

EIGHT EASY CROCK-POT MEALS FOR BUSY MOMS

By Julia Griffin

Here are a few of my favorite easy Crock-Pot freezer meals. Add all ingredients to a gallon Ziploc freezer bag.

Teriyaki chicken (Serve with brown rice)

- ✓ 6 boneless breasts,
- ✓ 1 can pineapple
- ✓ 1 chopped (or pureed for the kiddos) bell pepper
- ✓ 1 chopped red onion
- ✓ ½ c. soy sauce
- ✓ ¼ c. brown sugar
- ✓ Heavy sprinkling of ginger & garlic powder

Creamy Lemon Garlic Chicken (Serve with mashed or roasted potatoes)

- ✓ 4-6 chicken breasts
- ✓ 1 container cream of chicken
- ✓ ½ container of tzatziki made with Greek yogurt (usually found in the salad section...also – trust me.)
- ✓ Juice of two lemons
- ✓ 3-4 cloves garlic, minced
- ✓ Lots of parsley
- ✓ Salt & pepper

Bolognese Meat Sauce (Serve with whole wheat pasta)

- ✓ 2 lbs. ground turkey
- ✓ 1 pureed onion
- ✓ 1 c. pureed carrot
- ✓ 1 can diced tomatoes
- ✓ A few heaping tbsps. tomato paste
- ✓ 1 c. red wine
- ✓ 3-4 cloves garlic, minced
- ✓ 2 tbsps. Italian seasoning

BBQ Ribs (Serve with cornbread and green beans) – *Can also store in a disposable tin container*

- ✓ 3 lbs. baby back ribs
- ✓ 1 bottle BBQ sauce
- ✓ 3 tbsps. Worcestershire sauce
- ✓ 1 pureed onion
- ✓ 1 c. water
- ✓ ¼ c. vinegar
- ✓ 2 cloves garlic, minced
- ✓ Salt & pepper

Quinoa Chili (Serve with cilantro, cheddar, and plain Greek yogurt instead of sour cream)

- ✓ 1 c. quinoa
- ✓ 2 c. chicken or vegetable broth
- ✓ 1 can pinto beans + 1 can black beans, rinsed
- ✓ 1 can tomatoes
- ✓ 1 pureed onion (you can even add pureed butternut squash)
- ✓ 1/2 c. taco seasoning
- ✓ Cayenne pepper to taste

Beer Braised Carnitas *A HUSBAND FAVORITE* (Serve as tacos, burritos, or burrito bowls)

- ✓ 2-3 lbs. pork carnitas
- ✓ 1 beer (Corona recommended)
- ✓ 1 pureed bell pepper
- ✓ 1 pureed onion
- ✓ 1 pureed chipotle pepper in adobo sauce (comes in a small can with about 12 peppers so freeze the rest individually in an ice cube tray and save for later)
- ✓ Juice of two limes
- ✓ Salt to taste

Honey Soy Pork (Serve with fresh salad and steamed edamame or sugar snap peas)

- ✓ 6 pork chops
- ✓ 1/2 c. honey
- ✓ 1/2 c. soy sauce
- ✓ 1/4 c. water
- ✓ Generous shake of ground ginger and garlic
- ✓ 2 cloves garlic, minced
- ✓ Pinch chili pepper flakes

Tomato Basil Tortellini Soup

- ✓ 2 packages refrigerated tortellini pasta
- ✓ 1 can tomato basil soup
- ✓ 1 c. finely diced carrot
- ✓ 1 c. finely diced onion
- ✓ 1 can diced tomatoes
- ✓ 2 c. vegetable broth
- ✓ 1/4 c. heavy cream
- ✓ 1 clove garlic, minced
- ✓ 1 tbsp. Italian seasoning
- ✓ Lots of shredded basil to finish
- ✓ Salt & pepper

**Safety Note: It's best to pull out a freezer meal the night before and let it thaw in the fridge until morning, that way everything will come to a safe cooking temperature in a safe amount of time.*