



The Busy Mom's Guide to Freezer to Slow Cooker Meals

SET IT & FORGET IT! REAL EASY, REAL FOOD!

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Frozen to Slow Cooker

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Welcome to the Cooking Method That Is Going to Change Your Life

This is one of those eBooks that you are going to come back to again and again. I dare say it might even change your life. 14 Quick and Healthy Freezer to Slow Cooker Meals is just as convenient as it sounds, but it gets better. There's no cooking needed on your prep day which saves you tons and tons of time, and even better, these meals are all really healthy. I have spent months and months writing this book! I researched, made lots of recipes, and then with my family (and our neighbors, my in-laws, and lots of friends, I was serious about recipe and taste testing) I ate my way through every single one. The original 20 recipes I started with have gotten pared down to our very favorite 14 recipes. Four of the recipes are vegetarian dishes, six are chicken, one is pork, and three are beef. I included a lot a variety and delicious flavor without needing any exotic or expensive ingredients. Processed foods were kept to a minimum (canned beans, tomatoes, and coconut milk are as wild as we get), and there are tons of vegetables included!

I can't get over how easy this cooking method is! You dump all the raw ingredients into a freezer bag and pop it in the freezer. On cooking day you add the contents of the bag and maybe a little water or broth to your slow cooker and then just let it do its thing! My sister was in town a few months back and she helped me prep all of my freezer meals. It took the bulk of a Saturday morning and then another hour or two in the afternoon to clean up my mess.

I had no idea that my kids would end up being sick and staying sick for the next 5, almost 6 weeks! I was so grateful to have food in the freezer that I didn't have to think about or run to the store to get ingredients for. These meals were a lifesaver. Even now, when we've gotten back to feeling better again, I have found myself enjoying them and feeling glad that they are in the freezer when I need them. The prep day is a little long and messy but the benefit of having so much of the work done is very worth it.

I have had lots of feedback and help testing and preparing this book. Dozens of people have made the recipes and everyone has been saying the same thing: having these meals ready to go in the freezer is a life saver.

Slow Cooker Burnout, The Struggle Is Real

About half of the meals are one dish wonders (soups and stews that can stand alone as a meal or just need a little bread on the side to round them out). The other half are parts of meals like Teriyaki Chicken and Beef Stroganoff. They need rice or noodles and a vegetable or two served with them to make them a complete meal.

Having both types of meals in the freezer is important to avoid what I like to call “slow cooker burnout”. If I make too many soups and stews my family gets tired of them and they start to moan a little when they see the slow cooker on the table. When I am adding fresh elements, like the freshly cooked pasta or rice and some kind of fresh salad and steamed or roasted vegetables, it makes the meal feel like less of a “slow cooker” meal. I still love making the main dish in the slow cooker though, because when 5PM rolls around getting a little rice cooked and some veggies prepped doesn't feel like a big deal. All the thinking is already done. Isn't that half of the dinner time battle? Deciding what to make!?

If a soup or stew is slow cooking away I like to make fresh bread/ rolls/biscuits to go with it. Because this is the only thing I need to make for dinner I often like to involve the kids and make an activity out of it. Making homemade pretzels, rolls, or bread dough before naps is fun and I can still have the kitchen cleaned up before dinner.



The serving size for each meal is 6 to 8 people. They are pretty big meals but the beauty in that is that you get to cook even less. For my family of 2 adults and 4 small children (I have a nursing baby too but he doesn't get put into the food count yet) each recipe made almost 2 full meals. I love leftovers and didn't mind at all having them around. If there wasn't quite enough for a full supper, then we ate the leftovers for lunch. A bigger family or one with kids who eat a little more than mine will love the serving size.



I have also found that these meals make amazing gifts! I have made bags of our favorites, stuck them in the freezer, and then delivered them, still frozen as needed. When a friend has a new baby, I can just take the meal over and she can either pop it in the freezer or cook it right away. A friend with sick kids appreciated a meal and it really took very little effort on my part. I love having food prepped in the freezer and ready to go! Over the holidays we ended up having some unexpected guests. No worries! The next morning, I just popped a freezer-to-slow-cooker meal in my slow cooker, enjoyed my day with our company, and dinner was ready with very little thought and effort on my part.

