10 Crockpot Freezer Meals In 2 Hours

Produce

- 1 BELL PEPPER
- 5 1/2 MEDIUM YELLOW ONION
- 2 CUPS DICED TOMATOES
- 8 CLOVES GARLIC
- 1 RED BELL PEPPER
- 1 YELLOW BELL PEPPER
- 2 LIMES
- 1 BUNCH FRESH CILANTRO
- 1/2 RED ONION
- 1 LB. CARROTS
- 4 CUPS DICED POTATOES

Meat

- 2 LB COOKED GROUND BEEF
- 4 1/2 LBS CHICKEN BREASTS
- 1 LB JOHNSONVILLE ITALIAN SAUSAGE BRATS
- 11/2 LBS FLANK STEAK OR SUBSTITUTE ROUND STEAK
- 11/2 LBS. LEAN STEW MEAT
- 1 - 2 LB HAM HOCK, COTTAGE BUTT OR DICED HAM

Refrigerated Items

- 8 OUNCES CHEDDAR CHEESE, SHREDDED
- 8 OZ CREAM CHEESE

Pantry Items

- 3 CANS CORN
- 2 CAN BLACK BEANS
- 2 16 OZ JARS SALSA
- 1 8 OZ CAN TOMATO SAUCE
- 3 14 OZ CANS DICED TOMATOES
- 2 SMALL CAN DICED GREEN CHILIES
- 5 CUPS BEEF BROTH
- 11/2 CUPS V-8 JUICE
- 2 CUPS CHICKEN STOCK
- 4 TABLESPOONS OLIVE OIL
- 1 CUP HONEY
- 1/2 CUP SOY SAUCE
- 1 TABLESPOON SESAME OIL
- 1/3 CUP BARBECUE SAUCE
- 1 TBSP. CORN STARCH
- 1 LB GREAT NORTHERN BEANS, RINSED

Spices

- 1 PKG TACO SEASONING
- 3 1/2 TEASPOON SALT
- 2 3/4 TEASPOON BLACK PEPPER
- 2 TEASPOONS ONION POWDER
- 2 TABLESPOONS GARLIC POWDER
- 4 TEASPOONS CHILI POWDER
- 3 TEASPOON CUMIN
- 2 TABLESPOONS SESAME SEEDS

Notes:

Stockpiling Moms®