

# 7 **MORE** Freezer Meals



Printable Labels, Recipes and Shopping List Included!

[www.therecipecritic.com](http://www.therecipecritic.com)



## Meet Alyssa

Welcome to my kitchen! I am Alyssa Rivers, published cookbook author of '**The Tried and True Cookbook**' and I am the foodie behind **The Recipe Critic**. This website launched in 2012 as a place to share my passion for cooking.

The Recipe Critic is home to thousands of recipes that have been tried, tested, and approved by the world's most honest critics...kids and families from all over the world.

My goal is to provide families with quick and easy meals that don't sacrifice taste. From slow cooker meals to one-pot meals, air fryer recipes, baked casseroles, grilled delights, and desserts galore, my recipes are everything that you need! Your family and guests will keep coming back for more!

# Simple and Delicious Freezer-Friendly Dinners

Freezer meals are a lifesaver on busy nights. These recipes are quick to prep, made with simple ingredients you already love, and each one has been tested to make ahead, store well in the freezer, and still taste amazing when you pull it back out. Think of them as your built-in backups, ready to save you from last-minute takeout or the stress of figuring out what's for dinner.

Click on the buttons below to grab each recipe and you will thank yourself later!



## Slow Cooker Beef and Broccoli

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## Slow Cooker Chicken Tortellini Soup

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## Crockpot Crack Potato Soup

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## Slow Cooker Honey Garlic Pork Chops

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# Slow Cooker Beef and Broccoli



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This beef and broccoli takes just minutes to toss in the slow cooker, and it's hands-down one of my family's favorite recipes!

## INSTRUCTIONS

- 1 Make the sauce by whisking 1 cup low-sodium beef broth,  $\frac{1}{2}$  cup low-sodium soy sauce,  $\frac{1}{3}$  cup dark brown sugar, 1 tablespoon sesame oil, and 3 teaspoons minced garlic together in a medium bowl.
- 2 Add  $1\frac{1}{2}$  pounds boneless beef chuck roast cut into  $\frac{1}{4}$ -inch strips to a 4-7-quart slow cooker and pour the sauce over, tossing the meat to fully coat it.
- 3 Cook on LOW for 2.5-3.5 hours. About an hour before it is done, remove  $\frac{1}{4}$  cup of the sauce and whisk it in a small bowl with 2 tablespoons cornstarch. Slowly stir this back into the slow cooker.
- 4 At the final 30 minutes of cook time, add 1 (12-ounce) bag frozen broccoli florets to the slow cooker and stir to incorporate. Cover and cook. This will leave the broccoli as crisp-tender, but if you would like the broccoli to be softer, you can partially thaw it prior to adding it to the slow cooker, or you can add it with 1 hour or 45 minutes left in the cook time.
- 5 Garnish with green onions and sesame seeds if desired, and serve with white rice.

## INGREDIENTS

- 1  $\frac{1}{2}$  pounds boneless beef chuck roast cut into  $\frac{1}{4}$ -inch strips
- 1 cup low-sodium beef broth
- $\frac{1}{2}$  cup low-sodium soy sauce
- $\frac{1}{3}$  cup dark brown sugar
- 1 tablespoon sesame oil
- 3 teaspoons minced garlic (about 3 cloves)
- 2 tablespoons cornstarch
- 1 (12-ounce) bag frozen broccoli florets (about 3 cups)

## How to Freeze

1. Mix the beef broth, soy sauce, brown sugar, sesame oil, and garlic in a gallon-sized, freezer-safe, sealable storage bag.
2. Add the sliced chuck roast to the bag. Mix to coat the beef with the sauce mixture. Remove any air and seal the bag.
3. Place the bag in the freezer. Store the frozen broccoli separately, but keep them together.