A sweet grandma who helped test recipes made a whole batch of freezer meals for herself and then made a second batch of freezer meals to give to her daughter in preparation for a 4th baby's arrival. Another tester gave 10 meals to a friend who suffers from chronic fatigue; another made and gave frozen meals to a friend who was newly pregnant and super sick. I heard it time and time again, once someone realizes how easy these meals are to prep, tries these recipes, and then reaps the benefits of having healthy food just waiting to be added to the slow cooker, they can't help but share the knowledge. Someone even said they won a chili contest with the chili recipe! Isn't that fun?!

A few different times I have had one of these meals cooking and the thought came to me to share. I knew that I had enough or knew how to make the meal stretch and so I shared. Occasionally I would call a friend up, the person that had come to mind, and ask if I could bring dinner. I'd tell them it was already cooking and that it was no big deal. On other days I would see someone that I knew from around town and invited them into our home to share the meal. If I ended up with more people to feed than food in the slow cooker I would simply make a double batch of cornbread and slice up a big pile of apples and oranges to go with the meal or to take to the friend. Because I had prepared and knew what was going to be on my table at dinnertime, I was more able to share the gift of food with others. I have also been more able and excited to invite people over to dinner with these meals. All the work is done! I won't be in the kitchen when they show up and I'll have extra time in the afternoon to get my house ready for company. Food is my love language and these recipes have helped me to share that love over and over again.

You are going to be giving this gift of convenient healthy food to yourself, but it's so much more than that. You are also giving yourself the gift of time. It's very mentally freeing to have dinner done and out of the way before lunch. You won't be worrying about what's for dinner all day long, it's done! These meals will also give you additional time in your day. Will you play with your kids? Will you read a book that has been on your nightstand for far too long? Will you enjoy an extra-long walk or say yes to a trip to the park? I'm so excited for you to make and enjoy these meals. I know you'll love them for more reason than just their whole-food ingredients and delicious taste.



Freezer to Slow Cooker Meal Guide:

- Plan ahead! If you are going to prep all the recipes provided in one day then shop one day and prepare the second.
- On prep day, wear tennis shoes and comfortable clothes. Your body will thank you that night.
- Print out the recipes so that you have them right in front of you without worry about spilling anything on them. Make notes on any changes or adaptations you made as you go. If you make them a second time you'll know what you did and what you like.
- Before filling the bag, write the name of the dish, the date, and anything extra you need to add the day of cooking. It's much easier to write on a clean flat bag than on a full one.
- All recipes were tested with all ingredients going into the bag uncooked. You can sauté onions and sear the meat for additional depth of flavor, though it adds to the overall prep time significantly.
- I don't like fresh potatoes, cauliflower, or broccoli frozen and then cooked in the slow cooker (exception: sweet potatoes are fine). If you are going to use these ingredients in a freezer-to-slow-cooker type meal, I suggest buying them already frozen (instead of fresh), as it works a little better.
- I prefer to use "baby bella" mushrooms in the slow cooker. They have great flavor and texture when cooked.
- I like to fold the top of the gallon bags over (so that the bag is about half as tall as it is wide) and then lay them flat to freeze. When I have laid them out completely flat they didn't fit in my slow cooker once they are frozen.
- In my research I noticed that some people suggested thawing the freezer meal in the fridge overnight the night before they plan on cooking it. They then cooked a thawed-freezer-to-slow-cooker meal. I put my meals straight from the freezer into the crock pot during recipe testing. I assume that both methods work fine, but I haven't tested the thaw-first approach.
- Running the outside of the plastic bag under warm water for a minute or so made it easier to get the frozen contents out of the bag and into the slow cooker.

