

Freezer Meals with Lisa

Crock-Pot® Creations Menu

12 Crockpot Freezer Meal Recipes



Welcome to Freezer Meals with Lisa!

I want to make sure you didn't miss the BONUS that comes with getting your e-cookbook.

If you didn't see the link in your confirmation email, you can join my private membership group directly below to get your two-week sneak peek:

<https://www.facebook.com/groups/freezermealwithlisa>

Get ready to fill your freezer with delicious, stress-free meals that make dinnertime easier.

 12 Meals. One Prep Session. Weeks of Easy Dinner options.

This assembly is designed to help you prepare 12 freezer meals of wholesome, flavorful ingredients in just a fraction of the time.

 My Raw-Pack Method

We prep and bag all ingredients completely raw—no pre-cooking required!

 Cook Day Is Easy

Simply thaw your freezer meal, add any finishing ingredients listed on your recipe card, and let your slow cooker do the work.

Fresh. Simple. Stress-less.
Let's get prepped!

Crockpot Creations Menu

Epicure products needed

1. **Honey Garlic Meatballs**
2. **Hawaiian Chicken**
3. **Sticky Orange Chicken**
4. **Lemon Garlic Chicken**
5. **Creamy Lemony Chicken**
6. **Lemon Garlic Pasta Primavera**
7. **Philly Style Meatloaf**
8. **Sloppy Joe's ~ Philly Style**
9. **Philly Style Cheesesteak**
10. **Grand Dad's Pot Roast**
11. **Sunday Supper Stroganoff**
12. **Classy Beef Stew**

- 1 Honey Garlic Meatballs (contains 3 seasoning packets)
- 1 Lemon Garlic Chicken (contains 3 seasoning packets)
- 1 Philly Style Cheesesteak (contains 3 seasoning packets)
- 1 Savory Herb Gravy Mix

Order link:

<https://epicure.com/en-us?ref=LISAMETZLER>

Note on Your Epicure Products:
I've designed these recipes to work perfectly with the seasonings listed above.

If you ever find a specific product is temporarily out of stock, don't let it pause your prep as this can happen. It's no problem; feel free to experiment with other Epicure flavors to create a delicious twist. Please review the full recipe to pick a replacement.

The magic is in the method—the seasonings are just the starting point

Plan, Customize & Shop



A little planning makes prep day easy!



Make It YOURS

Swap proteins, use what you already have, and choose vegetables your family loves.



Shop Your House First

Check your pantry, fridge, and freezer before shopping. Use what you have and save money.



Time Your Grocery Haul

For the freshest meals, buy your ingredients just 1–2 days before assembly day.



Make Room

Clear space in your fridge for fresh ingredients. Once your groceries are put away, you're ready for prep day!

Crockpot Creations Menu Grocery List

Meat & Protein

- **8 lbs ground beef**
- **3 lbs beef chuck roast**
- **4 lbs beef stew meat**
- **9 lbs boneless, skinless chicken breasts**
- **1 lb boneless, skinless chicken thighs**
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Produce

- **2 red bell peppers**
- **2 green bell peppers**
- **1 orange bell pepper**
- **1 bunch fresh asparagus**
- **1 bag baby spinach**
- **4 yellow onions**
- **2 small red onions**
- **3 lbs carrots**
- **1 large sweet potato**
- **8 oz sliced mushrooms**
- **1 garlic bulb**

Dairy & Refrigerated

- **4 Eggs**
- **3 tbsp Butter**
- **1 cup Shredded Mozzarella Cheese**
- **4 oz Cream Cheese**
- **1 (16 oz) container Sour Cream**
- **½ cup Half-and-Half**
- **½ cup Grated Parmesan Cheese**