## How to Reheat

1. Remove the bag from the freezer one hour before cooking to let it thaw slightly.
2. Dump the beef and sauce mixture into a slow cooker and cook on LOW for 3.5 - 4.5 hours.
3. One hour before it's done, remove  $\frac{1}{4}$  cup of the sauce and place it in a small bowl. Whisk in 2 tablespoons of cornstarch. Slowly stir the mixture back into the slow cooker.
4. Stir in the bag of frozen broccoli. Cook an additional 30 minutes for crisp-tender, or 1 hour for tender broccoli.



PREP TIME  
**20 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**4 HRS**



TOTAL TIME  
**4 HRS 20 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months

### Leftover Storage

Store leftovers in an airtight container



# Slow Cooker Chicken Tortellini



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This cozy soup is loaded with tender chicken, cheese-filled tortellini, and veggies in a flavorful broth. It's a dump-and-go recipe that tastes like it simmered all day.

## INSTRUCTIONS

- 1 Add all of the ingredients to a slow cooker except for the tortellini.
- 2 Cook on low for 6 hours.
- 3 Remove the cooked chicken from the slow cooker and shred or cube and add back to the slow cooker.
- 4 Add in the tortellini and cook for 15 minutes or until they are cooked all the way through.
- 5 Season with salt and pepper to taste. Discard bay leaves and serve immediately with chopped parsley, if desired.

## INGREDIENTS

- 1 1/2 pounds boneless chicken breast
- 3 medium carrots peeled and diced
- 3 stalks celery diced
- 1 medium onion diced
- 3 cloves garlic minced
- 6 cups low sodium chicken broth
- 1 cup water
- 2 bay leaves
- 1 teaspoon Italian seasoning or more to taste
- 2 cups cheese tortellini
- Salt and pepper to taste
- Chopped fresh parsley for serving if desired

## How to Freeze

1. Place the chicken, carrots, celery, onion, garlic, chicken broth, water, bay leaves, and Italian seasoning into a gallon-sized, freezer-safe, sealable storage bag.
2. Remove any air, seal the bag, then place it in the freezer.
3. Keep the frozen bag of tortellini with the bag of chicken and veggies.

## How to Reheat

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the chicken and vegetable mixture into a slow cooker and cook on LOW for 5-6 hours.
3. Add the frozen tortellini to the slow cooker and continue to cook on LOW for an additional hour.
4. Season with fresh parsley, salt, and pepper as needed, then enjoy!



PREP TIME  
**10 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**7 HRS**



TOTAL TIME  
**7 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.



# Crockpot Bourbon Chicken



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Sweet, sticky, and savory, this chicken cooks in a sauce that's perfect over rice. It's a set-it-and-forget-it dinner that tastes just like your favorite food court classic.

## INSTRUCTIONS

- 1 Season 2 pounds boneless skinless chicken thighs with Kosher salt and pepper, on both sides and place them in the bottom of the crockpot.
- 2 In a medium bowl add 1/3 cup bourbon, 3/4 cup brown sugar, 3/4 cup soy sauce, and 2 cloves garlic. Stir well to combine. Pour over the chicken in the crockpot.
- 3 Cover with the lid and cook on low for 4 hours or high for 3 hours.
- 4 Add 2 tablespoons cornstarch and 3 tablespoons cold water in a small bowl and whisk until combined. Whisk the cornstarch slurry into the sauce 30 minutes before the chicken is done cooking. This will thicken the sauce.
- 5 Enjoy the chicken over rice and garnish with green onions.

## INGREDIENTS

- 2 pounds boneless skinless chicken thighs
- Kosher salt and pepper, to taste
- 1/3 cup bourbon, whiskey (apple juice, or chicken broth will also work)
- 3/4 cup brown sugar
- 3/4 cup soy sauce
- 2 cloves garlic, minced
- 2 tablespoons cornstarch
- 3 tablespoons cold water

## How to Freeze

1. Place the chicken, salt, pepper, bourbon, brown sugar, soy sauce, and garlic into a gallon-sized, sealable freezer-safe storage bag.
2. Remove any air, seal the bag, then place it in the freezer.

