



FREEZER MEAL PREP KIT

Slow Cooker Edition



THE MILITARY MOM COLLECTIVE SM



Grocery List &
Prep List for
10 Recipes



Cooking theme:
Kid Friendly
easily **Dairy Free**

GROCERY LIST

Check your pantry before you go as you may already have some of these on hand.

Meat

- 10 lbs chicken breast
- 7.5 lbs ground beef

Pantry Staples

- honey
- rice vinegar
- soy sauce
- brown sugar
- lemon juice
- worcestershire sauce
- cornstarch

General Grocery

- 22oz tomato sauce
- 38oz spaghetti sauce
- 2 cans condensed tomato soup
- 2 cans petite diced tomatoes
- 30oz diced tomatoes w/ chilis
- 1 can corn
- 1 can dark kidney beans
- 1 can light kidney beans
- 1 can diced potatoes
- 16oz frozen mixed vegetables
- 2 cups chicken broth
- 10.5 cups beef broth
- 18oz barbeque sauce

Produce

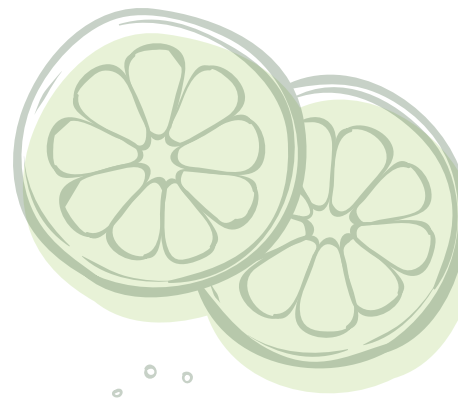
- 3 green peppers
- 2 red peppers
- 3 bell peppers (any color)
- 10 white onions
- 18 cloves of garlic
- fresh broccoli
- 16oz mushrooms
- 1 medium zucchini
- 1 bag of matchstick carrots
- fresh ginger

Spices

- fajita seasoning
- chili powder
- ground allspice
- garlic powder
- onion powder
- ground mustard
- paprika
- ground cumin
- oregano
- italian seasoning
- basil
- parsley
- red pepper flakes (optional)
- cayenne pepper (optional)



PREP LIST



Cook

- 7.5lbs ground beef

Dice

- 9 onions
- 3 green peppers
- 1 red bell pepper

Slice

- 3 bell peppers
- 1 onion
- 1 red pepper
- 1 zucchini
- 10lbs of chicken*
*splitting them helps them cook better

Mince

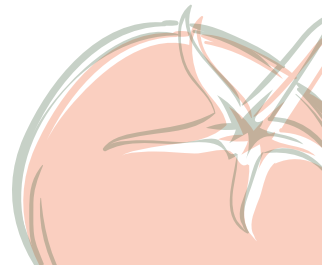
- all garlic*
- ginger*
*you can buy this pre-minced and save time



OTHER

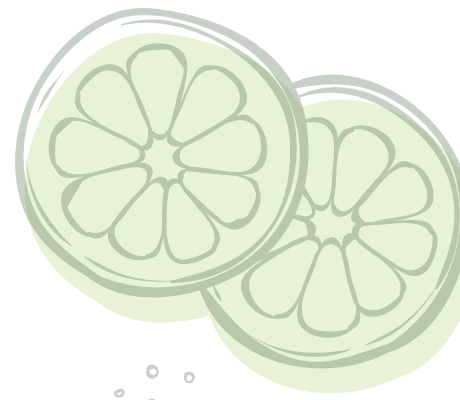
Food to Have On Hand

- tortillas**
for Chicken Fajitas
- long grain rice**
for Teriyaki Chicken
- ramen noodles**
for Beef Ramen Noodles
- sandwich rolls**
for Sloppy Joes and Pulled BBQ Chicken
- tortilla chips**
for Taco Soup
- tater tots/french fries**
for Sloppy Joes and Pulled BBQ Chicken
- pasta**
for Chicken Cacciatore
- grilled cheese supplies**
for Beef Vegetable Soup and/or Taco Soup
- egg noodles**
for Mushroom Chicken





RECIPES



Chicken Fajitas

2lbs chicken breast
3 bell peppers (sliced)
1 onion (sliced)
2 cloves of garlic (minced)
1 Tbs honey (optional)
1 Tbs rice vinegar
1 fajita seasoning pack
salt & pepper to taste

