

Fix-It and Forget-It Slow Cooker Freezer Meals Freezer Bag Instruction Printouts

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Breakfast

HAM OMELET

Makes 12 servings

Cooking Time: 7–9 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

32-oz. bag frozen hash brown potatoes, or 5 cups cooked, shredded potatoes *choose the cooked, shredded potatoes to keep this recipe gluten-free

1 cup whole milk

2 cups shredded cheddar cheese

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Place shredded potatoes in the bottom of the crock.
4. Pour contents of the freezer bag, milk, and shredded cheddar over the top of hash browns. Stir to combine well.
5. Cover and cook on Low 7–9 hours, until omelet is set in the middle and lightly browned at edges.

FRESH VEGGIE AND HERB OMELET

Makes 8 servings

Cooking Time: 4–6 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking/Serving:

1 cup unsweetened almond milk or milk

1 cup crumbled feta cheese

1 cup diced cherry tomatoes

½ cup fresh chopped parsley

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Pour milk into bag and smooch until mixed well. Pour the contents into the crock.
4. Cover and cook on Low for 4–6 hours, or until center is set.
5. Sprinkle feta over the top, then cook an additional 30 minutes.
6. To serve, sprinkle the omelet with the chopped tomatoes and fresh parsley.

ITALIAN FRITTATA

Makes 6 servings

Cooking Time: 3–4 hours

Ideal slow-cooker size: 5- or 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray your crock with nonstick spray.
3. Pour the contents of the bag into the crock.
4. Cover and cook on Low for 3–4 hours.

BREAKFAST CASSEROLE

Makes 8–10 servings

Cooking Time: 3 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking:

1½ cups milk

1 cup shredded cheddar cheese

8 slices bread, torn into pieces

1 cup shredded mozzarella cheese

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Pour the milk and shredded cheddar into the freezer bag and smooch until well-combined.
3. Add the bread pieces to the bag, seal, and shake around until it's well coated.
4. Grease the crock with nonstick spray.
5. Pour the contents of the bag into the crock.
6. Sprinkle mozzarella cheese over top.
7. Cover and cook 2 hours on High, and then 1 hour on Low.

BREAKFAST BAKE

Makes 10 servings

Cooking Time: 3–4 hours

Ideal slow-cooker size: 4- to 5-qt.

Needed at Time of Cooking:

1 cup milk

1½–2 cups grated cheese, your choice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Open bag and pour in milk and grated cheese. Smoosh until everything is well-combined.
4. Pour contents of the bag into the crock.
5. Cover and cook on Low 3–4 hours.

FRUITY OATMEAL

Makes 6–8 servings

Cooking Time: 4–6 hours

Ideal slow-cooker size: 4- to 5-qt.

Serving Suggestion: Goes well with fresh fruit and yogurt on top.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Empty contents of bag into crock, then cover and cook on Low for 4–6 hours.
4. Serve with optional fresh fruit and yogurt.

APPLE BREAKFAST RISOTTO

Makes 4 servings Cooking Time: 8 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking:

2½ cups Arborio rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Add the Arborio rice into the bag and smooch until everything is combined well. Pour the contents of the bag into the crock.
4. Cover and cook on Low for 8 hours.

BREAKFAST APPLE COBBLER

Makes 8–10 servings

Cooking Time: 2–6 hours Ideal slow-cooker size: 5- or 6-qt.

Needed at Time of Cooking:

1½ cups natural fat-free cereal mixed with fruit and nuts (replace with a gluten-free substitute to keep this recipe gluten-free)

4 Tbsp. (½ stick) butter, melted

Instructions:

1. Thaw contents of bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Mix cereal and melted butter together.
4. Add contents of the bag into the slow cooker and spread out evenly. Spread the cereal/butter mixture over the top.
5. Cover. Cook on Low 6 hours, or on High 2–3 hours.

Chicken & Turkey Main Dishes

HONEY GARLIC CHICKEN

Makes 4 servings

Cooking Time: 4 hours Ideal slow-cooker size: 5-qt.

Serving Suggestion: Serve over cooked rice.

Instructions:

1. Thaw contents of bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Dump contents of the freezer bag into the crock.
4. Cover. Cook on Low 4 hours or until instant-read meat thermometer registers 160–165°F when inserted into center of thighs.
5. Serve chicken and sauce together over optional rice.

SOY HONEY CHICKEN

Makes 4 servings

Cooking Time: 5 hours Ideal slow-cooker size: 3- to 5-quart

Serving Suggestion: Serve with rice and a vegetable such as edamame.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place contents of the freezer bag in a 3- to 5-quart slow cooker.
3. Cover and cook on Low 5 hours.
4. Serve with rice and edamame, if desired, or other vegetable.

SLOW-COOKER HONEY MUSTARD CHICKEN

Makes 6–8 servings

Cooking Time: 4–5 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Serving:

2 green onions, sliced on an angle, for garnish, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease crock.
3. Pour contents of bag in crock. If you need to add a second layer, stagger the pieces so they don't directly overlap each other.
4. Cover. Cook on Low 4–5 hours, or until instant-read meat thermometer registers 165°F when stuck into center of thighs.
5. Serve chicken topped with sauce, and garnish with green onions if you wish.

CHICKEN DIJON DINNER

Makes 4–6 servings

Cooking Time: 4 hours

Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of crock.
3. Cover. Cook on Low for 4 hours, or until instant-read meat thermometer registers 160°F when stuck in center of chicken.
4. Serve chicken topped with sauce.

SIMPLE SAVORY CHICKEN

Makes 4–6 servings

Cooking Time: 7–8 hours

Ideal slow-cooker size: 3-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place all contents of the freezer bag into the crock.
3. Cover and cook on Low for 7–8 hours.

GARLIC MUSHROOM THIGHS

Makes 6 servings

Cooking Time: 4 hours

Ideal slow-cooker size: 5-qt.

Serving Suggestion: Serve over cooked spaghetti squash.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow cooker.
3. Cover and cook on Low for 4 hours, or until an instant-read thermometer registers 160–165°F when stuck into the thighs.
4. Serve meat topped with vegetables with sauce spooned over.
5. Serve over cooked spaghetti squash, if desired.

MARINATED CHICKEN BITES

Makes 6–8 servings

Cooking Time: 3½–4 hours

Ideal slow-cooker size: 4-qt.

Serving Suggestion: Serve with garlic bread and salad. *omit garlic bread to keep this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place contents of bag in slow cooker and cook for 3½–4 hours on Low.
3. Cut chicken into serving-sized pieces and serve with salad and garlic bread, if desired.

CRANBERRY CHILI CHICKEN

Makes 6 servings

Cooking Time: 4 hours Ideal slow-cooker size: 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty entire contents of bag into crock.
4. Cover. Cook on Low 4 hours, or until instant-read meat thermometer registers 160–165°F when stuck into thighs.
5. Serve thighs topped with the sauce.

PINEAPPLE CHICKEN

Makes 3–4 servings

Cooking Time: 4–8 hours Ideal slow-cooker size: 7-qt.

Serving Suggestion: Serve with rice.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place all ingredients from freezer bag into slow cooker.
3. Cover and cook on High 4 hours or on Low 6–8 hours.
4. Serve over rice if you choose.

ORANGE GARLIC CHICKEN

Makes 6 servings

Cooking Time: 2½–6 hours Ideal slow-cooker size: 4-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 5–6 hours, or on High 2½–3 hours, or until chicken is tender but not dry.

CRANBERRY CHICKEN BARBECUE

Makes 6–8 servings

Cooking Time: 4–8 hours Ideal slow-cooker size: 4- to 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on High 4 hours, or on Low 6–8 hours, or until chicken is tender but not dry.

ZESTY BARBECUED CHICKEN

Makes 8–12 servings

Cooking Time: 4–5 hours Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 4–5 hours, or until instant-read meat thermometer registers 160–165°F when stuck into thighs.

BBQ CHICKEN SANDWICHES

Makes 8 servings

Cooking Time: 4 hours Ideal slow-cooker size: 5-qt.

Needed at Time of Serving:

8 hamburger buns *replace with gluten-free buns if making this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock, spreading out evenly.
4. Cover. Cook on Low 4 hours, or until instant-read meat thermometer registers 160°F when stuck in center of thighs.
5. Lift cooked chicken out of crock and shred with 2 forks.
6. Stir shredded meat back into sauce in crock.
7. Serve on hamburger buns.

BARBECUE CHICKEN FOR SANDWICHES

Makes 4–6 sandwiches

Cooking Time: 4–6 hours Ideal slow-cooker size: 7-qt.

Needed at Time of Serving:

4–6 sandwich rolls *replace with gluten-free sandwich rolls to keep this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty entire contents of bag into crock.
3. Cover and cook on Low 4–6 hours.
4. During the last 30 minutes, shred chicken with a fork, then continue cooking.
5. Serve in sandwich rolls.

