

SIX CROCKPOT SOUP FREEZER MEALS IN 1 HOUR

Two bags of sausage spinach tomato soup
Two bags of meatball veggie soup
Two bags of chicken soup with Mexican seasonings

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 2 pounds ground sausage (You can sub ground beef if you don't eat pork)
- 2 pounds boneless skinless chicken breasts

PRODUCE

- 6 pounds carrots (Update: After making these meals myself, I think 5 pounds would be plenty. Just split evenly among the six bags.)
- 6 medium-sized onions
- 4 roma tomatoes
- 1 lime
- 4 large garlic cloves

SEASONINGS

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons fennel seeds
- 2 teaspoons salt

FROZEN

- Box of frozen chopped spinach x2
- One pound bag of frozen chopped green beans x2
- One pound bag of small meatballs x2

CANNED

- 15 oz cannellini beans (white kidney beans) x4

MISC

- 24 oz jar of pasta sauce x4
- 2 cups tomato juice (Aldi was out so I split a can of crushed tomatoes between the two bags.)
- 6 gallon-sized plastic freezer bags

ITEMS NEEDED FOR DAY-OF COOKING

- 24 cups of fat-free, reduced-sodium chicken broth (I bought six 32oz cartons)
- Side dishes, if desired (I usually stock up on frozen garlic bread)

RECIPES

Crockpot Sausage Spinach Tomato Soup

Yields: One gallon-sized bag of Sausage Spinach Tomato Soup with 4-6 servings of soup. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 1 box of frozen chopped spinach
- 24oz jar of your favorite pasta sauce
- 1 pound ground sausage (we prefer spicy sausage, but you can sub ground beef if you don't eat pork.)
- 4 cups fat free, reduced sodium chicken broth – 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 except chicken broth. Add sausage to the freezer 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 chicken broth.
3. Cook on "low" setting for 6-8 hours, or until sausage is cooked through and carrots are soft.

Crockpot Meatball Veggie Soup

Yields: One gallon-sized bag of Meatball Veggie Soup with 4-6 servings. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- One bag of frozen chopped green beans
- 1 medium-sized yellow onion, diced (about one cup)
- 1, 15oz can of cannellini beans (white kidney beans), rinsed and drained
- 24oz jar of your favorite pasta sauce
- 1 pound small meatballs (store-bought or homemade)
- 4 cups fat free, reduced sodium chicken broth – 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 except chicken broth. Add meatballs to the freezer bag last so they're 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 slow cooker and add chicken broth.
3. Cook on "low" setting for 6-8 hours, or until carrots and onions are soft.

Crockpot Chicken Soup with Mexican Seasonings

Yields: One gallon-sized bag of Chicken Soup with Mexican Seasonings with 3-4 servings. (I doubled this recipe and made two bags.)

Ingredients

- 8 medium-sized carrots (about one pound), peeled and sliced
- 1 medium-sized yellow onion, diced (about one cup)
- 2 roma tomatoes, chopped
- 1 cup tomato juice (I subbed crushed tomatoes)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- the juice from 1/2 lime (about 2 tablespoons)
- 2 large cloves of garlic, minced
- 1 pound boneless, skinless chicken breasts
- 4 cups fat free, reduced sodium chicken broth – 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 except chicken broth. Add chicken to the freezer 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 chicken broth.
3. Cook on "low" setting for 4-8 hours, or until chicken is cooked through and carrots are soft.

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