## How to Reheat

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a crockpot and cook on LOW for 6-7 hours.
3. Remove the chicken from the crockpot and shred it. Mix the cornstarch and water together and whisk it into the sauce in the crockpot.
4. Add the chicken back to the crockpot and let it cook for an additional 30 minutes to thicken the sauce. Serve over rice and enjoy!



PREP TIME  
**10 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**8 HRS**



TOTAL TIME  
**8 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.



# Crockpot Mississippi Roast



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With just a handful of ingredients, this roast comes out melt-in-your-mouth tender and full of so much flavor.

## INSTRUCTIONS

- 1 Add pork roast to the slow cooker. Sprinkle ranch and au jus packages on top. Top with butter and peppers.
- 2 Cook on low for 6 hours..
- 3 Shred with a fork and serve

## INGREDIENTS

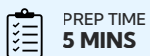
- 2 pounds marinated fresh pork roast
- 1 packet ranch seasonings
- 1 packet au jus gravy mix
- 1/2 stick butter
- 8-10 pepperoncini peppers

## How to Freeze

1. Place the pork roast into a gallon-sized, sealable freezer-safe storage bag.
2. Sprinkle the ranch and au jus mix evenly all over the pork roast.
3. Cut the butter into cubes and place them in the bag along with the pepperoncini peppers.
4. Remove any air, seal the bag, then place it in the freezer.

## How to Reheat

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a slow cooker and cook on LOW for 7-8 hours..
3. Shred the roast with a fork and serve!



PREP TIME  
**5 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**6 HRS**



TOTAL TIME  
**6 HRS 5 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.



# Crockpot Chicken and Gravy



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Tender chicken slow cooks in a rich, creamy gravy that's simple and seasy to make. Spoon it over mashed potatoes or rice for the easiest family dinner.

## INGREDIENTS

- ½ cup chicken broth
- 1 (10 ounce) can cream of chicken soup
- 1 tablespoon chicken seasoning
- 2 packets chicken gravy mix(0.87 ounces each)
- 4 boneless skinless chicken breasts

## INSTRUCTIONS

- 1 In a large crockpot, pour your chicken broth, cream of chicken soup, chicken seasoning, and chicken gravy mix. Stir to combine.
- 2 Place your whole chicken breasts into the crockpot and set it to low.
- 3 Allow the chicken to cook on low for 5-6 hours. You can also cook on high for 3-4 hours
- 4 Once the chicken is fully cooked, remove it from the crockpot and shred or cut it into pieces and place it back into the crockpot.
- 5 Serve your chicken over rice or potatoes and enjoy!

## How to Freeze

## How to Reheat

 PREP TIME  
**10 MINS**

 SERVINGS  
**8 PEOPLE**

 THAW & COOK TIME  
**7 HRS**

 TOTAL TIME  
**7 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.



# Crockpot Crack Potato Soup



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Loaded with bacon, cheese, and ranch flavor, this creamy potato soup is always a hit. Just toss everything in the crockpot and let it do the work for you.

## INSTRUCTIONS

- 1 Combine 1 (32-ounce) bag frozen diced potatoes, 4 cups chicken broth, 1 (10.5-ounce) can cream of chicken soup, 8 ounces cream cheese, softened and cubed, 1 (1-ounce) package dry ranch dressing mix, ½ teaspoon pepper, ½ teaspoon onion powder, and 1 cup of the 1¼ cups cooked bacon, in a 6-quart slow cooker.
- 2 Cover and cook on LOW for 5–6 hours or HIGH for 2–3 hours.
- 3 15 minutes before serving, stir the soup to incorporate the cream cheese into the soup. Pour in 1 cup half and half and 2 cups shredded sharp cheddar cheese,. Cover and warm until melted.
- 4 Garnish with chopped green onion, shredded cheddar cheese, and additional ¼ cup bacon pieces, if desired.