SWEET-AND-SOUR CHICKEN

Makes 6–8 servings

Cooking Time: 4 hours Ideal slow-cooker size: 5-qt.

Needed at Time of Serving:

cooked rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock, spreading everything out evenly.
4. Cover. Cook on Low 4 hours, or until instant-read meat thermometer registers 165°F when stuck into center of thighs.
5. Serve over cooked rice.

ASIAN-STYLE CHICKEN WITH PINEAPPLE

Makes 6 servings

Cooking Time: 3–8 hours Ideal slow-cooker size: 5- or 6-qt.

Needed at Time of Cooking:

2 16-oz. bags frozen Szechuan mixed veggies or any mixed veggies

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Dump the contents of the freezer bag into the crock and spread out evenly.
3. Cover and cook on High 3–4 hours or Low 6–8 hours. Add frozen veggies in the last 1–2 hours.

MEMORIES OF TUCSON CHICKEN

Makes 6 servings

Cooking Time: 4 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

1 green bell pepper, chopped

1 or 2 zucchini, chopped

¼–½ cup cilantro leaves

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and spread out evenly.
4. Cover. Cook on Low 3 hours.
5. Lift out thighs and keep covered on platter.
6. Stir in bell pepper and zucchini.
7. Return chicken to cooker, again pushing the pieces down into the liquid.
8. Cover and continue cooking 1 more hour on Low, or until an instant-read meat thermometer registers 160–165°F when stuck in the thighs.
9. Place the chicken on a platter. Spoon vegetables and broth over top. Scatter cilantro leaves over all and serve.

CHICKEN CACCIATORE WITH VEGETABLES

Makes 4 servings

Cooking Time: 4 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

3–4 large potatoes, chopped into chunks

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Place potatoes and contents of freezer bag into crock. Stir.
4. Cover. Cook on Low for 4 hours, or until instant-read meat thermometer registers 160°F when stuck into center of meat, and veggies are as tender as you like them.
5. Remove bay leaf before serving.

QUICK ITALIAN CHICKEN STRIPS WITH VEGGIES

Makes 6 servings

Cooking Time: 3½–4 hours Ideal slow-cooker size: 5- to 6-qt.

Serving Suggestion: Serve with garlic bread. *omit if making this gluten-free

Instructions:

1. Thaw completely for 24–48 hours or more.
2. Place contents of bag into crock.
3. Cover and cook on Low for 3½–4 hours.
4. Serve with optional garlic bread.

EASY SLOW-COOKER ITALIAN CHICKEN

Makes 4–6 servings

Cooking Time: 4–8 hours Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking/Serving:

- 1 cup shredded mozzarella cheese
- 16-oz. box pasta, cooked according to instructions on box

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of the freezer bag into the crock. Top with the mozzarella cheese.
3. Cover and cook on Low for 6–8 hours or High for 4 hours.
4. When you're ready to eat, cook pasta according to the directions on the package.
5. Serve chicken on top of pasta with sauce.

CREAMY ITALIAN CHICKEN

Makes 4 servings

Cooking Time: 3–8 hours Ideal slow-cooker size: 7-qt.

Serving Suggestion: Great served with cooked noodles

Instructions:

1. Thaw completely for 24–48 hours or more.
2. Empty contents of freezer bag in crock and spread out evenly.
3. Cover and cook on High 3–4 hours or on Low 6–8 hours.
4. Serve over cooked noodles, if desired.

ITALIAN SLOW-COOKER CHICKEN

Makes 6 servings

Cooking Time: 3–8 hours Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 6–8 hours or High for 3–4 hours.

SALSA RANCH CHICKEN WITH BLACK BEANS

Makes 8–10 servings

Cooking Time: 5–6 hours Ideal slow-cooker size: 5-qt.

Serving Suggestion: This is great in tacos, on nachos, on top of a salad, on top of rice, or just on its own!

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Pour contents of freezer bag into crock and spread out evenly.
3. Cover and cook on Low for 5–6 hours.
4. Remove the chicken and shred it between two forks. Replace the chicken back in the crock and stir.

SOUTHWESTERN SHREDDED CHICKEN

Makes 4 servings

Cooking Time: 5–6 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking:

½ cup nonfat Greek yogurt

optional toppings: lettuce, shredded cheese, Greek yogurt, and salsa

Serving Suggestions: Serve this over brown rice or quinoa topped with some shredded lettuce, shredded cheese, and fresh salsa.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread out.
3. Cover and cook on Low for 5–6 hours.
4. Turn your slow cooker to Warm. Remove the chicken and shred it between 2 forks.
5. Slowly whisk in the nonfat Greek yogurt with the juices in the crock. Replace the chicken in the crock and stir to mix in the juices.

EASY ENCHILADA SHREDDED CHICKEN

Makes 10–14 servings

Cooking Time: 5–6 hours

Ideal slow-cooker size: 3- or 5-qt.

Needed at Time of Serving:

A dollop of plain yogurt and a sprinkle of fresh cilantro, *optional*

Serving suggestion: Serve over salad, brown rice, quinoa, sweet potatoes, or nachos or in soft corn tortillas.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread out evenly.
3. Cover and cook on Low for 5–6 hours.
4. Remove chicken and shred it between two forks. Place the shredded chicken back in the crock and stir to mix in the juices.
5. Serve with the yogurt and cilantro, if desired, in one of the suggested ways.

SLOW-COOKER CHICKEN FAJITAS

Makes 6–8 servings

Cooking Time: 3–8 hours

Ideal slow-cooker size: 3-qt.

Serving Suggestion: This pairs well with white rice, Spanish rice, or refried beans.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 7–8 hours or High 3–4 hours.
4. If you prefer, you can shred chicken before serving or serve sliced.

TACO CHICKEN BOWLS

Makes 8 servings

Cooking Time: 3–4 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Serving:

2 cups uncooked rice
2 cups shredded cheese
cilantro, chopped
favorite salsa or hot sauce

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and spread out evenly.
4. Cover. Cook on Low 3–4 hours, or until instant-read meat thermometer inserted into center of thigh registers 160–165°F.
5. Near end of chicken's cooking time, cook 2 cups of rice in microwave or stove top, according to its package directions.
6. When chicken is done cooking, stir with a fork to shred meat. Or using a slotted spoon, lift chicken into large bowl and shred it with 2 forks. Stir back into sauce and keep warm.
7. Have each diner make a pile of rice on her/his plate. Top with taco chicken mixture, then shredded cheese, fresh cilantro, and salsa or hot sauce.

CHICKEN TACO SALAD

Makes 6 servings

Cooking Time: 4–6 hours

Ideal slow-cooker size: 4- to 5-qt.

Needed at Time of Serving:

Serve with usual desired taco salad condiments such as grated cheddar cheese, chopped tomato, chopped lettuce of choice, avocado, and tortilla chips.

Instructions:

1. Thaw bag completely (24–48 hours or more).
2. Place contents of freezer bag in crock and cook on Low 4–6 hours.
3. Cut chicken up into 2-inch pieces and return to sauce in crock while assembling other ingredients.
4. It is fun to serve “haystack” style with each diner adding ingredients of choice to the prepared taco chicken.

MAGRA’S CHICKEN AND RICE

Makes 8 servings

Cooking Time: 5 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

1½ cups prepared rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 4½ hours.
5. Lift thighs onto platter and cover. Stir rice into broth.
6. Return chicken to cooker, pushing pieces down in the broth as much as possible.
7. Cover. Cook 30 more minutes on Low, or until instant-read meat thermometer registers 160–165°F when stuck in the thighs.
8. To serve, place thighs in deep serving dish. Surround them with rice, vegetables, and broth.

JAMBALAYA

Makes 4–5 servings

Cooking Time: 8 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking/Serving:

1 lb. frozen peeled and cooked shrimp, thawed

4–5 servings of cooked rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty the contents of the freezer bag into the crock.
3. Cover and cook on Low for 8 hours.
4. Right before you are ready to serve, add the shrimp and let cook an additional 5 minutes.
5. Serve over rice.

Beef Main Dishes

MARINATED CHUCK ROAST

Makes 7–8 servings

Cooking Time: 5–7 hours

Ideal slow-cooker size: oval 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 5–6 hours, or until instant-read meat thermometer registers 140–145°F when stuck into center of meat.
5. When finished cooking, use a sturdy pair of tongs, or 2 metal spatulas, to move roast onto a cutting board. Cover to keep warm and allow to stand 15 minutes.
6. Cut into slices or chunks. Top with marinade and serve.

POT ROAST

Makes 6 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 3- to 5-qt.

Needed at Time of Cooking:

potatoes and baby carrots, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more
2. Empty contents of bag into crock. Add potatoes and baby carrots if desired.
3. Cover and cook 6–8 hours on Low.