- In general, cook frozen meals on high for 5 to 6 hours or on low for 7 to 8. I generally prefer the low and slow method. There were a few times where I had forgotten to get the meal in the slow cooker until lunch, so then I would cook it on high for an hour or two before dropping it down to low heat for the last few hours.
- Most recipes call for one onion. In general, one onion is equivalent to 1 cup chopped onion.
- I don't often buy the pre-chopped garlic in a jar, but I did for these. I made all 14 recipes in one day and having the garlic already chopped was a great time saver.
- If you want your slow cooker meal to cook a bit faster, wait for the meal to thaw a little in the slow cooker then use a spoon to break apart the big frozen piece. If the frozen part isn't such a big chunk, it will thaw and cook a little faster while the warm outer edges will get stirred around to warm the middle a little.
- For the canned items: if it is a tomato product, do not drain the juice and do use the juice in the recipe. If the recipe calls for beans, drain and rinse them.
- All recipes serve 6 to 8 people. If you have a large family, great! If not, plan on leftovers. I assume that it is possible to halve each recipe, but I didn't try this. I'm not sure how it would affect cooking times.
- You do not have to make all of these meals at one time. You can pick a few here and there and try them. You could make 5 in one day, or 2, or 12. You choose! If the mushroom heavy recipes don't sound like something your family will eat, skip them! We loved the butternut squash lentil curry, the spaghetti and meatballs, the beef stroganoff, the black bean chili, and the cilantro lime chicken the most. Everything is delicious, but those were the easiest to make and the ones everyone liked the best. The next time my freezer is looking empty I'll probably make a double batch of each of those recipes to restock it. My goal was to teach you how to save all kinds of time by prepping a bunch in one day, but if you aren't going to eat it then you are really wasting your time on prep day. Make what sounds the best in the amounts that your family will eat. I can't wait for you to try these!

I tested all recipes using this **Hamilton Beach 33967 Set 'n Forget 6-Quart Programmable Slow Cooker**. I highly recommend it. It's a good price point (around \$60) and I love that it has a thermometer attachment that you can use! It's a nice feature that helps me to not overcook nice roasts. It was recommended to me by a friend and I'm happy to have it. I love that the lid clamps down too! It's a great feature that I find myself using a lot. I pack around soup, meatballs, and other slow cooker dishes to parties, church gatherings, and my in-laws more than I realized.

My second recommendation would be the **Crock-Pot SCCPVL610-S Programmable Cook and Carry Oval Slow Cooker**. I haven't used this slow cooker but it is the number one selling crock pot on Amazon. It's been reviewed over 2,200 times! I would say this would be a very safe bet, and at around \$49, it's a bargain.

A Final Word for Success

I'm a big believer in the saying "you get what you pay for" and that holds true when it comes to buying ingredients for these meals. High quality seasonal ingredients are going to make these meals taste best. I got 90% of the ingredients at Costco. Costco has great high-quality and often organic products. I'd highly recommend using the Kirkland Signature brand of Organic Chicken Stock (comes in cardboard cartons) for any recipes that call for broth. It is fabulous. The same holds true for meat. Slow cookers are known to work miracles on cheap tough meat, but I'm of the opinion you should get the good stuff. Tough stew meat is still going to be tough in the stew. High quality ingredients yield the tastiest results.



Recipes

Meatballs and Tomato Sauce

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 1 bag frozen meatballs (32 ounce)
or the equivalent in
homemade pre-made meatballs
- 2 cans diced tomatoes (undrained)
- 1 can (28 ounces) crushed tomatoes
- 1 tablespoon dried Italian seasoning
- 1 teaspoon garlic powder

Cook time: 3-4 hours on high

Serve with: cooked pasta, **green salad**, and breadsticks

Sautéed zucchini or cooked spaghetti squash would be a great substitute for the pasta. Store-bought meatballs stayed together better than my homemade ones while cooking. My homemade meatballs ended up falling apart in the slow cooker. The dish was still tasty but wasn't quite the traditional spaghetti and meatballs I was going for.

Sausage and Peppers

From Melissa at Bless this Mess - Serves 6



Ingredients

- 6 Sausages (such as Aidells Chicken and Apple Sausages)
- 1 onion, thinly sliced
- 2 bell peppers, sliced
- 3 tablespoons vinegar
- ¼ cup maple syrup
- ¼ cup water
- ½ teaspoon minced garlic

Cook Time: 3-4 hours on high. Don't overcook this one.

Serve with: Whole grain buns and veggie fries OR serve with a fried egg or two and a seasonal fruit salad for a little breakfast for dinner.

The sausage and peppers will be a little wet coming out of the slow cooker. If you are going to serve them on bun I highly recommend toasting the buns before serving. I like stick a metal baking sheet in the oven and preheat the oven to 400 degrees. Then I'll split the buns and butter the insides well. When the oven and pan are hot, I carefully add the buns to the pan, butter side down, and bake until the buttered side is golden brown (about 5 minutes). Remove from the oven and serve right away. This is **my favorite homemade bun recipe** (works great with whole wheat flour too!)