## INGREDIENTS

- 1¼ cups cooked bacon, chopped and divided
- 1 (32-ounce) bag frozen diced potatoes
- 4 cups chicken broth
- 1 (10.5-ounce) can cream of chicken soup
- 8 ounces cream cheese, softened and cubed
- 1 (1-ounce) package dry ranch dressing mix
- 4 pounds boneless skinless chicken thighs, chicken breasts also work
- ½ teaspoon pepper
- ½ teaspoon onion powder
- 2 cups shredded sharp cheddar cheese, extra for serving
- 1 cup half and half
- green onion, chopped for garnish



PREP TIME  
**15 MINS**



SERVINGS  
**6 PEOPLE**



THAW & COOK TIME  
**6 HRS**



TOTAL TIME  
**6 HRS 15 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

1. Mix the bacon, potatoes, chicken broth, cream of chicken soup, ranch mix, pepper, and onion powder into a gallon-sized, sealable freezer-safe storage bag.
2. Do not add the cream cheese to the freezer bag. Keep it refrigerated or have it on hand until you cook the soup!
3. Remove any air, seal the bag, then place it in the freezer.

## How to Reheat

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a crockpot. Add the softened cream cheese and cook on LOW for 5-6 hours.
3. Add the shredded cheese and half-and-half to the crockpot. Mix and continue cooking until the cheese is melted. Serve with chopped green onions. on top!



# Slow Cooker Honey Garlic Pork Chops



These pork chops cook low and slow in a sweet and garlicky sauce until fork-tender. It's an easy weeknight dinner that feels a little extra special.

## INSTRUCTIONS

- 1 Season 4 boneless pork chops, generously with Kosher salt and pepper on both sides.
- 2 Heat 1 tablespoon olive oil in a pan over high heat. Cook the pork for 4-5 minutes on each side until deep golden brown.
- 3 Place the pork chops in the bottom of the slow cooker.
- 4 In a medium bowl, whisk together 2 teaspoons minced garlic, 1/2 cup honey, 1/4 cup chicken broth, and 3 tablespoons apple cider vinegar. Pour the sauce over the pork chops.
- 5 Cover the slow cooker and cook on low for 4 hours. I prefer cooking pork chops on low, but feel free to cook on high for 2-3 hours.
- 6
  - In a small bowl, whisk 2 tablespoons cornstarch and cold 2 tablespoons water. Add the cornstarch mixture to the slow cooker for the last 30 minutes of cooking. Cook until the sauce thickens and the pork chops are tender.

## INGREDIENTS

- 4 boneless pork chops, thick cut
- 1 tablespoon olive oil
- Kosher salt and pepper to taste
- 2 teaspoons minced garlic
- 1/2 cup honey
- 1/4 cup chicken broth
- 3 tablespoons apple cider vinegar
- 2 tablespoons cornstarch
- 2 tablespoons water
- 2 tablespoons chopped parsley

 PREP TIME  
**10 MINS**

 SERVINGS  
**6 PEOPLE**

 THAW & COOK TIME  
**6 HRS**

 TOTAL TIME  
**6 HRS 10 MINS**

### Freezer Storage

Store prepped meal in the freezer for up to 3 months.

### Leftover Storage

Store leftovers in an airtight container in the fridge for up to 4 days.

## How to Freeze

1. Season the pork chops with salt and pepper on both sides.
2. Heat the olive oil in a pan over high heat. Cook the pork for 4-5 minutes on each side, until deep golden brown.
3. Slightly cool the pork chops, then place them in a gallon-sized, sealable freezer-safe storage bag.
4. In a small bowl, whisk together the garlic, honey, chicken broth, and apple cider vinegar. Pour the sauce into the bag with the pork chops.
3. Remove any air, seal the bag, then place it in the freezer.

## How to Reheat

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into the slow cooker and cook on LOW for 4-5 hours.
3. Whisk the cornstarch and water in a small bowl. Stir the mixture into the sauce in the slow cooker. Cook for an additional 30 minutes to thicken the sauce.
4. Serve the pork chops with the honey garlic sauce and garnish with fresh parsley.

