

## Shopping List for 9 freezer crockpot dump meals

Onion - 2  
Ketchup - 3/4 cup  
peach jam - 1 cup  
red pepper - 2  
cream cheese - 8 oz  
salsa verde -16 oz jar  
corn -1 can  
black beans - 1 can  
lime - 2  
cumin - 1 1/5 t  
soy sauce - 3/4 cup 3 T  
cranberry sauce - 1  
dijon - 2 T  
pineapple chunks - 20 oz can  
Honey - 3/4 cup 2 T  
oil - 4 T 1/4 cup  
minced garlic -11 T  
crushed red pepper flakes - 1 3/4 t  
Peanut Butter - 1/2 cup  
Chicken Broth - 1/2 cup  
Balsamic Vinegar - 2 T  
Worcestershire Sauce - 2 T  
Brown Sugar - 4 T  
Chili Powder - 1T  
Curry Powder - 1 1/2 t  
Ground Thyme - 1/2 t  
2 lbs boneless pork chops  
2 lbs skinless chicken thighs  
10 lb boneless skinless chicken breasts

## Honey Sesame Chicken

1/2 cup honey  
1/2 cup soy sauce  
1/4 cup ketchup  
2 tablespoons vegetable oil  
1/2 onion, diced  
2 tablespoons of minced garlic  
1/4 teaspoon crushed red pepper flakes  
2 pounds boneless, skinless chicken thighs  
Salt & Pepper to taste

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.  
To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.

## Slow Cooker Peach Chicken

3 tablespoons minced garlic  
1 tablespoons soy sauce  
1 cup peach jam  
1 lb boneless, skinless chicken breasts

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.  
To cook, dump the contents of the bag into the crockpot and cook on low for 4 hours. Shred chicken and return to slow cooker to mix with juice.

## Crockpot Red Pepper Chicken Recipe

1/2 onion minced  
1 tsp crushed red pepper flakes  
4 tablespoons minced garlic  
1/4 cup olive oil  
1 red bell pepper - diced  
1 lb boneless, skinless chicken breasts  
Salt & Pepper to taste

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.  
To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.

## **Salsa Verde Crockpot Chicken Recipe**

1 can black beans - drained  
1 can corn - drained  
16 oz jar salsa verde  
2 lbs boneless skinless chicken breast  
8 oz cream cheese - \*\*not needed til the day of cooking

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.

To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours. 1/2 hour before the finish of cooking, add the cream cheese and let it heat for the remaining 1/2 hour.

## **CROCKPOT THAI PEANUT CHICKEN**

1 red pepper, diced  
1/2 onion  
1/2 cup creamy peanut butter  
1 lime, juiced  
1/2 cup chicken broth  
1/4 cup soy sauce  
1 1/2 teaspoons cumin  
1 pound boneless skinless chicken breasts

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.

To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.

## **Crockpot Cranberry Chicken**

1/2 small onion  
1 can whole cranberry sauce  
2 tablespoons minced garlic  
2 tablespoons honey  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
1/4 teaspoon crushed red pepper flakes  
2 lbs boneless skinless chicken breasts  
salt & pepper to taste

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.

To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.

## **Slow Cooker Shredded BBQ Chicken**

1 cup ketchup  
2 tablespoons worcestershire sauce  
2 tablespoons brown sugar  
1 tablespoon chili powder  
1 1/2 teaspoons curry powder  
1 lb boneless skinless chicken breasts

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.

To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.

## **Honey Dijon Chicken**

1/4 cup honey  
2 tablespoons dijon mustard  
1/2 teaspoon ground thyme  
2 lbs boneless skinless chicken breasts  
Salt & Pepper to taste

Dump all the ingredients into the bag except the chicken. Put the chicken into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.

To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.

## **Slow Cooker Hawaiian Pork Chops**

20 oz can pineapple chunks  
2 tablespoons brown sugar  
2 tablespoons soy sauce  
1 lb boneless pork chops

Dump all the ingredients into the bag except the pork. Put the pork into the freezer bag LAST so that it's the first thing that goes into the crockpot for cooking.

To cook, dump the contents of the bag into the crockpot and cook on low 6-8 hours or high for 4-6 hours.