FLAVORFUL POT ROAST

Makes 10–12 servings

Cooking Time: 7–8 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

1 Tbsp. flour plus ½ cup water, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 7–8 hours, or until meat is tender but not dry.
4. Remove meat at end of cooking time and keep warm on a platter. If you wish, thicken the cooking juices for gravy with following steps.
5. Turn cooker to High. Bring juices to a boil.
6. Meanwhile, mix 1 Tbsp. flour with ½ cup water in a jar with a tight-fitting lid. Shake until smooth.
7. When juices come to a boil, pour flour/water mixture into cooker in a thin stream, stirring constantly. Continue cooking and stirring until juices thicken.
8. Serve gravy over meat or in a side dish along with the meat.

HERBED POT ROAST

Makes 6 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: oval 6-qt.

Needed at Time of Cooking:

3 medium potatoes, peeled or not, cut into small chunks

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of crock.
3. Place potatoes in bottom of crock, then empty contents of the freezer bag over the top.
4. Cover. Cook on Low 6–8 hours.

GREEN CHILE ROAST

Makes 8–10 servings

Cooking Time: 8 hours Ideal slow-cooker size: 4-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook on Low 8 hours.

BEEF ROAST WITH HOMEMADE GINGER-ORANGE SAUCE

Makes 8 servings

Cooking Time: 6–8 hours Ideal slow-cooker size: 7-qt.

Serving Suggestion: Serve over mashed potatoes or rice. Or serve in sandwiches.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty roast from freezer bag #1 into crock.
4. Cover. Cook on Low 6–8 hours, or until an instant-read meat thermometer registers 150–160°F when stuck in center of roast.
5. About 45–50 minutes before the end of cooking time, empty contents of bag #2 in saucepan. Simmer 15 minutes, stirring occasionally so it doesn't stick.
6. Using sturdy tongs or 2 metal spatulas, lift cooked roast into big bowl. Shred with 2 forks.
7. Drain drippings and broth out of slow cooker. Save for gravy or soup.
8. Return shredded meat to crock. Stir in the sauce you made on the stove from bag #2.
9. Cover slow cooker again. Cook on Low 30 minutes, or until heated through.

CHUCK ROAST BEEF BARBECUE

Makes 20 servings

Cooking Time: 5–10 hours

Ideal slow-cooker size: oval 6-qt.

Needed at Time of Serving:

sandwich rolls

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 8–10 hours, or on High 5–6 hours.
5. Using 2 forks, pull the meat apart until it's shredded. Do this in the cooker, or lift out the roast and do it on a good-sized cutting board or big bowl.
6. Return the shredded meat to the cooker and mix the sauce through it. Serve in toasted sandwich rolls.

BEEF CHUCK BARBECUE

Makes 12 servings

Cooking Time: 6½–8½ hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Serving:

12 sandwich rolls

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low for 6–8 hours, or until meat is tender and instant-read meat thermometer registers 145°F when stuck in center of roast.
5. Remove roast from crock with sturdy tongs or 2 metal spatulas. Place on cutting board and slice thinly.
6. Return meat to crock and stir gently into sauce.
7. Cover. Cook 20–30 minutes longer on Low.
8. Serve beef and sauce on sandwich rolls.

BARBECUED BRISKET

Makes 9–12 servings

Cooking Time: 4–8 hours

Ideal slow-cooker size: oval 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low for 6–8 hours, or on High 4–5 hours, or until instant-read meat thermometer registers 140–145°F when stuck in center of meat.
5. Using sturdy tongs or 2 metal spatulas, lift meat onto cutting board. Cover with foil to keep warm. Let stand 20 minutes.
6. Slice diagonally, across grain, into ½-inch-thick slices. Place slices in long baking dish.
7. Pour barbecue sauce over sliced meat. Broil for 5 minutes or so, to brown. Watch carefully so it doesn't burn.

SHREDDED BBQ BRISKET

Makes 6–8 servings

Cooking Time: 9–10 hours

Ideal slow-cooker size: 7-qt.

Needed at Time of Serving:

9–10 brioche buns *replace with gluten-free buns if you're making this gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place all ingredients from freezer bag in crock.
3. Cover and cook on Low 9–10 hours.
4. Remove meat from crock, shred with a fork, then stir the shredded meat back through the sauce in the crock.
5. Serve on brioche buns.

BRISKET WITH TOMATOES AND SAUERKRAUT

Makes 6–8 servings

Cooking Time: 4–7 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

2 Tbsp. cold water
2 Tbsp. cornstarch
sprigs of fresh parsley

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 6–7 hours, or on High 4–5 hours, or until instant-read meat thermometer registers 140–145°F when stuck in center of meat.
5. Uncover and lift brisket onto cutting board using sturdy tongs or 2 metal spatulas. Cover to keep warm. Let stand 15 minutes.
6. Meanwhile, turn cooker to High. Combine cold water and cornstarch until smooth. Stir into sauce in crock. Continue stirring until sauce thickens and bubbles.
7. Cut brisket into chunks or slices. Spoon some of the sauce over the meat. Serve remaining sauce as gravy.
8. Just before serving, garnish meat with parsley.

BEEF BURGUNDY WITH MUSHROOMS

Makes 6 servings

Cooking Time: 5¼–6¼ hours Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

6-oz. can tomato paste

dash sugar

Serving Suggestion: Serve over cooked noodles, rice, or potatoes.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover and cook on Low 4½–5½ hours.
5. Cover and continue cooking 30 more minutes.
6. Stir in tomato paste and sugar. Cook another 10–15 minutes, uncovered, to allow sauce to thicken.

HUNGARIAN BEEF WITH PAPRIKA

Makes 9 servings

Cooking Time: 3–6 hours

Ideal slow-cooker size: oval 5- or 6-qt.

Needed at Time of Serving:

½ cup sour cream, *optional*

fresh parsley

Serving Suggestion: Serve with buttered noodles or potatoes.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on High 3–4 hours, or on Low 5–6 hours, or until instant-read meat thermometer registers 140–145°F when stuck in center of meat.
5. When finished cooking, use sturdy tongs or 2 metal spatulas to lift meat to cutting board. Cover with foil to keep warm. Let stand 10–15 minutes.
6. Cut into chunks or slices.
7. Just before serving, dollop with the sour cream, if using. Garnish with fresh parsley.

FOUR-PEPPER STEAK

Makes 14 servings

Cooking Time: 5–8 hours

Ideal slow-cooker size: 4- or 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 5–8 hours, depending on your slow cooker. Check after 5 hours to see if meat is tender. If not, continue cooking until tender but not dry. Remove bay leaf and serve.

MARINATED FLANK STEAK WITH BROCCOLI

Makes 4–6 servings

Cooking Time: 3–4 hours

Ideal slow-cooker size: 7-qt.

Needed at Time of Serving:

Cooked rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Add everything from freezer bag to crock.
3. Cover and cook on High 3–4 hours.
4. Serve with rice.

ITALIAN CHEESESTEAK SANDWICHES

Makes 8–10 servings

Cooking Time: 10–12 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Serving:

8–10 steak rolls *replace with gluten-free rolls to make this recipe gluten-free

8–10 slices provolone or mozzarella cheese

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook 6–8 hours on Low, or until instant-read meat thermometer registers 145–150°F when stuck in center of roast.
5. Lift roast out of crock with 2 sturdy metal spatulas onto cutting board. Use 2 forks to shred. Fish out bay leaves.
6. Return shredded meat to crock and stir into sauce.
7. Place rolls open-faced on baking sheet. Using a slotted spoon, pile each roll with beef and slice of cheese. Place under broiler for 2–3 minutes, until cheese is bubbly.

BEEF AND PEPPERONCINI HOAGIES

Makes 10 servings

Cooking Time: 8–10 hours

Ideal slow-cooker size: 5- or 6-qt.

Needed at Time of Serving:

hoagie rolls or buns of your choice *replace with gluten-free buns to keep this recipe gluten-free
20 slices provolone cheese

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 7½–9½ hours, or until beef registers 160°F on an instant-read meat thermometer when stuck in center of roast.
5. Lift roast into a big bowl and shred with 2 forks.
6. Stir shredded meat back into juices in crock.
7. Cover. Cook another 30 minutes on Low.
8. When ready to serve, use a slotted spoon to drain meat well.
9. Spoon well-drained meat onto a hoagie roll and top each sandwich with 2 slices cheese.

ITALIAN BEEF SANDWICHES

Makes 6–8 servings

Cooking Time: 8–10 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Serving:

6–8 sub buns *choose gluten-free buns to keep this recipe gluten-free
butter

6–8 large slices provolone or mozzarella cheese

Instructions:

1. Thaw bag completely for 24-48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 8–10 hours.
4. Remove the roast and shred it between two forks. Replace it back into the crock and stir it through the juices.
5. Preheat the oven to 400°F.
6. Place each sub bun open-faced on a foil-lined cookie sheet. Spread a bit of butter on each side. Place the cheese on top of each bun. Place them in the oven for about 8 minutes, or until the bread is slightly toasted and the cheese is melted.
7. Remove the sub buns from the oven and place a good portion of Italian beef on top.