Sloppy Joes

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- | | |
|---|--------------------------------------|
| 1.5 pounds ground meat (beef, pork, turkey, chicken, or lamb) | ½ teaspoon onion powder |
| 1 onion, diced | ½ teaspoon garlic powder |
| 1 green bell pepper, diced | ½ teaspoon black pepper |
| 1 can (15 ounces) tomato sauce | 3 tablespoons honey |
| 1 tablespoon chili powder | 1 tablespoon Worcestershire sauce |
| 1 teaspoon salt | 2 tablespoons pickle juice, optional |

Cook time: 3-4 hours on high

Serve with: whole grain buns and **oven fries**

Additional Instructions: it will work best if you can open the slow cooker and stir this recipe a few times during the cook time, breaking up the meat a bit while stirring. You can add an additional ¼ cup of honey just before serving if you like a sweeter sloppy joe.

Sausage Lentil Soup

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 12 to 14 ounces sliced sausage links
- 2 cups brown lentils
- 2 carrots, diced
- 1 rib celery, diced
- 1 onion, diced
- 3 cloves minced garlic
- 1 can (15 ounces) diced tomatoes, juice included
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper

Day of: Add 6 cups of water or stock to slow cooker before cooking
Cook Time: 4-5 hours on high or 6-8 hours on low
Serve with: **fresh bread** and/or rice

Notes: A little hot sauce and sour cream was delicious mixed into this.

Vegetable Beef Stew

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 2 pounds stew meat
- 1 onion, diced
- 2 carrots, sliced
- 2 cups green beans,
broken into bite-sized pieces
- 1 cup sweet corn
- 2 tablespoons beef
stock base (I like Organic
Better than Bullion)
- 1 teaspoon salt
- 2 cloves garlic, minced
- ½ cup apple juice
- 1 tablespoon Worcestershire sauce

Day of: Add 1 1/2 cups of water to slow cooker before cooking

Cook Time: 8 to 10 hours on low

Serve with: fresh bread or **biscuits**

Notes: You can cook this on high for a shorter amount of time but you run the risk of making your stew meat chewy. Plan ahead and let this recipe cook on low the full time, you won't regret it. This is not a thick traditional stew. Feel free to mix 3 tablespoons of cornstarch and ½ cup of cold water (stir to combine), and then add it to the slow cooker. Cook on high for 30 minutes to thicken the broth if you desire.

Beef Stroganoff

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 1 pound stew meat
- 1 pound sliced baby bella mushrooms
- 1 onion, diced
- ½ cup apple juice
- 1 tablespoon beef stock base
(I like Organic Better than Bullion)
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 cloves garlic, minced

Day of: Add 1 cup water to the slow cooker before cooking. Stir in 1 cup of sour cream just before serving.

Cook Time: 8 hours on low

Serve with: egg noodles or rice

This recipe is thinner than a traditional stroganoff because you need the additional moisture for cooking it in the slow cooker. I simply served it with egg noodles in bowls with spoons. The thin sauce was excellent with a little crusty bread dipped in it.

Cranberry-Mustard Pork Roast

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 2-3 pounds pork roast
(loin, butt, or shoulder)
- 2 cups fresh or frozen cranberries
- ½ cup orange juice concentrate
- 1 tablespoon brown or Dijon mustard
- 1 onion, diced
- 1 tablespoon salt
- 1 teaspoon black pepper
- ¼ teaspoon ground cinnamon, optional

Cook Time: 8 to 10 hours on low

Serve with: mashed potatoes and steamed green vegetables or side salad

I added the cinnamon and loved it. My family on the other hand thought it was too much for them. The flavor goes so well with the pork, berries, and orange, but if you have picky eaters, I would leave it out. The leftover pork is delicious in sandwiches the next day.

Mushroom Barley Stew

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 1 pound Baby Bella mushrooms, sliced
- 2 carrots, sliced
- 1 rib celery, diced
- 1 onion, diced
- 1 can (15 ounces) diced tomatoes
- 1 cup uncooked pearl barley
- 2 cloves garlic, minced
- 1 tablespoon salt
- 1 teaspoon dried basil
- 1 teaspoon black pepper

Day of: Add 6 cups of vegetable stock to the slow cooker before cooking.