1. Label the freezer bag with the name of the recipe, cooking instructions, and prep date (can freeze up to 3 months)
2. Place all ingredients into a gallon size freezer bag.
3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 4 to 6 hours, until chicken is cooked
8. Shred chicken before serving

I like to serve this with spanish rice.
and/tortillas



Beef Ramen Noodles

1.5lbs browned ground beef
1.5 cups matchstick carrots
1 red bell pepper (sliced)
1 onion (diced)
3 cloves of garlic (minced)
3/4 cup soy sauce
3 Tbs brown sugar
1 Tbs fresh ginger (minced)
2.5 cups beef broth
salt & pepper to taste
fresh broccoli (optional)

for later:

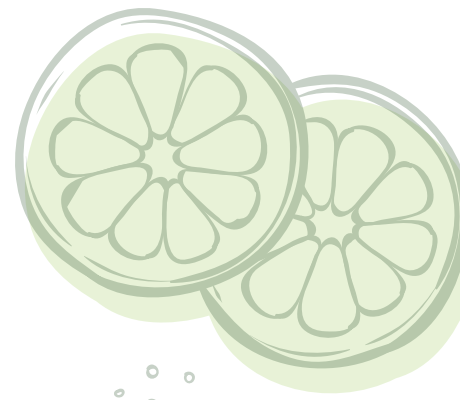
2-3 packs of ramen noodles

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3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 4 to 6 hours
8. Add dry ramen noodles approximately 20 minutes before serving (discard seasoning packet)
9. Stir frequently to ensure even cooking





RECIPES



Teriyaki Chicken and Vegetables

2lbs chicken breast
2 cups fresh broccoli
1 red bell pepper (diced)
1 onion (diced)
2/3 cup soy sauce
3 Tbs rice vinegar
3 Tbs honey
3 Tbs brown sugar
1 clove of garlic (diced)
1 Tbs fresh ginger (minced)
2 Tbs water
salt & pepper to taste

for later:
cornstarch
rice

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3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 4 to 6 hours, until chicken is cooked and veggies are tender.

I like to serve this with white or sticky rice.

Sloppy Joes

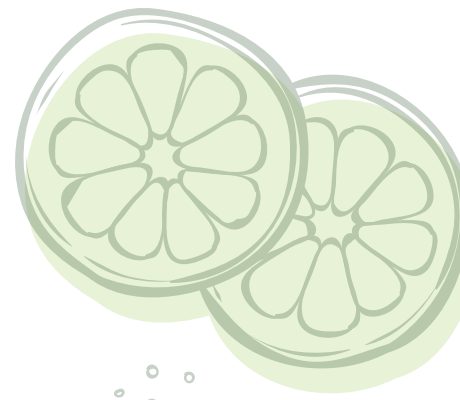
1.5lbs browned ground beef
1 onion (diced)
1 green pepper (diced)
2 cloves of garlic (minced)
22oz tomato sauce
3 Tbs brown sugar
2 Tbs rice vinegar
3 tsp lemon juice
2 tsp worcestershire sauce
2 1/2 tsp chili powder
1/4 tsp ground allspice
1/4 tsp garlic powder
1/4 tsp onion powder
1 tsp ground mustard
salt & pepper to taste

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3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 2-3 hours,

I like to serve this on hamburger buns with a side of tater tots or french fries.



RECIPES



Chili

- 1.5lbs browned ground beef
- 1 onion (diced)
- 1 green pepper (diced)
- 1 can condensed tomato soup
- 1 can dark red kidney beans (drained and rinsed)
- 1 can light red kidney beans (drained and rinsed)
- 1 can petite diced tomatoes
- 1 tsp paprika
- 2 tsp ground cumin
- 1 tsp chili pepper (or cayenne pepper)
- 1 tsp oregano
- 2 tsp garlic powder
- 1 tsp onion powder
- salt & pepper to taste

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3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 4-5 hours,

Chicken Cacciatore

- 2lbs chicken breast
- 38 oz spaghetti sauce
- 1 zucchini (sliced)
- 1 green pepper (diced)
- 1 onion (diced)
- 2 cloves of garlic (minced)
- 1 Tbs italian seasoning
- 1 tsp oregano
- 1 tsp basil
- salt & pepper to taste

