

Freezer-Ready Slow Cooker Meals



PINEAPPLE PORK

Mix the following ingredients, place in a gallon freezer bag, and freeze.

- 1 ½ lbs cubed Pork Loin or Tenderloin
- ½ of a medium red pepper (1/4 Cup), diced
- ½ of a medium onion (1/4 Cup), diced
- 2 Tbs brown sugar
- 1 tsp Italian seasoning
- ½ tsp kosher salt
- ½ tsp black pepper
- 3 Tbs corn starch

TO COOK- Thaw in the fridge overnight. Place in slow cooker. Add one 20 oz. can of crushed pineapple. Cook on HIGH for 4-6 hours or LOW 7-9 hours.

TO SERVE- Serve with whole grain brown rice or couscous.

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 195 grams (195g) Servings Per Container about 7 | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 190mg | 8% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber 1g | 4% |
| Sugars 14g | |
| Protein 20g | |
| Vitamin A 6% | Vitamin C 30% |
| Calcium 2% | Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

LEMON CHICKEN

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 5 boneless skinless chicken breasts
- 5 Tbs lemon pepper seasoning
- 2 Tbs melted unsalted butter
- 1 sliced lemon
- 1 tsp dried parsley

TO COOK- Thaw in the fridge overnight. Place in slow cooker and remove the lemon rinds and cook on low for 8-10 hours.

TO SERVE- Serve with quinoa.

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1 chicken breast (140g) Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 940mg | 39% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 25g | |
| Vitamin A 4% | Vitamin C 10% |
| Calcium 2% | Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

TERRIACKI CHICKEN

Mix the following ingredients, place in a gallon freezer bag, and freeze.

- 5 boneless, skinless chicken breasts
- ½ of a medium red pepper (1/4 Cup), diced
- ½ cup honey
- ½ cup low sodium soy sauce
- ¼ cup water
- 2 tsp ground ginger
- ¼ tsp garlic powder

TO COOK- Thaw in the fridge overnight. Place in slow cooker. Cook on HIGH for 4-6 hours or LOW 7-9 hours.

TO SERVE- Serve with whole grain brown rice and vegetables.

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1 chicken breast (195g) Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 1120mg | 47% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 0g | 0% |
| Sugars 28g | |
| Protein 24g | |
| Vitamin A 8% | Vitamin C 30% |
| Calcium 0% | Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

BROCCOLI BEEF

Mix the following ingredients, place in a gallon freezer bag, and freeze.

- ¼ Cups low sodium beef broth
- 1 Tbs cornstarch
- 2 Tbs white wine
- 2 Tbs apple cider vinegar
- 2 Tbs low sodium soy sauce
- 2 tsp olive oil
- ¼ tsp garlic powder
- ½ tsp red pepper flakes
- 1 ½ lbs chuck steak, cut into strips

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high. Add 2 cups frozen broccoli for the last hour of cooking.

TO SERVE- Serve over warm whole grain brown rice and garnish with sesame seeds.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 195 grams (195g) Servings Per Container about 7 | |
| Amount Per Serving | |
| Calories 280 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 270mg | 11% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 1g | 4% |
| Sugars 0g | |
| Protein 21g | |
| Vitamin A 2% | Vitamin C 8% |
| Calcium 2% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

HONEY ROSEMARY CHICKEN

Mix the following ingredients. Let marinate for several hours in the refrigerator before freezing. Place in gallon freezer bag, and freeze.

- 5 boneless, skinless chicken breasts, cut into bite sized pieces
- 1/3 Cup balsamic vinegar
- 1/3 Cup honey
- 1/3 Cup olive oil
- 3 Tbs chopped fresh rosemary
- 1 tsp salt

TO COOK- Thaw in the fridge overnight. Add 1 cup of water & the contents of the bag to the crockpot. Cook on high for 3-4 hours or low for 6-8 hours. Ten minutes before serving, add 2 Tbs cornstarch to thicken the sauce.

TO SERVE- Serve over couscous (or rice).

| Nutrition Facts | |
|--------------------------------|-----------------------|
| Serving Size 195 grams (195g) | |
| Servings Per Container about 7 | |
| Amount Per Serving | |
| Calories 290 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 80mg | 27% |
| Sodium 470mg | 20% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 27g | |
| Vitamin A 2% | Vitamin C 2% |
| Calcium 2% | Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GREEN CHILE PORK TACOS

Mix the following ingredients, place in gallon freezer bag, and freeze. Due to the large size of the pork loin, you may need to cut it into 2 or 3 smaller pieces to fit better in the bag.

