

# Delicious Make Ahead Freezer Meals for the Slow Cooker

## Creamy Butternut Squash Soup

*Servings: 6 - Prep time: 15 min - Cooking time: 6 h 45 min*

### **Ingredients**

1 butternut squash  
1 onion  
¼ teaspoon ground pepper  
½ teaspoon dried marjoram  
⅛ teaspoon ground red pepper  
2 tablespoons butter

### On the serving day

6 cups chicken broth  
1 cup cream cheese (1 8-ounce package)

### **Directions**

#### To Prepare for Freezing

1. In a large skillet, melt the butter on the stove over medium heat.
2. Wash, peel, and chop the onion. Add it to the skillet, and cook until it is tender, about 3 to 5 minutes.
3. Remove from heat, and place in a bowl.
4. Wash, peel, and seed the butternut squash, cut into 1-inch cubes.
5. Add to the onion, and toss.
6. Fold in the marjoram leaves, red pepper, and ground pepper.
7. Toss until it is coated.
8. Place in a freezer bag.
9. Seal and label the bag with the date you prepped the meal as well as the cooking time and heat setting.
10. Freeze.

#### To Slow Cook

11. To cook, take out of freezer.
12. Place the ingredients of the bag into the slow cooker. Add the chicken broth..
13. Set the slow cooker to low, and cook for 6 to 8 hours.
14. Once the butternut squash is tender, remove the soup from the slow cooker. Blend it in a food processor until it is smooth. You may have to work in batches.
15. Return the blended soup back to the slow cooker.
16. Fold in the cream cheese, and continue cooking for another 20 minutes or until the cheese is melted and fully incorporated into the soup.
17. Serve warm.



# Low Country's Best Chili

*Servings: 6 - Preparation time: 45 min - Cooking time: 6 h*

## **Ingredients**

2 pounds ground beef, lean  
2 medium-sized onions  
6 garlic cloves  
1 red bell pepper  
¼ cup pickled jalapenos  
3 ¾ cups kidney beans (2 15-ounce cans)  
3 ½ cups diced tomatoes (1 28-ounce can)  
1 ¾ cups tomato sauce (1 14-ounce can)  
3 tablespoons vegetable oil  
¼ cup chili powder  
1 tablespoon cumin  
1 ½ teaspoons salt

## On the serving day

1 cup cheddar cheese, shredded  
¼ cup sliced scallions  
1 cup sour cream

## **Directions**

### To Prepare for Freezing

1. In a large frying pan, pour in the oil. Heat until it is bubbling.
2. Wash, peel, and chop the onions.
3. Wash, seed, and chop the bell pepper.
4. Place the onions and bell pepper into the hot oil.
5. Fry until the vegetables are soft, usually between 5 to 8 minutes.
6. Mince the garlic, and add to the pan.
7. Mix in the chili powder and cumin, and stir until all the ingredients are coated in the spices.
8. Continue to cook for another minute.
9. Once you can smell the spices, add the ground beef and the salt to the frying pan.
10. Cook until the ground beef is brown, about 7 to 10 minutes.
11. When cooked, remove from heat and cool completely.
12. In a large bowl, mix together the diced tomatoes, with their juice, and tomato sauce.
13. Drain and rinse the kidney beans. Add to the tomatoes.
14. Chop the jalapenos and add to the tomatoes.
15. Stir until the ingredients are blended thoroughly.
16. Fold in the cooled beef mixture. Stir until the meat is coated.
17. Transfer to a freezer bag.

18. Seal and label the freezer bag with the name of the dish, the date you prepped the meal, the cooking time, and the heat setting.
19. Freeze.

#### To Slow Cook

20. Remove the bag from the freezer, and pour the ingredients into a slow cooker.
21. Set the temperature to low, and allow to cook for 6 hours.
22. If you like, garnish with the cheese, scallions, or sour cream.
23. Serve warm.

