

# FIVE VEGETARIAN FREEZER CROCKPOT MEALS

## RECIPES & GROCERY LIST

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### HEARTY TOMATO VEGGIE & BARLEY SOUP

Yields: 6 servings

#### INGREDIENTS

- 24oz jar of pasta sauce
- 1lb carrots, peeled and chopped
- 1/2 cup medium pearled barley (not "quick cooking")
- 1 small onion, peeled and diced (about one cup)
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 1 cup frozen peas, optional (I added what was left in the bag after making the coconut chickpea curry)
- 15oz can of great northern beans, drained and rinsed
- 4 cups of vegetable broth \*not needed until day of cooking (you can sub chicken broth if you're not vegetarian)

#### MATERIALS

- 1 gallon-sized plastic freezer bag

#### PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

#### COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (Optional. You can also quickly thaw the bag in water in the morning so you can break apart the frozen block and fit it into your crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and add broth.
3. Cook on "low" setting for 8 hours or until veggies are tender.
4. Serve with fresh bread or baked crescent rolls.

## COCONUT CHICKPEA CURRY

Yields: 6 servings

### INGREDIENTS

- 1 small onion, peeled and diced (about one cup)
- 2 large cloves of garlic, peeled and minced
- 2 cups frozen peas
- Two 15oz cans of chickpeas, drained and rinsed
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)
- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

### COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (This is important because the meal will be a solid frozen block that is hard to fit into an oval crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours or until onions are tender and meal is heated through.
3. Serve with fresh bread or rice.

## MEXICAN BLACK BEAN CHILI WITH CORNBREAD TOPPING

Yields: 4 servings

### INGREDIENTS

- 2 cans of black beans (15oz each)
- 1 small onion, peeled and diced (about one cup)
- 1 bell pepper (any color – I used red), chopped (about 2 cups)
- 1 cup frozen corn
- 1 package store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- .25lb of cheddar cheese, shredded (about one cup) \*not needed until day of cooking
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk) \*not needed until day of cooking

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and “use by date”. (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except cheese and Jiffy corn mix).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

Note: If you buy the cheese ahead of time, you can shred and freeze it in a smaller freezer bag.

### COOK

1. The night before cooking, move the frozen bag to your refrigerator to thaw. (Optional. You can also quickly thaw the bag in water in the morning so you can break apart the frozen block and fit it into your crockpot.)
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 6 hours or until vegetables are tender.
3. Top with shredded cheese and assembled corn muffin batter.
4. Bake an additional 30 minutes on “high” setting or until cornbread topping is cooked through.

## GREENS & BEANS

Yields: 6 servings

### INGREDIENTS

- 8oz dried cannellini beans, rinsed (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want
- 1 tablespoons extra virgin olive oil
- 5 cloves of garlic, peeled and minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, thinly chopped
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)
- 4 cups of vegetable broth \*not needed until day of cooking (You can sub chicken broth if you're not a vegetarian)
- 8 cups of water \*not needed until day of cooking
- Parmesan cheese for topping, optional \*not needed until day of cooking

### MATERIALS

- 1 gallon-sized plastic freezer bag

### PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag (except broth, water, and cheese).
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

### COOK

1. Pour contents of freezer bag into your crockpot and add broth and water.
2. Cook on "low" setting for 6-8 hours or until beans are cooked through.
3. Top with parmesan cheese (if you have it).
4. Serve with fresh bread or rolls.

# BLACK BEAN FAJITAS

Yields: 4 servings

## INGREDIENTS

- 3 bell peppers, sliced (I used red, yellow, and orange ones)
- 1 small onion, peeled and sliced
- 15oz can of black beans, drained and rinsed
- 2 cloves of garlic, peeled and minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

## MATERIALS

- 1 gallon-sized plastic freezer bag

## PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and "use by date". (For standard fridge/freezer combos, this will be three months from the prep day.)
2. Add all of the ingredients to the bag.
3. Remove as much air as possible from the bag, seal it, and lay it flat in your freezer.

## COOK

1. Pour contents of freezer bag into your crockpot and cook on "low" setting for 6-8 hours or until peppers are tender.
2. Serve on tortillas or rice. (We also top with lettuce, tomatoes, shredded cheese, and guacamole.)

## GROCERY LIST FOR ALL FIVE MEALS

### PRODUCE

- 1lb carrots, peeled and chopped
- 4 small onions
- 12oz green beans, cut into 1-inch pieces (The fresh beans didn't look good at the grocery store, so I bought a bag of "ready to cook" fresh green beans in the produce section)
- 9 large cloves of garlic
- 4 bell peppers (I used two red, one orange, one yellow)
- 1 head of escarole
- 1/2 head of kale, thinly chopped (you can chop and freeze the other half for future batches of Greens & Beans or other crockpot soups)

### FROZEN

- 1lb bag of frozen peas (3 cups)
- 1 cup frozen corn

### SEASONINGS

- 2 tablespoons curry powder
- 1.5 teaspoons salt
- 1.25 teaspoons crushed red pepper flakes
- 1 package taco seasoning
- 1/2 teaspoon pepper
- pinch of sugar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon paprika

### BEANS

- 15oz can of great northern beans
- 2 cans of chickpeas (15oz each)
- 3 cans of black beans (15oz each)
- 8oz dried cannellini beans (1 and 1/3 cup) – you can sub two 15oz cans of beans if you want

### MISC

- 24oz jar of pasta sauce
- 1/2 cup medium pearled barley (not "quick cooking")
- 10.75oz can of condensed tomato soup
- 6oz can of tomato paste
- 14.5oz can of tomato sauce (about 1.75 cups)

- 13.5oz can of coconut milk (often sold near the Thai food ingredients in the grocery store)
- 5 tablespoons honey
- 1 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 5 gallon-sized plastic freezer bags

#### ITEMS NEEDED FOR DAY-OF COOKING

- 8 cups of vegetable broth (you can sub chicken broth if you're not vegetarian)
- .25lb of cheddar cheese, shredded
- 1 box of Jiffy corn muffin mix plus the ingredients listed on the box (1 egg and 1/3 cup of milk)
- Side dishes, optional
  - I serve my Veggie Barley Soup with fresh bread or baked crescent rolls.
  - I serve my Coconut Chickpea Curry with fresh bread or rice.
  - I serve my Greens & Beans topped with parmesan cheese and served with a side of fresh bread or rolls.
  - I serve my Mexican Black Bean Chili with Cornbread Topping by itself.
  - I serve my Black Bean Fajitas with tortillas or rice (and top with lettuce, tomatoes, shredded cheese, and guacamole)