- 4 lb. boneless pork loin
- 1 medium onion (1/2 Cup), diced
- 1 10 oz. can diced tomatoes with green chilies (mild if you have kids)
- 1 16 oz. jar of salsa verde
- Juice of 3 limes
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/2 tsp chili powder
- 3/4 tsp ground cumin

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high. When cooked, remove pork and shred. Add pork back into slow cooker and stir to combine.

TO SERVE- Serve with tortillas, sour cream and shredded cheese.

| Nutrition Facts | |
|---------------------------------------|----------------------|
| Serving Size 2 small tacos (195g) | |
| Servings Per Container 14 small tacos | |
| Amount Per Serving | |
| Calories 190 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 80mg | 27% |
| Sodium 370mg | 15% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 29g | |
| Vitamin A 4% | Vitamin C 15% |
| Calcium 2% | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

CROCKPOT CHICKEN & DUMPLINGS

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 5 boneless, skinless chicken breasts, diced
- 2 (10.75 ounce) cans low sodium, low fat Cream of Chicken soup
- 1 Cup water
- 1 large onion (or 1 Cup), diced
- 1/2 Cup pre-cut matchstick carrots
- 4 Tbs butter, cut into chunks
- 1/2 Tbs ground pepper
- 1 Tbs fresh Rosemary

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high.

ADD & STIR IN:

- 1 Cup skim milk
- 1 (16 oz) can refrigerator biscuits. Cut each uncooked biscuit cut into 4 pieces

TO COOK- Replace lid & cook 1 more hour or until center of biscuits are not raw.

TO SERVE- Serve over noodles.

| Nutrition Facts | |
|---------------------------------|-----------------------|
| Serving Size 195 grams (195g) | |
| Servings Per Container about 13 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 100 |
| % Daily Value* | |
| Total Fat 11g | 17% |
| Saturated Fat 5g | 25% |
| Trans Fat 2g | |
| Cholesterol 50mg | 17% |
| Sodium 610mg | 25% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 1g | 4% |
| Sugars 5g | |
| Protein 16g | |
| Vitamin A 20% | Vitamin C 4% |
| Calcium 6% | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

JAMBALAYA

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 1 1/2 Cups reduced sodium chicken broth
- 2 medium green bell peppers, diced
- 1 medium onion (1/2 Cup), diced
- 1 16 oz. can of diced tomatoes (juice included)
- 1/2 tsp garlic powder
- 1 bay leaf
- 1/2 lb large shrimp, raw and deveined
- 1 boneless, skinless chicken breast, cubed
- 1 13.5 oz. Andouille sausage
- 2 Cup sliced okra
- 2 tsp Cajun Seasoning

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-7 hours on low or 4-5 hours on high.

TO SERVE- Serve with whole grain brown rice.

| Nutrition Facts | |
|---------------------------------|----------------------|
| Serving Size 195 grams (195g) | |
| Servings Per Container about 20 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 340mg | 14% |
| Total Carbohydrate 7g | 2% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 9g | |
| Vitamin A 6% | Vitamin C 60% |
| Calcium 4% | Iron 2% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

BEEF TIPS & GRAVY

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 1 ½ lbs cubed beef (stew meat)
- 1 packet Dry Onion Soup Mix
- 1 can reduced sodium, low fat Cream of Mushroom Soup (although cream of anything will work)
- 1 14 oz. can reduced sodium beef broth or stock
- ½ tsp black pepper

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high.

TO SERVE- serve over egg noodles.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 195 grams (195g) | |
| Servings Per Container about 7 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 65mg | 22% |
| Sodium 680mg | 28% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 22g | |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 2% | • Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

BEEF STEW

Mix the following ingredients, place in gallon freezer bag, and freeze.

- 2 lbs stew meat
- 2 medium Onions (1 Cup), chopped
- 5 large Carrots, diced
- 3 medium Zucchini, diced
- 2 medium Celery stalks, diced
- 2 medium Red Bell Peppers, diced
- 2 tsp salt
- ½ tsp Pepper
- ¼ tsp garlic powder
- 1 14 oz can no salt added canned tomatoes
- 1 15 oz. can no salt added Tomato Sauce

TO COOK- Thaw in the fridge overnight. Place in slow cooker and cook 6-8 hours on low or 4-5 hours on high. Stir occasionally.

TO SERVE- Serve with warm cornbread or whole wheat refrigerator biscuits.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 195 grams (195g) | |
| Servings Per Container about 14 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 630mg | 26% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 2g | 8% |
| Sugars 4g | |
| Protein 16g | |
| Vitamin A 100% | • Vitamin C 50% |
| Calcium 4% | • Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |



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