FABULOUS FAJITAS

Makes 4 servings

Cooking Time: 3½ hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking/Serving:

1 green bell pepper, cut in strips

1 yellow onion, sliced

6–8 warmed tortillas *use gluten-free tortillas to keep this recipe gluten-free

Sour cream, chopped fresh cilantro, salsa, shredded cheese, etc., *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover and cook on Low 2½ hours, or until beef is nearly tender.
5. Stir in pepper and onion.
6. Cover. Cook for another hour on Low or until vegetables are as tender as you like them.
7. Spoon mixture into warm tortillas. Top with favorite toppings.

FAJITA STEAK

Makes 6 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking:

1 cup water, *optional*

Serving Suggestion: Serve meat with fried onions and green peppers. Offer shredded cheese, avocado chunks, and sour cream as toppings. Let individual eaters wrap any or all of the ingredients in flour tortillas.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 6–8 hours, or until meat is tender but not overcooked.
4. Check meat occasionally to make sure it isn't cooking dry. If it begins to look dry, stir in water, up to 1 cup.

TOSTADAS

Makes 8–10 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

1 Tbsp. lime juice

hard or soft tortillas *choose gluten-free tortillas to keep this recipe gluten-free

refried beans, cooked onions and bell peppers, chopped lettuce, shredded Mexican-blend cheese, salsa, guacamole, sour cream, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low for 6–8 hours, or until instant-read meat thermometer registers 145–150°F when stuck in center of roast.
5. Remove beef to a cutting board and when cool enough to handle, shred with fingers or 2 forks.
6. Place shredded beef in large bowl. Strain remaining liquid in slow cooker over bowl or measuring cup, discarding solids.
7. Add strained liquid and add 1 Tbsp. lime juice to beef in bowl. Stir to combine.
8. Cover and keep warm until ready to serve in either hard or soft tortillas, along with your optional favorite toppings.

SAUCY TACOS

Makes 8 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Serving:

tortillas or taco shells *choose gluten-free tortillas or taco shells to keep this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook 6–8 hours on Low, or until instant-read meat thermometer registers 140–145°F when stuck in center.
5. Shred meat with 2 forks, or slice thinly. Mix with vegetables and juice. Serve with tortillas or taco shells.

BEEF GOULASH

Makes 6 servings

Cooking Time: 8 hours Ideal slow-cooker size: 4- to 5-qt.

Serving Suggestion: Mashed potatoes and green beans go well as sides.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place contents of freezer bag in slow cooker.
3. Cover and cook on Low 8 hours.
4. Serve with sides of choice.

STUFFED PEPPERS

Makes 6–8 servings

Cooking Time: 4–6 hours Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking/Serving:

1 1/4-oz. can condensed cream of tomato soup

Cooked brown rice

Directions:

1. Thaw bag completely for 24–48 hours or more.
2. Stand filled peppers upright in crock.
3. Top with undiluted cream of tomato soup.
4. Cover and cook 4–6 hours on Low, or until peppers are soft and meat is cooked through.
5. Prepare desired amount of rice according to directions.
6. Serve peppers over rice.

MEATLOAF

Makes 6–8 servings

Cooking Time: 4–6 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

2 Tbsp. ketchup

Serving Suggestion: Goes well with mashed potatoes and green beans.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray inside of slow cooker with cooking spray.
3. Shape contents of bag into a loaf and add to slow cooker.
4. Top with 2 Tbsp. ketchup.
5. Cover and cook on Low 4–6 hours or until instant-read thermometer registers 160°F when inserted into center of meatloaf.

MEXICAN MEATLOAF

Makes 4–6 servings

Cooking Time: 5–7 hours

Ideal slow-cooker size: 3- to 4-qt.

Needed at Time of Cooking:

½ cup ketchup

2 Tbsp. brown sugar

1 tsp. dry mustard

Serving Suggestion: Goes well with corn and potato wedges.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Spray crock with nonstick spray.
3. Shape meat mixture from freezer bag into a loaf and place in slow cooker.
4. Cover and cook on Low for 5–7 hours, or until internal temperature is 165°F.
5. Mix together the ketchup, brown sugar and dry mustard. Spread over meatloaf. Cover and cook on High 15 minutes.

CHEESY BEEF AND PORK MEATLOAF

Makes 8 servings

Cooking Time: 4–5 hours Ideal slow-cooker size: 5-qt.

Serving Suggestion: Goes well with mashed potatoes and peas.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Make a tinfoil sling for your slow cooker so you can lift the cooked meatloaf out easily. Begin by folding a strip of foil accordion-fashion so that it's about 1½–2 inches wide, and long enough to fit from the top edge of the crock, down inside and up the other side, plus a 2-inch overhang on each side of the cooker. Make a second strip exactly like the first.
4. Place the one strip in the crock, running from end to end. Place the second strip in the crock, running from side to side. The 2 strips should form a cross in the bottom of the crock.
5. Remove contents of freezer bag, shape into a loaf, and place it in the crock, centering it where the 2 foil handles cross.
6. Cover. Cook on Low 4–5 hours, or until meatloaf is cooked in the center.
7. Using the foil handles, lift the meatloaf out of the crock and onto a cutting board. Allow to stand 15 minutes.
8. Cut into slices and serve.

MEATLOAF WITH SWEET TOMATO GLAZE

Makes 6–8 servings

Cooking Time: 4 hours

Ideal slow-cooker size: oval 5-qt.

Needed at Time of Cooking:

3 Tbsp. brown sugar

¼ cup ketchup

1 tsp. dry mustard

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Make a tinfoil sling for your slow cooker so you can lift the cooked meatloaf out easily. Begin by folding a strip of foil accordion-fashion so that it's about 1½–2 inches wide, and long enough to fit from the top edge of the crock, down inside and up the other side, plus a 2-inch overhang on each side of the cooker. Make a second strip exactly like the first.
4. Place the one strip in the crock, running from end to end. Place the second strip in the crock, running from side to side. The 2 strips should form a cross in the bottom of the crock.
5. Remove contents of freezer bag, shape into a loaf, and place it in the crock, centering it where the 2 foil handles cross.
6. In a bowl, mix the brown sugar, ketchup, and dry mustard together.
7. Spoon half the glaze over the meatloaf. Reserve the rest for later.
8. Cover. Cook on Low 4–5 hours.
9. Using the foil handles, lift meatloaf out of cooker. Place on rimmed baking sheet.
10. Spoon remaining glaze over top.
11. Place meat on rimmed baking sheet under broiler for 2–4 minutes. Keep watch so it browns and bubbles but doesn't burn.
12. Let stand for 10 minutes. Then slice and serve.

GUINNESS CORNED BEEF

Makes 10 servings

Cooking Time: 8+ hours

Ideal slow-cooker size: 5½-qt.

Needed at Time of Cooking/Serving:

1-lb. bag baby carrots

½ cup chopped onions

4 cups chopped cabbage

coarse mustard or horseradish, *optional*

Serving Suggestion: Serve with mashed potatoes.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover and cook on Low 8 hours, or until instant-read thermometer registers 145°F when stuck in center of meat.
5. One hour before end of cooking time, add carrots and onions.
6. Thirty minutes before end of cooking time, add chopped cabbage.
7. To serve, lift beef and vegetables out of liquid. (Save liquid for soup or cooking dried beans.) Discard bay leaf. Serve with coarse mustard or horseradish, with a side of mashed potatoes, if desired.

Pork Main Dishes

GARLIC PORK ROAST

Makes 10 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 6- to 8-qt.

Needed at Time of Cooking:

1½ lbs. red potatoes, cut in ½-inch-thick slices

Serving Suggestion: Serve with rice or couscous and a salad. *omit couscous if making this gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Place potatoes in bottom of crock, then empty the contents of the freezer bag on top.
4. Cover. Cook on Low 6–8 hours, or until instant-read meat thermometer registers 140–145°F when stuck in center of roast. Remove roast to cutting board. Cover to keep warm. Let stand for 10 minutes.
5. Check if onions, potatoes, and carrots are as tender as you like them. If not, cover crock and continue cooking another 30–60 minutes, or until veggies are as done as you want.
6. Slice pork into ½-inch-thick slices. Place on deep platter. Serve topped with vegetables and broth.

CRANBERRY PORK ROAST

Makes 4–6 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

2 Tbsp. cornstarch

2 Tbsp. cool water

Serving Suggestion: Mashed potatoes or noodles are good served with this recipe.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cook on Low for 6–8 hours, or until the roast is tender. Transfer the roast to a plate and cover with foil to keep warm.
4. Skim the fat from the juices in the slow cooker. Measure 2 cups of the juice, adding water if needed to make 2 cups. Pour into a saucepan and bring to a boil over medium heat.
5. Mix the cornstarch in 2 Tbsp. cool water. When juice in the saucepan begins to boil, gradually add the cornstarch mixture and stir until thickened, about 4 minutes. Serve the cranberry gravy with the roast.