## SLOW COOKER BEEF AND BROCCOLI

**Prep Time:** 20 Minutes  
**Thaw & Cook Time:** 6 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

1 ½ pounds beef chuck roast, sliced into ¼-inch strips  
1 cup low-sodium beef broth  
½ cup low-sodium soy sauce  
⅓ cup dark brown sugar  
1 tablespoon sesame oil  
3 teaspoons minced garlic  
2 tablespoons cornstarch  
1 (12-ounce) bag frozen broccoli florets

### INSTRUCTIONS

1. Mix the beef broth, soy sauce, brown sugar, sesame oil, and garlic in a gallon-sized, freezer-safe, sealable storage bag.
2. Add the sliced chuck roast to the bag. Mix to coat the beef with the sauce mixture.. Remove any air and seal the bag.
3. Place the bag in the freezer. Store the frozen broccoli separately, but keep them together.

### REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to let it thaw slightly.
2. Dump the beef and sauce mixture into a slow cooker and cook on LOW for 3.5 - 4.5 hours.
3. One hour before it's done, remove ¼ cup of the sauce and place it in a small bowl. Whisk in 2 tablespoons of cornstarch. Slowly stir the mixture back into the slow cooker.
4. Stir in the bag of frozen broccoli. Cook an additional 30 minutes for crisp-tender, or 1 hour for tender broccoli.



## SLOW COOKER CHICKEN TORTELLINI SOUP

**Prep Time:** 10 Minutes  
**Thaw & Cook Time:** 7 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

### INGREDIENTS

1 ½ pounds chicken breast  
3 medium diced carrots  
3 stalks diced celery  
1 diced medium onion  
3 cloves minced garlic  
6 cups low-sodium chicken broth  
1 cup water  
2 bay leaves  
1 teaspoon Italian seasoning  
1 (16-ounce) bag frozen cheese tortellini  
chopped fresh parsley  
salt and pepper to taste

### INSTRUCTIONS

1. Place the chicken, carrots, celery, onion, garlic, chicken broth, water, bay leaves, and Italian seasoning into a gallon-sized, freezer-safe, sealable storage bag.
2. Remove any air, seal the bag, then place it in the freezer.
3. Keep the frozen bag of tortellini with the bag of chicken and veggies.

### REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the chicken and vegetable mixture into a slow cooker and cook on LOW for 5-6 hours.
3. Add the frozen tortellini to the slow cooker and continue to cook on LOW for an additional hour.
4. Season with fresh parsley, salt, and pepper as needed, then enjoy!



# CROCKPOT BOURBON CHICKEN

**Prep Time:** 10 Minutes  
**Thaw & Cook Time:** 8 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

## INGREDIENTS

2 lbs. boneless skinless chicken thighs  
salt and pepper to taste  
 $\frac{1}{3}$  cup bourbon, or apple juice  
 $\frac{3}{4}$  cup brown sugar  
 $\frac{3}{4}$  cup soy sauce  
2 cloves minced garlic  
2 tablespoons cornstarch  
3 tablespoons cold water

## INSTRUCTIONS

1. Place the chicken, salt, pepper, bourbon, brown sugar, soy sauce, and garlic into a gallon-sized, sealable freezer-safe storage bag.
2. Remove any air, seal the bag, then place it in the freezer.

## REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a crockpot and cook on LOW for 6-7 hours.
3. Remove the chicken from the crockpot and shred it. Mix the cornstarch and water together and whisk it into the sauce in the crockpot.
4. Add the chicken back to the crockpot and let it cook for an additional 30 minutes to thicken the sauce. Serve over rice and enjoy!