# Classic Chicken Cacciatore

*Servings: 4 - Preparation time: 10 min - Cooking time: 8 h*

## **Ingredients**

8 chicken breasts and thighs  
½ cup red onion, diced  
1 cup green bell pepper, cubed  
1 cup red bell pepper, cubed  
3 garlic cloves, minced  
1 28-oz can crushed tomatoes, liquid reserved  
½ cup dry red wine  
¼ cup fresh basil  
2 tablespoons fresh oregano  
1 bay leaf  
1 teaspoon salt  
1 teaspoon black pepper

## On serving day

Fresh, grated parmesan cheese, for garnish

## **Directions**

### To Prepare for Freezing

1. Place the chicken breast in a large freezer bag or airtight container.
2. Add in the red onion, green bell pepper, red bell pepper and garlic
3. In a bowl combine the tomatoes, with the liquid, dry red wine, basil, oregano, bay leaf, salt and black pepper. Mix well.
4. Pour over the chicken and vegetables. Seal the container and place in the freezer.

### To Slow Cook

5. Remove the contents from the freezer and thaw for 12 hours in the refrigerator.
6. Place the contents in a slow cooker and cook on low for 8 hours, or until chicken is cooked through and juices run clear.
7. Garnish with fresh grated parmesan, if desired.

# Creamy Pork Chops and Fall Vegetables

*Servings: 4 - Preparation time: 10 min - Cooking time: 6 h*

## **Ingredients**

4 bone-in pork chops  
2 cups yellow onions, sliced  
2 cups mushrooms, sliced  
2 cups acorn squash, quartered  
4 garlic cloves, crushed and minced  
1 cup chicken stock  
1 cup buttermilk  
½ cup cream cheese, cut into small cubes  
2 teaspoons paprika  
1 teaspoon sage  
1 teaspoon salt  
2 teaspoons ground black pepper  
1 fresh rosemary sprig

## **Directions**

### To Prepare for Freezing

1. Heat some olive oil in a heavy bottom skillet. Brown the pork chops on each side. Remove and let cool.
2. Place the pork chops, onions, mushrooms, acorn squash and garlic in a large freezer bag or airtight container.
3. In a bowl combine the chicken stock, buttermilk, cream cheese, paprika, sage, salt, and black pepper. Mix well and pour into the bag.
4. Add the fresh rosemary, seal the bag, and place in the freezer.

### To Slow Cook

5. Remove the contents from the freezer and thaw in the refrigerator for 12 hours.
6. Place in the slow cooker and cook on low for 6-8 hours or until pork is cooked through and internal temperature measures 165°F/73°C.

# Dump Cherry Vanilla Cobbler

*Servings: 6 - Preparation time: 10 min - Cooking time: 40 min*

## ***Ingredients***

2 cups canned cherries  
1 cup flour  
1 cup white sugar  
1 tablespoon baking powder  
1 cup heavy cream  
½ cup unsalted butter, cubed  
2 teaspoons pure vanilla extract  
1 teaspoon cinnamon  
½ teaspoon salt

## **On the serving day**

Fresh cream for serving

## ***Directions***

### **To Prepare for Freezing**

1. Add the cherries to a large freezer bag or airtight container.
2. In a small bowl combine the sugar, flour, and baking powder and add to the cherries. Toss to mix.
3. In another bowl combine the heavy cream, cubed butter, vanilla extract, cinnamon, and salt. Mix well and add to the container. Seal tightly and place in the freezer.

### **To Slow Cook**

4. Place the bag or container in a microwave and thaw on defrost setting.
5. Transfer the batter to a lightly oiled slow cooker. Cook on low for 4 hours or until cobbler is cooked through.
6. Run a knife along the edge to loosen. Cut before serving warm.
7. Drizzle with fresh cream before serving, if desired.

**\*\*These recipes and more can be found in Marie Adams' *Make Ahead Freezer Meals for the Slow Cooker: Fix, Freeze, Slow Cook!* To get your own copy, click on the cover below or [here](#).**