Cook Time: 8 hours on low

Serve with: hot crusty bread or **rolls**

Notes: This soup isn't very pretty. It's dark and thick, and well, kind of ugly. We loved the taste though.

Black Bean Chili

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 3 cans (15 ounces each) black beans
- 1 can (28 ounces) crushed tomatoes
- 1 ½ cups chopped onion
- 1 cup pumpkin
- 1 cup assorted chopped bell pepper
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 2 cloves garlic, minced

Day of: Add 4 cups stock (I used vegetable stock) to the slow cooker before cooking.

Cook Time: 6- 8 hours on low or 5-6 hours on high

Serve with: **Tortilla chips** or **cornbread** and top with sour cream, cheese, and/or hot sauce

One of my recipe testers won a chili contest with this delicious dish! You can use **fresh cooked** or canned pumpkin. I love the pumpkin because it adds a subtle sweetness and another vegetable to the dish, but you won't really know it's there. I add a little browned ground meat to the leftovers of this dish and made enchiladas with it! It was an easy way to make another dish out of this meal.

Hearty Lentil Stew

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 1 onion, diced
- 2 ribs celery, diced
- 1 red bell pepper, diced
- 2 cups peeled and diced
(1/4 inch cubes) sweet potatoes
- 1 cup red lentils
- 1/2 cup washed quinoa
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 teaspoon oregano

Day of: Add 5 cups stock (I used vegetable stock) to the slow cooker before cooking.

Cook Time: 6- 8 hours on low or 5-6 hours on high

Serve with: fresh breadsticks, **cornbread**, or **homemade pretzels**

This recipe isn't very pretty. My son told me that it "looks like someone has already eating it!". Oh my... it was true though. We loved it though and I have made it often this winter. Be sure to use red lentils, they dissolve and thicken the soup differently than a brown lentil will. My three-year-old didn't love this soup so I served his with a dollop of plain yogurt mixed in and he liked that much better (sour cream would work the same).

Lentil-Butternut Squash Curry

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 1 onion, diced
- 2 cups red lentils
- 2 cups diced butternut squash
- 1 can (14 ounces) coconut milk
(I used full fat)
- 1 can (15 ounces) diced tomatoes
- 1 tablespoon curry powder
- 2 teaspoons salt
- 1 teaspoon Garam Masala
- 1 teaspoon cumin

Day of: Add 5 cups of water to the slow cooker before cooking. Just before serving add an additional teaspoon of both curry powder and Garam Masala if desired, stirring to combine.

Cook Time: 6- 8 hours on low or 5-6 hours on high

Serve with: rice, flatbread or naan and **roasted vegetables**

Be sure to use red lentils here. They cook up differently than brown lentils and you need them to help thicken the curry. This is one of my very favorite recipes. Some spices change a bit while cooking - curry powder and Garam Masala are two such spices. Before serving, taste-test the curry and add additional curry powder and Garam Marsala according to your taste (I ended up adding another ½ teaspoon of each before serving).

Cilantro Lime Chicken with Corn and Black Beans

From Melissa at Bless this Mess - Serves 6-8



Ingredients

2 pounds boneless skinless chicken, thighs or breast (I recommend thighs, they don't dry out as much in the slow cooker)	1 orange bell pepper, diced
1 cup corn (drain if canned)	1 yellow bell pepper, diced
1 can (15 ounces) black beans	1 onion, diced
	Juice from 2 limes
	2 tablespoons chili powder
	1 teaspoon salt
	1 teaspoon cumin
	½ teaspoon black pepper

Cook Time: 6- 8 hours on low or 5-6 hours on high

Additional Instructions: Shred the meat with two forks and stir in ¼ to ½ cup chopped cilantro before serving.

Serve with: treat this like you would taco filling – add to **tacos**, burritos, taco salad, **nachos**, or make burrito bowls with it. It's very flexible.

Notes: This was a very meaty dish. You can reduce the meat to 1 pound if you like more vegetables in your taco filling.

