

## 10 Crock Pot Freezer Meals

Chicken  
Tortilla Soup

Chicken  
Broccoli  
Casserole

4-Bean Chili

Beef  
Stroganoff

BBQ Pork  
Chops

Slow Cooker  
Pizza

Sweet &  
Sour Chicken

Beef Barley  
Stew

Chicken  
Teriyaki Stir  
Fry

Potato &  
Broccoli  
Soup

### Produce

- 7 onions
- 3 stalks celery
- 4 green bell peppers
- 8 cloves garlic
- 1 ½ lbs. mushrooms
- 1 lb. baby carrots
- 4 carrots
- 2 lbs. potatoes

### Frozen Foods

- 1 cup frozen corn
- 2 – 16 oz. bags frozen broccoli
- 16 oz. bags frozen stir fry vegetables

### Meats

- 12 boneless, skinless chicken breasts
- 2 lbs. ground turkey
- 1 ½ lbs. beef stewing meat
- 1 ½ lbs. round steak
- 4 loin pork chops
- ¾ lb. diced ham

### Dry/Canned Goods

- 16 oz. can refried beans
- 2 – 12 oz. cans black beans
- 1 – 12oz. can chili beans
- 1 – 12 oz. can pinto beans
- 1 – 12 oz. can kidney beans
- 2 – 12 oz. can diced tomatoes
- 5 cups chicken broth
- 4 cups beef broth
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- ½ cup salsa
- 6 oz. tomato paste
- 1 cup pizza sauce
- 1 cup grains (rice, couscous, etc.)
- 1 – 14 oz. can spaghetti sauce
- 1 ½ cups macaroni noodles
- ¾ cup pearl barley
- 20 oz. can unsweetened pineapple chunks
- teriyaki sauce

### Items you'll need in your fridge/pantry

- chili powder
- ketchup
- cider vinegar
- Worcestershire sauce
- soy sauce
- sesame oil
- brown sugar
- paprika
- garlic powder
- oregano
- ground ginger
- thyme
- basil
- bay leaf
- chicken bouillon cube
- cornstarch
- salt and pepper

**Shopping List**

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