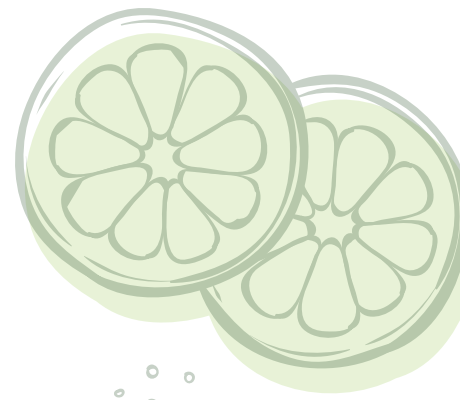
for later:

- pasta
- parmesan cheese (optional)

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2. Place all ingredients into a gallon size freezer bag.
3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 4 to 6 hours, until chicken is cooked and veggies are tender.
8. Boil a pot of water and make pasta of your choice.
9. Top with parmesan cheese (optional)



RECIPES



Taco Soup

1.5lbs browned ground beef
1 onion (diced)
4 cloves of garlic (minced)
1 can corn (drained)
30 oz diced tomatoes with green chilis
1 Tbs chili pepper
1 tsp pepper
1/2 tsp salt
1/2 tsp paprika
1/2 tsp ground cumin
1/2 tsp oregano
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp red pepper flakes (optional)

for later:
4 cups beef broth

1. Label the freezer bag with the name of the recipe, cooking instructions, and prep date (can freeze up to 3 months)
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3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Add 4 cups of beef broth and cook in slow cooker on low for 4-5 hours,

I like to serve this with tortilla chips (and mexican blend cheese if dairy is an option for you).

Mushroom Chicken

2lbs chicken breast
16oz mushrooms (sliced)
1 onion (diced)
2 cloves of garlic (minced)
salt & pepper to taste

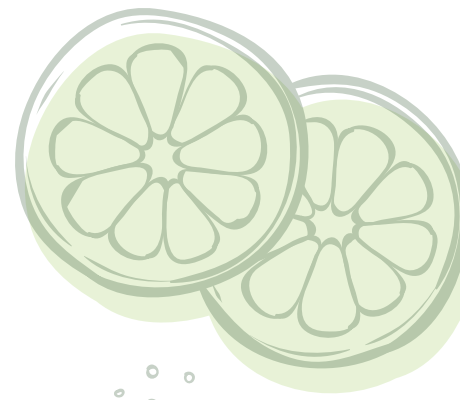
for later:
2 cups chicken broth
egg noodles
cornstarch

1. Label the freezer bag with the name of the recipe, cooking instructions, and prep date (can freeze up to 3 months)
2. Place all ingredients into a gallon size freezer bag.*Chicken should be the last ingredient added
3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Add 2 cups of chicken broth and cook in slow cooker on low for 3 to 4 hours, until chicken is cooked.
8. Add cold water and cornstarch mixture 30 minutes before serving.

I like to serve this over egg noodles.



RECIPES



Pulled BBQ Chicken

2lbs chicken breast
18oz bottle of barbeque sauce
1/4 cup brown sugar
1 Tbs worcestershire sauce
1 Tbs rice vinegar
1/4 tsp lemon juice
2 tsp paprika
1 tsp chili powder
1 tsp onion powder
1 tsp garlic powder
salt and pepper to taste



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2. Place all ingredients into a gallon size freezer bag.
3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Cook in slow cooker on low for 3 to 4 hours, until chicken is cooked.
8. Shred chicken before serving



I like to serve this on hamburger buns with a side of tater tots or onion rings.

Beef Vegetable Soup

1.5lbs browned ground beef
1 onion (diced)
2 cloves of garlic (minced)
1 can petite diced tomatoes
1 can condensed tomato soup
2 tsp worcestershire sauce
2 tsp italian seasoning
1 frozen 16oz bag mixed vegetables

for later:

1 can diced potatoes
4 cups beef broth

1. Label the freezer bag with the name of the recipe, cooking instructions, and prep date (can freeze up to 3 months)
2. Place all ingredients into a gallon size freezer bag.
3. Remove all air and flatten.
4. Freeze flat on a cookie sheet.
5. Once frozen remove the cookie sheet and store in the freezer until ready to cook.
6. To eat, thaw overnight in the refrigerator.
7. Add 4 cups of beef broth and can of diced potatoes to slow cooker.
8. Cook in slow cooker on low for 4-5 hours.

I like to serve this with grilled cheese sandwiches if dairy is an option for you.