Teriyaki Chicken

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- 2 pounds boneless skinless chicken, thighs or breast, cut into bite-size pieces (I recommend thighs, they don't dry out as much in the slow cooker)
- ½ cup soy sauce
- ¼ cup rice wine vinegar
- ¼ cup maple syrup
- 1 20-ounce can pineapple chunks, undrained
- 2 cloves garlic, minced

Cook Time: 8 hours on low

Serve with: cooked brown rice and green veggies

This was a very meaty dish, feel free to reduce the amount of meat by half if you'd like. I just steamed a bag of frozen stir-fry vegetables to go with this and made my rice in a rice cooker, so it was very simple to finish. This would also be great with just about any roasted vegetables (bell peppers, broccoli, and asparagus top my list of favorites to enjoy with this). I ended up adding a bit of the chicken to a **pizza**, along with some red onion, bell pepper, mushrooms, and of course cheese and sauce, a few days later and it made for one delicious Teriyaki chicken pizza.

Butter Chicken

From Melissa at Bless this Mess - Serves 6-8



Ingredients

- | | |
|--|--------------------------|
| 2 pounds boneless skinless chicken, thighs or breast, cut into bite-size pieces
(I recommend thighs, they don't dry out as much in the slow cooker) | 3 cloves garlic, minced |
| | 1 onion, diced |
| | 2 teaspoons Garam Masala |
| | 1 teaspoon curry powder |
| | 1 teaspoon salt |
| | 1 teaspoon pepper |
| 1 can (15 ounces) diced tomatoes | |
| 1 can (14 ounces) coconut milk (I used full fat) | |

Cook Time: 8 hours on low

Serve with: cooked brown rice and (roasted, sir-fried, or steamed) veggies

Some spices change a bit while cooking and curry powder and Garam Masala are two such spices. Before serving give the curry a taste and add addition curry powder and Garam Masala to taste (I ended up adding another ½ teaspoon of each before serving).

Shopping List...

Pantry Staples:

Maple syrup
 Rice wine vinegar
 White vinegar
 Soy sauce
 Brown or Dijon mustard
 Worcestershire sauce
 Beef stock base (I like
 Organic Better than Bullion),
 or equivalent
 Pickle juice
 Honey
 Orange Juice Concentrate
 Apple Juice

Herbs and Spices:

Salt
 Pepper
 Curry Powder
 Garam Masala
 Cumin
 Oregano
 Basil
 Cinnamon
 Italian seasoning
 Onion powder
 Garlic powder
 Chili Powder

Produce:

12 onions
 3 heads garlic (or 1 large jar
 chopped garlic)
 2 limes
 7 assorted bell peppers
 2 cups butternut squash (1 large)
 1 large sweet potato
 1 head celery
 6 carrots
 2 pounds Baby Bella mushrooms
 2 cups fresh or frozen
 cranberries
 2 cups green beans, broken into
 bite-sized pieces (about
 1 pound)

Canned/Dry Goods:

2 cans (14 ounces each)
 coconut milk
 6 cans (15 ounces each)
 diced tomatoes
 2 cans (28 ounces each)
 crushed tomatoes
 2 cans (15 ounces each)
 tomato sauce
 1 can (20 ounces)
 pineapple chunks
 4 cans (15 ounces each)
 black beans
 Red lentils (3 cups)
 Quinoa (½ cup)
 Pumpkin puree (1 cup)
 Pearl barley (1 cup)
 Brown lentils (2 cups)

Meat/Dairy/Refrigerated:

6 pounds boneless skinless
 chicken, thighs or breast meat
 2-3 pounds pork roast
 (lean, butt, or shoulder)
 6 Sausages
 12 to 14 ounces sliced sausage
 links (one Costco package of
 Aidells Chicken and Apple
 Sausages is enough for both
 sausage recipes)
 3 pounds stew meat
 1 bag frozen meatballs
 (32 ounce) or the equivalent
 in homemade premade
 meatballs
 1.5 pounds ground meat
 (beef, pork, turkey, chicken,
 or lamb)
 2 cups frozen corn (or the
 equivalent)

About the Author



Melissa is the founder of Bless This Mess, popular food blog focused on helping moms create meals that are both simple and delicious for the past 10 years.

As a mother of five, she is passionate about taking the stress out of dinner so that it can be enjoyed, even by Mom. She lives in beautiful Southern Utah with her family on a hobby farm in the house of her dreams that she and her family spent years building themselves. She loves sourdough bread baking, reading chapter books out loud to the family in the evening, growing food, and hiking in the amazing mountains around her.

You can find her at:



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