SAVORY PORK ROAST

Makes 4–6 servings

Cooking Time: 3½–4½ hours Ideal slow-cooker size: oval 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 3½–4½ hours, or until instant-read meat thermometer registers 140°F when stuck into center of roast.

HONEY-ORANGE PORK ROAST

Makes 8–10 servings

Cooking Time: 4–9½ hours

Needed at Time of Cooking:

- 4–5 good-sized sweet potatoes
- 2 good-sized tart apples

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on High 2–2½ hours, or on Low 4 hours.
5. While roast is cooking, peel sweet potatoes and cut into 1-inch-thick chunks. Place alongside and on top of roast.
6. Cover. Continue cooking 1 more hour on High, or 3 more hours on Low.
7. While roast and sweet potatoes are cooking, core and quarter apples.
8. Place apples alongside and on top of sweet potatoes.
9. Cover. Continue cooking another hour on High, or another 1–1½ hours on Low.
10. Insert instant-read meat thermometer into center of roast. When it reaches 150–160°F, roast is finished.
11. Check if sweet potatoes and apples are as tender as you like them. If not, remove roast to platter, cover, and keep warm. Continue cooking potatoes and apples another 30–60 minutes, or until done.
12. Slice roast against grain. Place slices of meat, sweet potatoes, and apples, along with broth, in deep platter or bowl to serve.

ROAST PORK AND SAUERKRAUT

Makes 4–6 servings

Cooking Time: 6–8 hours Ideal slow-cooker size: oval 6-qt.

Serving Suggestion: This goes well with mashed potatoes, green beans, and cornbread.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 6–8 hours, or until instant-read meat thermometer registers 150°F when stuck in center of roast.
5. Cut meat into chunks and serve topped with sauerkraut, onion, seeds, and broth.

BROWN-SUGAR-AND-DIJON MARINATED PORK ROAST

Makes 4–6 servings

Cooking Time: 3–3½ hours Ideal slow-cooker size: oval 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low for 3–3½ hours, or until an instant-read meat thermometer registers 140°F.
5. Slice and serve.

TERIYAKI PORK STEAK WITH SUGAR SNAP PEAS

Makes 4–6 servings

Cooking Time: 7–9 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

1½–2 cups sugar snap peas

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 7–9 hours.
4. About 40 minutes before the cook time is up, add in the sugar snap peas.
5. Serve the pork with some of the sugar snap peas on top and sauce from the crock drizzled over the top.

EASY PORK LOIN

Makes 4–5 servings

Cooking Time: 3–5 hours

Ideal slow-cooker size: 3-qt.

Serving Suggestion: Goes well with sweet potatoes.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 3–5 hours.
4. If desired, meat may be shredded to serve.

SAVORY PORK LOIN

Makes 6–8 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 3- to 5-qt.

Needed at Time of Serving:

hamburger buns

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock.
3. Cover and cook on Low 6–8 hours.
4. If possible, turn several times to coat meat with sauce while cooking.
5. When done, shred meat and return to sauce.
6. Serve on hamburger buns.

TERRIFIC TENDERS

Makes 8 servings

Cooking Time: 3–4 hours

Ideal slow-cooker size: oval 6- or 7-qt.

Needed at Time of Cooking/Serving:

1 Tbsp. butter

1 Tbsp. chopped shallots

1½ tsp. dried tarragon

1½ tsp. Dijon mustard *make sure yours is gluten-free to make this recipe gluten-free

fresh parsley sprigs

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Remove meat from freezer bag, but reserve liquid in bag.
4. Cover cooker. Cook on Low 3–4 hours, or until instant-read meat thermometer registers 145°F when stuck in center of roast.
5. Near end of roast's cooking time, melt butter in skillet. Sauté shallots until softened. Stir in tarragon and mustard. Mix well.
6. Stir 1½–2 cups reserved marinade into mixture in skillet. Reduce heat and cook until slightly thickened and creamy. Set aside, but keep warm until serving time.
7. Remove roast from cooker to cutting board. Cover and keep warm. Let stand 10 minutes. Then slice.
8. Place slices in deep platter. Cover with warm sauce. Garnish with parsley sprigs and serve.

BARBECUED PULLED PORK

Makes 10–12 servings

Cooking Time: 4½–8½ hours Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

½ tsp. salt

1½ Tbsp. Worcestershire sauce *make sure yours is gluten-free if making this recipe gluten-free

¼ cup chopped onion

¼ cup brown sugar, packed

1 cup ketchup

¼ cup white vinegar

⅛ tsp. black pepper

1 Tbsp. prepared mustard

10–12 hamburger rolls *use gluten-free rolls to make this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 7½–8 hours, or on High 4–6 hours, or until instant-read meat thermometer stuck into center of roast registers 145–150°F.
5. Meanwhile, mix the salt, Worcestershire sauce, chopped onion, brown sugar, ketchup, white vinegar, black pepper, and prepared mustard together in a bowl. Set aside.
6. When roast is cooked, place it on a cutting board or in a roomy bowl. Using 2 forks, pull the pork apart, shredding it.
7. Return shredded pork to cooker. Stir in sauce and mix together well.
8. Cover. Cook on High 20–30 minutes, or until mixture reaches a boil.
9. Serve in hamburger rolls.

PULLED PORK WITH DR PEPPER

Makes 6–8 sandwiches

Cooking Time: 4–8 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

your favorite barbecue sauce *make sure yours is gluten-free if you're making this recipe gluten-free

your favorite rolls or buns *use gluten-free buns or rolls if making this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 6–7 hours, or on High 3–4 hours, or until instant-read meat thermometer registers 145–150°F when stuck into center of roast.
5. Using 2 sturdy metal spatulas, remove meat from crock and place on large cutting board. Using 2 forks, shred pork.
6. Place shredded pork back into crock. Mix well with sauce.
7. Cover. Cook 1 more hour on Low.
8. Using a slotted spoon, lift shredded meat and onion out of crock and into large bowl.
9. Stir barbecue sauce into meat and onion, $\frac{1}{4}$ cup at a time, until you get the sauciness you like.
10. Serve in rolls or buns.

KOREAN-INSPIRED BBQ SHREDDED PORK

Makes 8–10 servings

Cooking Time: 8–10 hours

Ideal slow-cooker size: 3-qt.

Serving suggestion: Serve over brown rice or quinoa with a side of bok choy sautéed in toasted sesame seed oil and red pepper flakes.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 8–10 hours.
4. Remove the pork roast and shred it between 2 forks. Return the shredded pork to the crock and mix it through the sauce.

SPICY PULLED PORK SANDWICHES

Makes 8–10 servings

Cooking Time: 8½–10½ hours Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

½ cup Worcestershire sauce *make sure yours is gluten-free to make this recipe gluten-free

¼ cup hot sauce *make sure you choose a gluten-free hot sauce to make this recipe gluten-free

1 cup ketchup

1 cup molasses

½ cup mustard

kaiser rolls or buns of your choice *choose gluten-free buns or rolls to make this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook 8–10 hours on Low. Remove meat, discard liquid.
4. Shred pork loin with two forks and return to slow cooker. Mix sauce and pour over meat and mix.
5. Cover and cook 30 minutes more or until heated through. Serve on buns.

SWEET MUSTARD PULLED PORK

Makes 6–10 servings

Cooking Time: 8–9 hours Ideal slow-cooker size: 5- to 6-qt.

Serving Suggestions: This is good served as is, or in a bun, tortilla, taco shell, or over buttered noodles with a side of cheesy veggies.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 8–9 hours, or until meat shreds easily with a fork. Remove pork from crock and shred.
4. Strain sauce through a sieve and pour over the meat. The meat will soak some of the sauce back up.

SALSA VERDE PORK

Makes 6 servings

Cooking Time: 6–6½ hours Ideal slow-cooker size: 4-qt.

Serving Suggestion: Serve over cooked brown rice or quinoa.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place contents of the freezer bag into the crock.
3. Cover and cook on Low for 6–6½ hours.
4. Break apart the pork with 2 forks and mix with contents of crock.

CARNITAS

Makes 12 servings

Cooking Time: 10–12 hours Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking/Serving:

- 2 Tbsp. lime juice
- 1 tsp. lime zest
- 12 6-inch gluten-free white corn tortillas

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 10–12 hours.
4. Remove the roast with a slotted spoon, as well as the bay leaves. Shred the pork between 2 forks, then replace the shredded pork in the crock and stir.
5. Add the lime juice and lime zest to the crock and stir.
6. Serve on warmed white corn tortillas.

TASTY PORK TACOS

Makes 6 servings

Cooking Time: 6 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Serving:

½ cup fresh chopped cilantro
gluten-free tortillas, hard or soft
salsa, *optional*
chopped onions, *optional*
chopped fresh tomatoes, *optional*
sliced black olives, *optional*
torn lettuce, *optional*
shredded cheese, *optional*
chopped jalapeño peppers, *optional*
sour cream, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Place contents of freezer bag into crock.
4. Cover. Cook on Low 6 hours, or until instant-read meat thermometer registers 145–150°F when inserted in center of roast.
5. Remove roast from crock and place in good-sized bowl. Shred, using 2 forks.
6. Stir shredded meat back into crock. Add chopped cilantro.
7. Fill tortillas and add your favorite toppings.

