
4 carrots, peeled and chopped
2 sticks of celery, chopped
1 onion, diced (one cup)
2 teaspoons dried thyme
1 teaspoon dried rosemary
1 bay leaf
½ teaspoon salt
¼ teaspoon pepper
½ cup uncooked medium barley (not quick cooking)
8 teaspoons beef bouillon

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your Crockpot and add 8 cups of water.
3. Cook on "low" setting for 8 hours or until carrots are soft.
4. Remove the bay leaf.

Suggestions: Serve with fresh bread.

Sweet and Sour BBQ Meatballs

Yields: 6 servings

Ingredients

2 pounds frozen meatballs
8 teaspoons chicken bouillon
1 onion, cut into chunks
1 green bell pepper, cut into chunks
1 red bell pepper, cut into chunks
1 20 oz can pineapple, chunks
18oz bottle of BBQ sauce

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your Crockpot and add 8 cups of water.
3. Cook on “low” setting for 6-8 hours or until peppers are tender.

Suggestions: Serve with rice and a salad or corn on the cob.

Beef Fajitas

Yields: 4 servings

Ingredients

2-lb boneless beef chuck shoulder roast, fat trimmed
2 red bell peppers, sliced
1 onion, peeled and sliced
2 teaspoons minced garlic
1 tablespoon honey
The juice from 1 lime
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon paprika
1/4 teaspoon crushed red pepper flakes

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your Crockpot.
3. Cover and cook on “low” setting for 8 hours or until beef shreds easily with a fork.

Suggestions: Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

Sweet ‘n Spicy Thai Beef

Yields: 6 servings

Ingredients

2-pound sirloin tip roast, fat trimmed
1 onion, diced (one cup)
13.5oz can unsweetened coconut milk
2 Roma tomatoes, seeded and diced
1 green bell pepper, sliced
The juice and zest of 1 lime
1 tablespoon honey
1 teaspoon crushed red pepper flakes
1 teaspoon cumin
1 teaspoon dried basil
1 teaspoon ground ginger

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart Crockpot or 8-10 hours in a 4-quart Crockpot.
4. Shred beef and return to Crockpot to mix with sauce.

Suggestions: Serve over jasmine rice. Top with Thai basil leaves.

Beef and Sweet Potato Stew

Yields: 6 servings

Ingredients

1 ½ pound stew meat
1 onion, diced (one cup)
4 carrots, diced
2 sweet potatoes (1 pound), peeled and diced
1 cup frozen peas
2 bay leaves
1 tablespoon parsley flakes
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 teaspoon onion powder
4 teaspoons beef bouillon

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot with 4 cups of water.
3. Cook on “low” setting for 6 hours in a 6-quart Crockpot or 8-10 hours in a 4-quart Crockpot.
4. Remove bay leaves.
5. Break apart beef and stir.

Suggestions: Serve with bread.

Pineapple Beef Teriyaki

Yields: 6 servings

Ingredients

2 1/2 pounds stew beef
20oz can of pineapple chunks
1 red onion, diced
1 green bell pepper, sliced
1 1/2 cups fresh broccoli florets
1 cup teriyaki sauce
1 teaspoon ground ginger
2 teaspoon sesame seeds

To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your Crockpot.
3. Cover and cook on “low” for 7 hours.

Suggestions: Top with sesame seeds. Serve with rice.

Citrus Chicken

Yields: 6 servings

Ingredients

2 pounds boneless skinless chicken breasts
1 orange, half juiced/half thinly sliced
1 lemon, half juiced/half thinly sliced
1 lime, half juiced/half thinly sliced
4 teaspoons minced garlic
1 tablespoon honey
½ teaspoon dried thyme
½ teaspoon pepper
½ teaspoon parsley flakes
½ teaspoon dried basil

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 4 hours in a 6-quart Crockpot or 6-8 hours in a 4-quart Crockpot.

Suggestions: Serve with brown rice and roasted asparagus.

Chicken and Wild Rice Soup

Yields: 6 servings

Ingredients

1 pound boneless skinless chicken breasts, fat trimmed
8 carrots, diced
2 sticks of celery, chopped
1 onion, diced (one cup)
4 teaspoons minced garlic
¼ cup dry wild rice, uncooked
1 teaspoon dried basil
½ teaspoon salt
½ teaspoon pepper
¼ teaspoon dried thyme
4 teaspoons chicken bouillon

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot with 4 cups of water.
3. Cook on “low” setting for 6 hours in a 6-quart Crockpot or 8-10 hours in a 4-quart Crockpot.
4. Shred chicken and stir.

Suggestions: Serve with fresh bread.

Chicken and Artichoke Marinara

Yields: 6 servings

Ingredients

1 pound boneless skinless chicken breasts, fat trimmed
1 onion, diced (one cup)
1 red bell pepper, chopped
4 teaspoons minced garlic
28oz can crushed tomatoes
6oz can tomato paste
14oz can quartered artichoke hearts, drained
1 tablespoon honey
1 tablespoon dried basil
1 teaspoon salt
½ teaspoon crushed red pepper flakes

Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to Crockpot.
3. Cook on “low” setting for 6 hours in a 6-quart Crockpot or 8-10 hours in a 4-quart Crockpot.
4. Shred chicken and stir.

Suggestions: Top with Parmesan cheese and serve with pasta or a salad.