

10 Easy Crock-Pot Freezer Meals Part 2 Shopping List

Via CrockPotLadies.com

This shopping list will help guide you in the grocery store as you go shopping to make our 10 easy crock-pot freezer meals (part 2). Before you head to the grocery store check your pantry, fridge and freezer and check off any items you already have at home so you do not purchase duplicates. For example, you may have many of the spices and condiments listed already as these are pretty common ingredients in many recipes.

Items noted with an asterisk (*) will be cooked or used with the finished meal so you may wish to hold off purchasing these items or set them aside with a label for when you are going to cook that particular freezer meal.

Meat

- (4) whole boneless skinless chicken breasts**
- (4.5) pounds of 93% lean ground hamburger** *(I cooked 5 pounds all together)*
- (1) pound of lean ground pork sausage**
- (3) pounds of lean ground turkey or chicken**
- (3 to 5) pounds of country style ribs**
- (1) pound of lean ground chicken** *(or turkey)*
- (8 to 10) chicken drumsticks**
- (2) cups precooked turkey or chicken** *(from a rotisserie chicken or leftover)*

Baking Supplies/Spices

- (1) bag or box of brown sugar** *(you will use ¼ cup plus 2 tablespoons)*
- (1) small carton of oatmeal** *(you will use 1 ½ cups)*
- (1) small bottle apple cider vinegar** *(you will use 2 tablespoons)*
- (1) package or tube of fresh basil or dried basil** *(I use the tube kind that you can find in the produce section – you will use 1 ½ teaspoon)*
- (1) jar of dried oregano** *(you will use ½ ½ teaspoon plus a couple pinches)*

Canned

- (4) 145 oz. cans diced tomatoes**
- (2) 15 oz. cans tomato sauce**
- (1) 4.5 oz. can diced green chills**
- (1) 10 ¾ oz. can tomato**
- (1) jar of your favorite marinara sauce** *(you will use 1 ¼ cup)*
- (2) 15 oz. cans kidney beans**
- (2) 15 oz. can black beans**
- (1) 28 oz. can crushed tomatoes**
- (1) 28 oz. can diced tomatoes**
- (1) 15.4 oz. can whole kernel corn**
- (1) 32 oz. carton vegetable broth** *(you will use 2 to 4 cups)*
- (3) 32 oz. cartons chicken** *(you will use 9 cups)*
- (1) 10 ¾ oz. can of cream of chicken soup**

Condiments/Sauces

- (2) 18 oz. bottles of honey barbecue sauce**
- (1) 18 ounce tangy barbecue sauce**
- (1) small bottle of Italian salad dressing** *(you will use ½ cup)*
- (1) small bottle of Worcestershire sauce** *(you will use 2 tablespoons)*
- (1) small bottle ketchup** *(you will use 1 cup)*
- (1) small bottle mustard** *(you will use 4 tablespoons)*

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- Salt
- Pepper
- (1) bottle of bay leaves** (you will use 5 leaves)
- (1) jar garlic powder** (you will use 1 teaspoon)
- (1) jar dehydrated minced onion** (you will use 5 tablespoons)
- (1) jar ground cinnamon** (you will use ½ teaspoon)
- (1) jar allspice** (you will use ½ teaspoon)
- (1) jar ground ginger** (you will use ½ teaspoon)
- (1) jar Italian seasoning** (you will use 1 tablespoon)
- (1) jar ground mustard** (you will use 1 teaspoon)
- (1) jar tarragon** (you will use 1 teaspoon)
- (1) package of low sodium taco seasoning mix** (I used McCormick brand – or make your own homemade taco seasoning mix)
- (1) can non-stick cooking spray** (such as Pam brand – optional but nice to use to prevent sticking while cooking)

Packaged Foods

- *(1) 16 oz. box of spaghetti pasta**
- *(1) 12 oz. box of rotini pasta**
- *(2) large packages of hamburger buns** (do not pre-buy these unless you going to freeze them or eat right away)
- *(1) package quinoa** (you will use 1 cup)
- *(1) bag rice** (you will use 3 cups)
- *(1) bag or box wild rice** (you will use ½ cup)

- (1) small bottle honey** (you will use 1/2 cup)
- (1) small bottle real maple syrup** (you will use 2 tablespoons)
- (1) small bottle low-sodium soy sauce** (you will use 2 tablespoons + 1 teaspoon)

Dairy/Eggs

- (1) 16 oz. bag of Italian cheese** (you will use 2 ½ cups)
- *(1) 8 oz. wedge fresh parmesan cheese**
- (1) carton large eggs** (you will use 2)

Frozen

- (1) small bag frozen peas** (you will use 1 cup, keep this frozen)

Produce

- (6) onions**
- (1) small jar pre-minced garlic** (you will use 4 tablespoons)
- (9) stalks of celery**
- (1) green cabbage** (you will use this in 2 different recipes)
- (2 - 3) large carrots** (you will use 2 cups chopped)

Miscellaneous

- (1) box gallon size freezer bags** (you will use 14 bags)
- (1) box quart size freezer bags** (you will use 1 bag)