PORK CHOPS WITH APPLES

Makes 6 servings

Cooking Time: 2–3 hours

Ideal slow-cooker size: oval 6- or 7-qt.

Instructions:

1. Thaw bag completely 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 2–3 hours, or until instant-read thermometer registers 140–145°F.
5. Serve on platter, topped with apples.

CHOPS IN THE CROCK

Makes 4 servings

Cooking Time: 2½–3½ hours

Ideal slow-cooker size: 6- or 7-qt.

Needed at Time of Cooking/Serving:

- 2 Tbsp. cornstarch
- 2 Tbsp. water
- cooked rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and spread out.
4. Cover. Cook on Low 2–3 hours, or until instant-read meat thermometer registers 145°F when stuck into center of chops.
5. In small bowl, mix the cornstarch and water together until smooth. Stir into sauce in crock.
6. Cover. Cook 30 more minutes, until sauce thickens.
7. Serve over cooked rice.

LEMON SWEET PORK CHOPS

Makes 8 servings

Cooking Time: 5–7 hours

Ideal slow-cooker size: oval 7-qt.

Needed at Time of Cooking:

- 8 lemon slices
- 4 Tbsp. ketchup
- 4 Tbsp. brown sugar

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and spread chops out.
4. Place lemon slice on each chop.
5. In same small bowl, mix together ketchup and brown sugar. Drop a Tbsp. of mixture on top of each chop.
6. Cover. Cook on Low 5–7 hours, or until instant-read meat thermometer registers 145°F when stuck into center of chops (but not against bone).

RASPBERRY BALSAMIC PORK CHOPS

Makes 4–6 servings

Cooking Time: 7–8 hours

Ideal slow-cooker size: 3-qt.

Serving Suggestion: Goes well with a salad and baked sweet potatoes.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread chops out.
3. Cover and cook on Low for 7–8 hours.

BROWN SUGAR PORK CHOPS

Makes 6 servings

Cooking Time: 3–8 hours

Ideal slow-cooker size: 5- or 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread chops out.
3. Cover and cook on High for 3–4 hours or on Low for 6–8 hours.

PORK CHOPS WITH ASIAN FLAIR

Makes 4 servings

Cooking Time: 2–3 hours

Ideal slow-cooker size: 4- to 6-qt.

Needed at Time of Cooking/Serving:

8 oz. angel-hair pasta

8 oz. snow peas or broccoli

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and spread chops out.
4. Cover. Cook 2–3 hours on Low, or until instant-read meat thermometer registers 145–150°F when stuck in center of chops (but not against bone).
5. Near end of cooking time for chops, cook pasta according to package directions.
6. Two minutes before end of pasta cooking time, stir snow peas or broccoli into water with pasta. When done cooking, drain and keep warm.
7. Place chops on platter.
8. Toss pasta and snow peas with sauce in crock. Spoon onto serving platter next to chops. Serve.

BONELESS BARBECUED PORK RIBS

Makes 4–6 servings

Cooking Time: 5–6 hours Ideal slow-cooker size: 5- or 6-qt.

Serving Suggestion: Goes well with corn on the cob.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and spread out ribs.
4. Cover and cook on Low 5–6 hours, or until instant-read meat thermometer registers 150°F when stuck in center of ribs.

SAUCY SPARERIBS

Makes 4 servings

Cooking Time: 4–5 hours Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread ribs out.
3. Cover and cook on Low 4–6 hours, or until the meat begins to fall off the bones.

SWEET-AND-SOUR RIBS

Makes 8 servings

Cooking Time: 5–8 hours Ideal slow-cooker size: oval 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag in crock, spreading the ribs out.
3. Cover. Cook on Low 5–8 hours or until meat is tender.
4. Remove ribs from sauce and keep warm.
5. Using a good-sized spoon, lift layer of grease off sauce and discard. Or refrigerate sauce, allowing fat to harden. Then remove with spoon.
6. After removing grease, heat sauce and serve with ribs.

EASIEST-EVER COUNTRY RIBS

Makes 4–6 servings

Cooking Time: 8–10 hours Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread ribs out evenly.
3. Cover and cook on Low for 8–10 hours.

COUNTRY-STYLE RIBS

Makes 6–8 servings

Cooking Time: 3–7 hours Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock. If you need to make a second layer, stagger pieces so they don't directly overlap each other.
3. Cover. Cook on Low 5–7 hours, or on High 3–4 hours, or until instant-read meat thermometer registers 145–150°F when stuck in center of ribs (but not against bone).

BARBECUED HAM STEAKS

Makes 4 servings

Cooking Time: 3–4 hours Ideal slow-cooker size: oval 6 or 7-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag in crock. Overlap steaks if you must, but as little as possible.
3. Cover and cook on Low 3–4 hours, or until meat is heated through but not dry.
4. Fish out cloves and discard.
5. Cut each steak into smaller pieces and serve topped with barbecue sauce.

POLISH KRAUT AND APPLES

Makes 4 servings

Cooking Time: 2–5 hours

Ideal slow-cooker size: 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 4–5 hours or on High 2–2½ hours, or until apples are tender and everything is heated through.

POLISH SAUSAGE AND SAUERKRAUT

Makes 4–6 servings

Cooking Time: 6–7 hours

Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 6–7 hours.
4. When you are ready to serve, remove the bay leaf and discard it.

SWEET-AND-SOUR KIELBASA

Makes 8–10 servings

Cooking Time: 4 hours

Ideal slow-cooker size: 5- or 6-qt.

Needed at Time of Serving:

cooked rice, pasta, or potatoes

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook on Low 4 hours, or until kielbasa is fully cooked.
4. Serve over cooked rice, pasta, or potatoes.

HEARTY SAUSAGE AND BEANS

Makes 12 servings

Cooking Time: 2–4 hours

Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook on Low for 4 hours or on High 2 hours.

JIFFY JAMBALAYA

Makes 6 servings

Cooking Time: 4–5 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

1½ cups uncooked instant rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 3 hours, or until vegetables are as tender as you like them.
5. Stir in rice. Cover. Cook on High 20–30 minutes, or until rice is tender and fully cooked.
6. Stir and serve.

Meatless & Seafood Main Dishes

JAMAICAN RICE AND BEANS

Makes 4 servings

Cooking Time: 2 hours Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking:

14-oz. can light coconut milk

1 cup uncooked instant rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and stir in the coconut milk.
4. Cover. Cook on Low 1½ hours.
5. Stir rice into crock.
6. Cover. Cook on High 20–30 minutes, or until rice is tender but not dry.
7. Stir and serve.

MEXICAN RICE AND BEANS

Makes 6–8 servings

Cooking Time: 2–3 hours Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking:

1 cup raw long-grain brown rice

¾ cup shredded cheddar cheese *sub for vegan

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock and stir in long-grain brown rice.
4. Cover. Cook on High 2–3 hours, until rice is tender, stirring once halfway through.
5. Scatter cheese over rice and beans.
6. Allow to stand, uncovered, until cheese melts.

QUINOA AND BLACK BEANS

Makes 6–8 servings

Cooking Time: 2–3 hours

Ideal slow-cooker size: 4-qt.

Needed at time of Cooking/Serving:

¾ cup uncooked quinoa

½ cup fresh cilantro, chopped

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of bag into crock.
4. Cover. Cook on Low 2 hours, or until veggies are as tender as you like.
5. Stir in quinoa. Cover and continue cooking on Low 20–30 more minutes, or until quinoa is tender.
6. Just before serving, stir in cilantro.

VEGETARIAN COCONUT CURRY

Makes 10–14 servings

Cooking Time: 4–5 hours

Ideal slow-cooker size: 7-qt.

Needed at Time of Serving:

cooked rice or pasta *use gluten-free pasta to keep this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock.
3. Cover and cook on Low for 4–5 hours, or until vegetables are as tender as you like them.
4. Serve over cooked rice or pasta.

SALSA LENTILS

Makes 4 servings

Cooking Time: 2–4 hours

Ideal slow-cooker size: 4- or 5-qt.

Needed at Time of Cooking/Serving:

1 cup chopped fresh cilantro

cooked rice or corn chips

chopped lettuce, *optional*

diced fresh tomatoes, *optional*

grated cheese of your choice, *optional*

sour cream, *optional, omit for a vegan recipe*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover. Cook on Low 3–4 hours or on High 2–3 hours, or until lentils are tender.
5. Just before serving, stir in chopped cilantro.
6. Serve over rice or corn chips.
7. Top with remaining optional ingredients.