Pantry & Dry Goods

- **1 can (15–20 oz) pineapple chunks**
- **1 can (10–15 oz) mandarin oranges**
- **1 can (14 oz) artichoke hearts**
- **1 can (15 oz) diced tomatoes**
- **4 cans (6 oz each) tomato paste**
- **1 cup chicken broth**
- **1 1/2 cup BBQ sauce**
- **2 tbsp soy sauce**
- **2½ cups Merlot wine**
- **4 tbsp Worcestershire sauce**
- **2 tbsp A-1 Steak Sauce**
- **Ketchup 1 ½ cups**
- **2 tbsp brown sugar**
- **2 tbsp Honey or maple syrup**
- **Coconut oil**
- **Salt**
- **Black pepper**
- **Ground ginger**
- **1 sleeve saltine crackers or 1 cup quick oats**

Rice & Pasta

- **3 cups Uncooked White Rice**
- **8 oz Penne or Rotini Pasta**

Frozen Foods

- **2 cups Frozen Mango (optional, for Honey Garlic Meatballs)**
- **1 (10–12 oz) bag Frozen Stir-Fry Vegetables**
- **1 (16 oz) bag Frozen California Blend (Vegetable Medley)**

Step 2: If making all 12 freezer meals at one time (recommended) this step is crucial, trust me!

Mise en Place (Everything in Its Place)

 Mise en Place means "everything in its place." Having your ingredients ready before you begin makes assembly quick and stress-free.

Optional Prep

 Dice peppers and onions ahead of time and refrigerate until assembly day.

Before You Start



Open and drain canned ingredients.



Label each freezer bag with the recipe number and name.



Set out spices, packets, and non-perishables.



Keep raw meat refrigerated until needed.

Supplies Checklist



Scissors



Measuring Spoons & Cups



Cutting Board & Knife



Spoonula/Scraper



Large Mixing Bowl

Before You Begin

This cookbook is designed around Epicure seasonings, which create the signature flavors you'll enjoy throughout these recipes.



Step 1: Order Your Epicure Products

Please allow approximately 3–5 business days for delivery. You will find what to order on page 5

Order Here:

<https://epicure.com/en-us?ref=LISAMETZLER>

Note on Your Epicure Products: I've designed these recipes to work perfectly with the seasonings listed above.

If you ever find a specific product is temporarily out of stock, don't let it pause your prep as this can happen. It's no problem; feel free to experiment with other Epicure flavors to create a delicious twist. Please review the full recipe to pick a replacement.

The magic is in the method—the seasonings are just the starting point

While your products are on the way:

- ✓ Review the recipes
- ✓ Read the prep instructions
- ✓ Label your freezer bags
- ✓ Plan your grocery shopping

Before your Epicure order arrives, purchase your fresh ingredients 1–2 days before the day you plan to assemble and you are well on your way.

The Epicure links in this ebook are affiliate links, which means I may earn a small commission if you purchase through them, at no extra cost to you. Thank you for supporting my small business!

Crockpot Creations Menu

Recipe #1: Honey Garlic Meatballs

Ingredients

Bag A (Meatballs):

- 2 lb ground beef
- 2 tbsp Epicure Honey Garlic Meatball Seasoning
- 2 eggs

Bag B (Sauce & Veg):

- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 small red onion, chopped
- 2 tbsp coconut oil
- Remaining Epicure Honey Garlic Meatball Seasoning packet

Day-of-Cooking Ingredients (Not included in freezer bag)

- 1 cup uncooked white rice
- 1 ½ cups water

To Freeze

1. Label two gallon-sized freezer bags "Recipe #4 Honey Garlic Meatballs - Bag A" and "Bag B." Staple them together at the top.
2. Bag A: In a large bowl, combine ground beef, 2 tbsp seasoning, and eggs. Mix well and roll into meatballs. Place in Bag A, seal, and lay flat.
3. Bag B: Add peppers, onion, coconut oil, remaining seasoning packet, mango, and orange juice to Bag B. Swish the bag thoroughly to ensure the seasoning is well-incorporated with the liquid and oils.
4. Remove as much air as possible from both bags, seal, and freeze flat.

To Cook

1. Thaw both bags overnight in the refrigerator.
2. Pour the contents of both bags into your crockpot.
3. Cook on "Low" setting for 6 hours.