# SLOW COOKER MISSISSIPPI PORK ROAST

**Prep Time:** 10 Minutes  
**Thaw & Cook Time:** 8 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

## INGREDIENTS

2 pounds marinated pork roast  
1 packet ranch seasoning  
1 packet au jus gravy mix  
 $\frac{1}{4}$  cup butter  
8-10 pepperoncini peppers

## INSTRUCTIONS

1. Place the pork roast into a gallon-sized, sealable freezer-safe storage bag.
2. Sprinkle the ranch and au jus mix evenly all over the pork roast.
3. Cut the butter into cubes and place them in the bag along with the pepperoncini peppers.
4. Remove any air, seal the bag, then place it in the freezer.

## REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a slow cooker and cook on LOW for 7-8 hours..
3. Shred the roast with a fork and serve!



# CROCKPOT CHICKEN AND GRAVY

**Prep Time:** 10 Minutes  
**Thaw & Cook Time:** 7 Hours  
**Servings:** 8

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

## INGREDIENTS

4 chicken breasts  
1 (10-ounce) can cream of chicken soup  
½ cup chicken broth  
1 tablespoon chicken seasoning  
2 packets chicken gravy mix

## INSTRUCTIONS

1. Mix the cream of chicken soup, chicken broth, chicken seasoning, and chicken gravy mix into a gallon-sized, sealable freezer-safe storage bag.
2. Add the chicken breasts to the bag and coat the chicken in the mixture.
3. Remove any air, seal the bag, then place it in the freezer..

## REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a crockpot and cook on LOW for 6-7 hours.
3. Remove the chicken from the crockpot and shred or cut it into bite-sized pieces. Add the chicken back to the crockpot and mix it in with the sauce.
4. Serve over rice or potatoes!



# CROCKPOT CRACK POTATO SOUP

**Prep Time:** 10 Minutes  
**Thaw & Cook Time:** 7 Hours  
**Servings:** 6

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

## INGREDIENTS

1 ¾ cups cooked and chopped bacon  
1 (32-ounce) bag frozen diced potatoes  
4 cups chicken broth  
1 (10.5-ounce) can cream of chicken soup  
1 (1-ounce) package dry ranch dressing mix  
½ teaspoon pepper  
½ teaspoon onion powder  
8 ounces cream cheese, softened and cubed (**DO NOT FREEZE- ADD FROM REFRIGERATOR**)  
2 cups shredded sharp cheddar cheese, extra for serving  
1 cup half and half  
Chopped green onion

## INSTRUCTIONS

1. Mix the bacon, potatoes, chicken broth, cream of chicken soup, ranch mix, pepper, and onion powder into a gallon-sized, sealable freezer-safe storage bag.
2. Do not add the cream cheese to the freezer bag. Keep it refrigerated or have it on hand until you cook the soup!
3. Remove any air, seal the bag, then place it in the freezer.

## REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into a crockpot. Add the softened cream cheese and cook on LOW for 5-6 hours.
3. Add the shredded cheese and half-and-half to the crockpot. Mix and continue cooking until the cheese is melted. Serve with chopped green onions on top!



# SLOW COOKER HONEY GARLIC PORK CHOPS

**Prep Time:** 30 Minutes  
**Thaw & Cook Time:** 6 Hours  
**Servings:** 4

**Freezer Storage:** Store prepped meal in the freezer for up to 3 months.  
**Leftover Storage:** Store in airtight container in the fridge for up to 4 days.

## INGREDIENTS

4 thick-cut boneless pork chops  
salt and pepper to taste  
1 tablespoon olive oil  
2 teaspoons minced garlic  
1/2 cup honey  
1/4 cup chicken broth  
3 tablespoons apple cider vinegar  
2 tablespoons cornstarch  
2 tablespoons water  
2 tablespoons chopped parsley

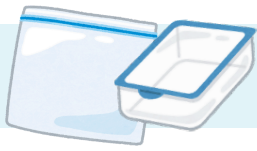
## INSTRUCTIONS

1. Season the pork chops with salt and pepper on both sides.
  2. Heat the olive oil in a pan over high heat. Cook the pork for 4-5 minutes on each side, until deep golden brown.
  3. Slightly cool the pork chops, then place them in a gallon-sized, sealable freezer-safe storage bag.
  4. In a small bowl, whisk together the garlic, honey, chicken broth, and apple cider vinegar. Pour the sauce into the bag with the pork chops.
3. Remove any air, seal the bag, then place it in the freezer.