LENTILS SWISS-STYLE

Makes 6 servings

Cooking Time: 2–6 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

1 green bell pepper, chopped, *optional*

¼ cup chopped fresh parsley

¼ cup sherry

3 cups shredded Swiss or cheddar cheese

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Grease interior of slow-cooker crock.
3. Empty contents of bag into crock and stir.
4. Cover. Cook on Low 4–6 hours, or on High 2–3 hours, or until lentils and raw vegetables are as tender as you like them.
5. Twenty minutes before end of cooking time, stir in chopped green pepper, if using.
6. Just before serving, stir in parsley and sherry. Sprinkle with cheese.

LENTIL TACOS

Makes 6 servings

Cooking Time: 3–6 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking/Serving:

1 cup salsa

12 taco shells *make sure yours are gluten-free to keep this recipe gluten-free

shredded lettuce, *optional*

tomatoes, chopped, *optional*

shredded, reduced-fat cheddar cheese, *optional*

fat-free sour cream, *optional*

taco sauce, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock and stir.
3. Cover. Cook on Low 3 hours for somewhat-crunchy lentils, or on Low 6 hours for soft lentils.
4. Add salsa.
5. Spoon about ¼ cup into each taco shell. Top with your choice of lettuce, tomatoes, cheese, sour cream, and taco sauce.

BBQ VEGGIE JOES

Makes 10 servings

Cooking Time: 8–10 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking:

2 Tbsp. cider vinegar

10 sandwich rolls *replace with gluten-free buns if making this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook on Low 8–10 hours, or until lentils are soft.
4. Stir in vinegar just before serving.
5. Spoon ½ cup of lentil mixture onto each sandwich roll to serve.

SHRIMP MARINARA

Makes 4–5 servings

Cooking Time: 6¼–7¼ hours Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking/Serving:

1 lb. cooked shrimp, peeled
cooked spaghetti *replace with gluten-free pasta to keep this recipe gluten-free
grated Parmesan cheese, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 6–7 hours.
4. Turn to slow cooker to High and add shrimp.
5. Cover and cook an additional 15–20 minutes.
6. Serve over cooked pasta and garnish with the Parmesan cheese, if using.

SHRIMP JAMBALAYA

Makes 8 servings

Cooking Time: 2¼ hours Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

2 Tbsp. butter
1½ cups uncooked instant rice
1 lb. shelled, deveined, medium-sized shrimp
1 Tbsp. chopped parsley, for garnish

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Melt butter in crock set on High. Empty freezer bag #1 into crock. Cover and cook 30 minutes.
3. Add ½ cups uncooked instant rice. Cover and cook 15 minutes.
4. Add contents of bag #2 into crock. Cover and cook on High 1 hour.
5. Add shrimp. Cook on High 30 minutes, or until liquid is absorbed.
6. Garnish with 1 Tbsp. parsley.

SEAFOOD GUMBO

Makes 10 servings

Cooking Time: 3–4 hours

Ideal slow-cooker size: 4- to 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook on High 3–4 hours.

LEMON DIJON FISH

Makes 4 servings

Cooking Time: 3 hours

Ideal slow-cooker size: 2-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock and spread out evenly.
3. Cover and cook on Low 3 hours, or until fish flakes easily but is not dry or overcooked.

SPICED COD

Makes 4–6 servings

Cooking Time: 2 hours ¹/₃ Ideal slow-cooker size: 4- or 5-qt.

Instructions:

1. Thaw the bag completely for 24–48 hours or more.
2. Empty contents of bag into crock, spreading fillets out evenly.
3. Cover and cook on Low for 2 hours, or until fish flakes easily with a fork.

HERBED FLOUNDER

Makes 6 servings

Cooking Time: 2–3 hours

Ideal slow-cooker size: 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and spread fillets out.
3. Cover and cook on High 2–3 hours, or until fish is flaky.

CAJUN CATFISH

Makes 4 servings

Cooking Time: 2 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

1 tsp. coconut oil

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Place coconut oil in crock and turn to High. Let it melt.
3. Empty contents of freezer bag into crock, spreading fillets out evenly.
4. Cover and cook on Low for about 2 hours, or until the fish flakes easily with a fork.

Soups, Stews & Chilis

CHICKEN NOODLE SOUP

Makes 6–8 servings

Cooking Time: 4–8 hours

Ideal slow-cooker size: 5-qt

Needed at Time of Cooking:

10 cups water

½ pkg. dry kluski (or other very sturdy) noodles

½ cup peas

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and pour the 10 cups of water over the top.
3. Cover. Cook on High 4–6 hours or on Low 6–8 hours.
4. Two hours before end of cooking time, stir in noodles.
5. Stir peas into slow cooker 20 minutes before end of cooking time.

CHICKEN AND VEGETABLE SOUP

Makes 4–6 servings

Cooking Time: 7–8 hours

Ideal slow-cooker size: 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock.
3. Cover and cook on Low for 7–8 hours, or until vegetables are tender.

CHICKEN AND VEGETABLE SOUP WITH RICE

Makes 4–6 servings

Cooking Time: 6½–7½ hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking/Serving:

1 cup fresh green beans

3 cups cooked rice

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of the freezer bag into crock.
3. Cover and cook on Low for 6–7 hours.
4. Remove chicken and chop into bite-sized cubes. Place chicken back into crock and add in green beans. Cover and cook another 30 minutes.
5. To serve, place approximately ½ cup of the cooked rice into each bowl and ladle soup over top of the rice.

TEX-MEX SOUP WITH CRUNCHY TORTILLAS

Makes 6 servings

Cooking Time: 5–7 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking/Serving:

2 Tbsp. vegetable oil

4 corn tortillas, cut in half and then in ¼-inch strips *make sure yours are gluten-free to keep this recipe gluten-free

shredded Monterey Jack cheese, for serving, *optional*

chopped fresh cilantro, for serving, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 5–7 hours.
4. Heat oil in large skillet and add tortilla strips. Cook, stirring, over medium heat until crisp. Drain strips on paper towels.
5. If desired, put 1–2 Tbsp. shredded Monterey Jack cheese in each serving bowl.
6. Ladle soup into bowls and top with tortilla strips, and fresh cilantro, if using.

CHICKEN CHICKPEA TORTILLA SOUP

Makes 4–6 servings

Cooking Time: 6 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Serving:

nonfat plain Greek yogurt

shredded cheddar

baked blue corn tortilla chips

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 6 hours.
4. Remove chicken and use two forks to pull apart chicken into shreds.
5. Stir the chicken back through the soup.
6. Serve each bowl with a dollop of nonfat plain Greek yogurt, some shredded cheddar, and crushed baked blue corn tortilla chips.

SOUTHWEST CHICKEN AND WHITE BEAN SOUP

Makes 6 servings

Cooking Time: 4–10 hours

Ideal slow-cooker size: 3½-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook 8–10 hours on Low or 4–5 hours on High.

CHILI CHICKEN STEW WITH RICE

Makes 4–5 servings

Cooking Time: 2½–5 hours

Ideal slow-cooker size: 2½-qt.

Needed at Time of Serving:

2 cups cooked brown rice

sour cream to taste

shredded Mexican blend cheese to taste

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock.
3. Cover and cook on High for 2½ hours or Low for 5 hours.
4. Shred chicken; stir to incorporate.
5. Serve over brown rice and add desired amount of sour cream and shredded Mexican blend cheese.

EASY VEGETABLE BEEF SOUP

Makes 15 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 5½-qt.

Needed at Time of Cooking:

16-oz. bag mixed frozen vegetables

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock as well as the mixed frozen vegetables.
3. Cover and cook on Low for 6–8 hours, until beef is done.
4. Season to taste with salt and pepper.

COLORFUL BEEF STEW

Makes 6 servings

Cooking Time: 8–9 hours

Ideal slow-cooker size: 4-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag labeled “#1” into crock.
3. Cover and cook on Low for 8–9 hours.
4. The last 45 minutes of cooking time, stir in sliced bell peppers from the bag labeled “#2.”

SHREDDED PORK TORTILLA SOUP

Makes 6–8 servings

Cooking Time: 8–10 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Serving:

fresh chopped cilantro, *optional*

tortilla chips, *optional*

avocado slices, *optional*

freshly grated Mexican cheese, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 8–10 hours.
4. Remove the pork and shred it between two forks. Place it back into the soup and stir.
5. Serve each bowl of soup with fresh chopped cilantro, tortilla chips, avocado slices, and freshly grated Mexican cheese, if desired ... or any other garnishes you would like!

PORK THAI STEW

Makes 6 servings

Cooking Time: 2½–3 hours

Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking/Serving:

¼–½ cup creamy peanut butter

cooked rice

chopped peanuts, *optional*

chopped green onions, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours.
2. Grease interior of slow-cooker crock.
3. Empty contents of freezer bag into crock.
4. Cover and cook on Low 2–2½ hours, or until meat is tender.
5. Remove pork cubes and shred meat with 2 forks, then place back in stew.
6. Stir in peanut butter. Cover and continue cooking for 30 more minutes, until heated through.
7. Serve over cooked rice.
8. Pass bowls of chopped peanuts and sliced green onions for each diner to add as they wish.

