

Six Healthy “Comfort Food” Freezer Meals

Two freezer bags of Crockpot Beef Roast and Carrots
Two freezer bags of Crockpot Pot Roast and Green Beans
Two freezer bags of Crockpot Beef Barley Stew

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 5 boneless beef chuck shoulder roasts (2 pounds each. You can split one between the two bags of stew.)

PRODUCE

- 6 carrots
- 4 celery ribs
- 1 onion
- 2 pounds baby carrots

FROZEN

- 2 pounds frozen green beans

SEASONINGS

- 4 teaspoons dried thyme
- 2 dried rosemary
- 2 bay leaves
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 packages of taco seasoning mix (or this homemade mix: 2tbsp chili powder, 2 tsp pepper, and 1tsp of all of the following: salt, ground cumin, paprika, ground oregano, garlic powder, onion powder, red pepper flakes – use less red pepper flakes if you don't like spicy food.)
- 2 packages of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 2 tbsp beef bullion granules, 1/4 tsp onion powder, 1/2 tsp parsley flakes, and 1/8 tsp of the following: celery seed, paprika, and pepper)

MISC

- 4 tablespoons and 2 teaspoons beef bullion granules
- 1 cup pearled barley
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- Side dishes, optional (I buy rice or potatoes for the beef roasts and pot roasts, and biscuits for the stew)

RECIPES

Crockpot Beef Roast and Carrots

Yields: One bag of beef roast and carrots with six servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the crockpot!)
- 1 pound baby carrots
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One packet of store-bought taco seasoning (or this homemade mix: 1 tbsp chili powder, 1 tsp pepper, and 1/2 tsp of the following: salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, and garlic salt)

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork and carrots are soft.
3. Shred beef and serve!

Crockpot Pot Roast and Green Beans

Yields: One bag of pot roast and green beans with six servings (I doubled this recipe and made two bags)

INGREDIENTS

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the crockpot!)
- 1 pound frozen green beans
- 1 packet of onion soup mix (or this homemade mix: 1/4 cup dried onion flakes, 2 tbsp beef bullion granules, 1/4 tsp onion powder, 1/2 tsp parsley flakes, and 1/8 tsp of the following: celery seed, paprika, and pepper)
- 1 cup water *not needed until day of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add one cup of water.
3. Cook on "low" setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred beef and serve!

Crockpot Beef Barley Stew

Modified from [Live Simply](#)

Yields: One bag of beef barley stew with four servings (I doubled this recipe and made two bags)

INGREDIENTS

- 1 pound boneless beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1/2 onion, chopped
- 2 tablespoons and 1 teaspoon beef bullion granules
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearly barley
- 7 cups water *not needed until day-of cooking

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the beef to the bag last, so it's the first ingredient poured into your crockpot.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your crockpot and add 7 cups of water.
3. Cook on "low" setting for 8 hours or until carrots are soft.
4. Remove the bay leaf and enjoy!

More info can be found on <http://www.NewLeafWellness.biz>