## REHEATING INSTRUCTIONS

1. Remove the bag from the freezer one hour before cooking to thaw slightly.
2. Dump the contents of the bag into the slow cooker and cook on LOW for 4-5 hours.
3. Whisk the cornstarch and water in a small bowl. Stir the mixture into the sauce in the slow cooker. Cook for an additional 30 minutes to thicken the sauce.
4. Serve the pork chops with the honey garlic sauce and garnish with fresh parsley.





# MORE FREEZER MEALS MENU PLAN



## SHOPPING LIST

SLOW COOKER BEEF AND BROCCOLI



[RECIPE HERE](#)

SLOW COOKER CHICKEN TORTELLINI SOUP



[RECIPE HERE](#)

CROCKPOT BOURBON CHICKEN



[RECIPE HERE](#)

CROCKPOT MISSISSIPPI ROAST



[RECIPE HERE](#)

CROCKPOT CHICKEN AND GRAVY



[RECIPE HERE](#)

CROCKPOT CRACK POTATO SOUP



[RECIPE HERE](#)

SLOW COOKER HONEY GARLIC PORK CHOPS



[RECIPE HERE](#)

### PANTRY STAPLES

- HONEY (1/2 CUP)
- SOY SAUCE (1 1/4 CUP)
- BROWN SUGAR (1/3 CUP)
- BURBON OR APPLE JUICE (1/3 CUP)
- CORNSTARCH (6 TBSP)
- CHICKEN BROTH (10 3/4 CUP)
- BEEF BROTH (1 CUP)
- SESAME OIL (1 TBSP)
- BROWN SUGAR (3/4 CUPS)
- OLIVE OIL (1 TBSP)
- APPLE CIDER VINEGAR (3 TBSP)
- WATER

### SEASONINGS

- RANCH SEASONING (2 PKGS OR 4 TBSP)
- CHICKEN GRAVY MIX (2 PKG OR 4 TBSP)
- CHICKEN SEASONING (1 TBSP)
- ITALIAN SEASONING (1 TSP)
- ONION POWDER (1/2 TSP)
- AU JUS GRAVY MIX (1 PKG OR 2 TBSP)
- GARLIC POWDER (2 TEASPOONS)
- BAY LEAVES (2 LEAVES)

### CANNED GOODS

- PEPPERONCINI PEPPERS (1 16-OZ JAR)
- CREAM OF CHICKEN SOUP (2 10.5-OZ CANS)

### PRODUCE

- GARLIC (10 CLOVES)
- CARROTS (3 MEDIUM)
- CELERY (3 STALKS)
- ONION (1 MEDIUM)
- PARSLEY (1 BUNCH)
- GREEN ONION (1 BUNCH)

### DAIRY

- HALF AND HALF (1 CUP)
- SHREDDED SHARP CHEDDAR (2 CUPS)
- CREAM CHEESE (8 OUNCES)
- BUTTER (1/4 CUP)

### FROZEN

- BROCCOLI FLORETS (12-OUNCE BAG)
- CHEESE TORTELLINI (16-OUNCE BAG)
- DICED POTATOES (32-OUNCE BAG)

### PROTEIN

- BONELESS SKINLESS CHICKEN BREASTS (5 LBS)
- BONELESS SKINLESS CHICKEN THIGHS (2 LBS)
- BEEF CHUCK ROAST (1.5 LBS)
- THICK-CUT PORK CHOPS (4)
- THICK-CUT BACON (16 OZ)
- MARINATED PORK ROAST (2 LBS)