KIELBASA SOUP

Makes 6–8 servings

Cooking Time: 5 hours Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking:

8 oz. rainbow rotini, uncooked *replace with gluten-free pasta to make this recipe gluten-free

3 cloves garlic, minced

1 lb. chopped fresh spinach

salt and pepper to taste

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 4 hours.
4. Add rotini and garlic. Cook an additional hour on Low, or until pasta is as tender as you like it.
5. Stir in chopped spinach. Add salt and pepper to taste. Remove bay leaf.

QUICK KIELBASA SOUP

Makes 8 servings

Cooking Time: 12 hours Ideal slow-cooker size: 8-qt.

Needed at Time of Cooking:

3 medium potatoes, diced

4-qt. (16 cups) water

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock along with the diced potatoes and 4 quarts of water.
3. Cover. Cook on Low 12 hours.

SHEPHERD STEW

Makes 8–10 servings

Cooking Time: 5–8 hours

Ideal slow-cooker size: 5- to 6-qt.

Needed at Time of Cooking/Serving:

8 cups water

pita bread *replace with gluten-free pita to keep this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Combine contents of freezer bag with additional 8 cups water in crock.
3. Cover and cook on Low 5–8 hours.
4. Remove bay leaf.
5. Serve with pita bread.

THE BEST BEAN AND HAM SOUP

Makes 8–10 servings

Cooking Time: 8–12 hours

Ideal slow-cooker size: 7-qt.

Needed at Time of Cooking:

12 cups water

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock and add the additional 12 cups of water, enough to completely cover the ham bone.
3. Cover and cook on Low for 8–12 hours.
4. Remove ham bone and any gristle pieces and cut up any large chunks of ham. Stir back through soup.

SLOW-COOKER BEAN SOUP

Makes 8 servings

Cooking Time: 5½ hours

Ideal slow-cooker size: 3-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock. Add either more chicken broth or water to make sure ham hock is completely covered.
3. Cook on High for 3 hours, then turn down to Low for 2 hours.
4. Take out ham hock. Remove ham from bone, and chop ham into bite-sized pieces.
5. Return ham to slow cooker. Cook on Low an additional 30 minutes.

SPLIT PEA SOUP

Makes 8–10 servings

Cooking Time: 4–8 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

10 cups water

Instructions:

1. Thaw bag completely for 24–48 hours.
2. Empty contents of freezer bag into crock and pour in the additional 10 cups of water.
3. Cover. Cook on Low 4–8 hours, or until ham is tender and falling off the bone, and the peas are very soft.
4. Use a slotted spoon to lift the ham bone out of the soup. Allow it to cool until you can handle it without burning yourself.
5. Cut the ham into bite-sized pieces. Stir it back into the soup.
6. Heat the soup for 10 minutes, and then serve.

VEGETABLE SOUP GALORE

Makes 10 servings

Cooking Time: 4½–5½ hours Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

1 cup diced raw potatoes

4 cups water, *divided*

2 Tbsp. cornstarch

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock along with the diced potatoes and additional 3½ cups water.
3. Cover and cook on Low for 4–5 hours, until vegetables are tender.
4. Mix cornstarch and ½ cup water until smooth.
5. Whisk mixture into hot soup and cook for an additional 30 minutes until thickened. Stir before serving.

LENTIL SPINACH SOUP

Makes 4–6 servings

Cooking Time: 2½ hours Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

5-oz. bag fresh spinach, chopped

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low 2 hours.
4. Add spinach. Cook on Low an additional 15–25 minutes.

SAVORY LENTIL SOUP

Makes 6 servings

Cooking Time: 5 hours Ideal slow-cooker size: 4-qt.

Needed at Time of Cooking:

1½ cups water

½ cup chopped fresh parsley

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag #1 into crock along with the water.
3. Cover and cook on Low 4 hours.
4. Add contents of bag #2 and the fresh parsley. Stir. Cook on Low 1 more hour.

FRESH TOMATO SOUP

Makes 6 servings

Cooking Time: 3–4 hours Ideal slow-cooker size: 3½- to 4-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cook on Low for 3–4 hours. Stir once while cooking.
4. Remove bay leaf before serving.

TOMATO BASIL SOUP

Makes 12 servings

Cooking Time: 3½ hours

Ideal slow-cooker size: 4-qt.

Needed at time of Cooking:

¼ cup chopped fresh basil, plus more for garnish

1 cup heavy cream, room temperature

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock. Add the ¼ cup chopped fresh basil.
3. Cover and cook on High for 3 hours. You may puree soup at this point if you wish for a totally smooth soup.
4. Stir in heavy cream and cook an additional 30 minutes on Low.
5. Garnish each serving with a few ribbons of fresh basil.

FRENCH ONION SOUP

Makes 6–8 servings

Cooking Time: 7–8 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking/Serving:

2 sprigs fresh thyme

loaf of French bread, sliced *omit bread or use gluten-free bread to keep this recipe gluten-free

4 oz. Gruyère cheese, sliced thinly

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock along with the 2 sprigs of fresh thyme.
3. Cover and cook on Low for 7–8 hours. Remove the thyme sprigs and bay leaf.
4. Serve each bowl of soup in an oven-safe bowl and place a slice of bread on top, topped with enough cheese to cover the entire top. Place it in the oven under the broiler for a few minutes, or until the cheese starts to bubble.

BROCCOLI CHEESE SOUP

Makes 6 servings

Cooking Time: 6–7 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking:

2 12-oz. cans evaporated milk

16-oz. block Velveeta cheese, chopped into pieces

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock along with the evaporated milk.
3. Cover and cook on Low for 6–7 hours.
4. About 5–10 minutes before eating, turn slow cooker to High and stir in Velveeta cheese until melted.

CREAMY BUTTERNUT SQUASH SOUP

Makes 4–6 servings

Cooking Time: 8 hours

Ideal slow-cooker size: 3-qt.

Needed at Time of Cooking:

1 small sweet potato, cut into 1-inch chunks

1 cup heavy cream or half-and-half *sub for vegan

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty the contents of the freezer bag into the crock along with the sweet potato chunks.
3. Cover and cook on Low for 8 hours, or until the vegetables are soft.
4. Using an immersion blender, blend the soup until smooth.
5. Remove ¼ cup of the soup and mix it with the 1 cup of heavy cream or half-and-half. Pour this into the crock and mix until well combined.

ENCHILADA SOUP

Makes 6–8 servings

Cooking Time: 6–8 hours

Ideal slow-cooker size: 6-qt.

Needed at Time of Cooking:

½ cup uncooked quinoa

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of bag into crock along with the quinoa.
3. Cover and cook on Low for 6–8 hours.

GUMBO

Makes 8 servings

Cooking Time: 4¼–5½ hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

1½ lbs. raw shrimp, peeled and deveined, chopped if large

Serving Suggestion: Serve over rice, or serve with French bread. *omit French bread to keep this recipe gluten-free

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 4–5 hours, until vegetables are soft.
4. Add shrimp. Cook for 15–20 more minutes on Low, until shrimp are just opaque and cooked through. Thin Gumbo if necessary with a little water, broth, or wine. Taste and adjust salt.

CHICKEN CHILI

Makes 6 servings

Cooking Time: 5–6 hours Ideal slow-cooker size: 4-qt.

Serving Suggestion: This goes well with shredded cheddar cheese and sour cream on top.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook on Low for 5–6 hours.

CHIPOTLE CHILI

Makes 6–8 servings

Cooking Time: 3–6 hours Ideal slow-cooker size: 3- to 4-qt.

Needed at Time of Cooking:

2 green onions, sliced
chopped cilantro, *optional*

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover and cook 3–4 hours on High or 5–6 hours on Low, until chicken is done.
4. Mash some of the stew with potato masher to make it thicker.
5. Stir in green onions and cilantro, if using. Serve hot.

WHITE CHILI

Makes 6–8 servings

Cooking Time: 4–10 hours

Ideal slow-cooker size: 5-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cover. Cook on Low 8–10 hours or on High 4–5 hours.

WHITE BEAN AND CHICKEN CHILI

Makes 6–8 servings

Cooking Time: 8–10 hours

Ideal slow-cooker size: 5-qt.

Needed at Time of Cooking:

8 cups water

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag and 8 cups of water into crock.
3. Cover and cook on Low for 8–10 hours.

NO-BEANS CHILI

Makes 10–12 servings

Cooking Time: 6–10 hours

Ideal slow-cooker size: 5- or 6-qt.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock.
3. Cook on Low 9–10 hours or High 6–7 hours, until meat is very tender.

CHILI IN A SLOW COOKER

Makes 6 servings

Cooking Time: 6 hours Ideal slow-cooker size: 5-qt.

Serving Suggestion: This pairs well with cornbread.

Instructions:

1. Thaw bag completely for 24–48 hours or more.
2. Empty contents of freezer bag into crock and stir, breaking the ground beef apart a bit.
3. Cover and cook on Low for 6 hours.