

Crockpot Freezer Meals: Postpartum Survival Guide

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Step 1: Add raw ingredients to a gallon size freezer bag, then freeze

Step 2: Night before: move the meal from the freezer to the fridge to defrost overnight

Step 3: Throw it in the crockpot.

Pro tip: make 2 of each!

Teriyaki Chicken

Cook time: 8 hours on LOW

2 pounds chicken thighs

1/2 cup soy sauce

1/4 cup rice wine vinegar

1/4 cup brown sugar

one 20-ounce can pineapple chunks
(drained)

Serve with: cooked white or brown rice,
green veggies

Sloppy Joes

Cook time: 3-4 hours on HIGH

One pound ground beef

1 diced onion

1 diced green bell pepper

15-ounce can tomato sauce (or 1 6-ounce
can tomato paste mixed with 1 cup water)

one Sloppy Joes seasoning mix packet

Serve with: buns, fries

Beef Stroganoff

Cook time: 8 hours on LOW

2 pounds stew meat

1 pound sliced mushrooms

1 diced onion

1/2 cup red wine

1 tablespoon beef stock paste (or 2 bouillon
cubes)

Extra directions: Add 1 cup water to slow
cooker before cooking. Stir in 1/2 cup sour
cream before serving (do not freeze with
other ingredients or add at beginning of
cooking time or it will curdle)

Serve with: noodles or rice

Ham and Pinto Bean Soup

Cook time: 5-6 hours on HIGH or 8 hours on
LOW

1 pound dried pinto beans

1.5 pound bone-in ham shank

3/4 cup ketchup

Water

Salt, to taste

Directions –

Night before: place beans in crockpot and
cover with 8 cups of water. Let sit overnight
(don't turn the crockpot on)

In the morning: add ham shank. Cover and
cook 5-6 hours on HIGH or 8 hours on LOW.
After cook time, add ketchup and salt to taste.
Ham should fall off the bone.

Serve with: crusty bread or salad

Creamy Italian Chicken

Cook time: 4 hours on LOW or 8 hours on HIGH

1 and 1/2 pounds chicken breasts, cut up in one inch pieces

1 bar of cream cheese

1 can cream of chicken soup

1 packet zesty Italian salad dressing mix

2 cloves garlic, minced

2 cup green beans, frozen or fresh

Extra directions: Add 1 cup water to slow cooker before cooking. Stir in 1/2 cup sour cream before serving (do not freeze with other ingredients or add at beginning of cooking time or it will curdle)

Serve with: noodles and Parmesan

Vegetable Beef Stew

Cook time: 8-10 hours on LOW

2 pounds stew meat

1 diced onion

2 sliced carrots

1 sliced parsnip

1 large rutabaga (peeled and cut into cubes)

1/2 cup red wine

2 tablespoons beef stock base or 3 bouillon cubes

1 1/2 cups water

Serve with: mashed potatoes or rice

Shopping list on the next page!

SHOPPING LIST

** = you probably already have these items in your cupboard*

2 pounds chicken thighs
1.5 pounds chicken breasts
1 pound ground beef
2 pounds stew meat
1.5 pound bone-in ham shank
brown rice
fettuccine noodles
bowtie noodles
ketchup *
1/2 cup soy sauce *
1/4 cup rice wine vinegar *
1/4 cup brown sugar *
red wine (1 cup)
1 packet zesty Italian salad dressing mix
one Sloppy Joes seasoning mix packet
beef stock paste (or beef bouillon cubes) *
frozen french fries
frozen green beans
1 20-ounce can pineapple chunks
15-ounce can tomato sauce (or 1 6-ounce can tomato paste mixed with 1 cup water)
1 pound dried pinto beans
1 can cream of chicken soup
3 yellow onion
1 diced green bell pepper
1 pound sliced mushrooms
2 cloves garlic, minced
2 carrots
1 parsnip (substitute a carrot if you want)
1 large rutabaga (substitute a potato if you want)
Parmesan
1 bar of cream cheese

Day-of shopping list – Buy when you're ready to cook it:

broccoli (or other green veggie)
whole wheat buns
sour cream
crusty bread
salad mix
country crock pre-made mashed potatoes from the deli