To Finish

1. During the last 15–20 minutes of cooking, stir in the 1 cup of uncooked white rice and 1 ½-2 cups of water.
2. Ensure the rice is fully submerged in the sauce (add a small splash of extra water for desired consistency)

Crockpot Creations Menu

Recipe #2: Hawaiian Chicken

Ingredients

- 1 lb boneless, skinless chicken breasts
- 1 lb boneless, skinless chicken thighs
- 1 red onion, diced
- 2 carrots, sliced
- 1 can (15–20 oz) pineapple chunks (include the juice)
- 1 large sweet potato, cut into large chunks
- 1 packet Epicure Honey Garlic Meatball Seasoning
- 1/2 cup BBQ sauce
- 1/2cup water

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
2. Add the chicken, onion, carrots, pineapple (with juice), sweet potato, BBQ sauce, and water to a gallon-sized freezer bag. Add the entire packet of Epicure Honey Garlic Meatball Seasoning.
3. Swish the bag thoroughly to ensure all ingredients are evenly coated in the sauce.
4. Remove as much air as possible, seal, and freeze flat.

To Cook

1. Thaw freezer bag overnight in the refrigerator (or in a bowl of cool water if you forgot to thaw).
2. Pour the contents of the freezer bag into your crockpot.
3. Cook on "Low" setting for 6 hours.

Crockpot Creations Menu

Recipe #3: Sticky Orange Chicken

Ingredients

- 2 lb boneless, skinless chicken breasts, hand-trimmed
- 2 tbsp soy sauce
- 1 tbsp coconut oil
- 2 tsp ground ginger
- 1 packet Epicure Honey Garlic Meatball Seasoning
- 1 cup orange juice
- 1 can mandarin oranges (with juice)

Day-of-Cooking Ingredients (Not included in freezer bag)

- 2 cups stir-fry vegetables (frozen or fresh)
- 1 cup uncooked rice
- 1 ½ cups water

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
2. Add the chicken, soy sauce, coconut oil, ground ginger, Epicure Honey Garlic Meatball seasoning, orange juice, and mandarin oranges (with juice) to your gallon-sized freezer bag.
3. Swish the bag thoroughly to ensure all ingredients are well-incorporated and coated.
4. Remove as much air as possible, seal, and freeze flat.

To Cook

1. Thaw freezer bag overnight in the refrigerator (or in a bowl of cool water if you forgot to thaw).
2. Pour the contents of the freezer bag into your crockpot.
3. Cook on "Low" setting for 6 hours.

To Finish

1. Add Vegetables: About 1 hour before the end of the cooking time, stir in your 2 cups of stir-fry vegetables.
2. Add Rice: During the last 30–45 minutes of cooking, stir in the 1 cup of uncooked rice and 1 ½ cups of water.
3. Stir frequently during these final minutes to ensure the rice is fully submerged, absorbs the liquid evenly, and prevents sticking.
4. Once the rice reaches your desired doneness, turn off the crockpot and serve.

Crockpot Creations Menu

Recipe #4: Lemon Garlic Chicken

Ingredients

- 2 lbs chicken breast
- 1 tbsp butter
- 1 lb carrots, peeled and cut into 1-inch pieces
- 1 yellow onion, peeled and quartered
- 1 packet Epicure Lemon Garlic Seasoning
- 1 tsp salt

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
2. Add the chicken, butter, carrots, onion, and Epicure Lemon Garlic seasoning packet to your gallon-sized freezer bag.
3. Swish the bag thoroughly to ensure the butter and seasonings are well-distributed and the chicken is evenly coated.
4. Remove as much air as possible, seal, and freeze flat.

To Cook

1. Thaw freezer bag overnight in the refrigerator (or in a bowl of cool water if you forgot to thaw).
2. Add the contents of the freezer bag to your crockpot.
3. Add fresh, cut potatoes on top of the other ingredients.
4. Cook on "Low" setting for 6 hours, or until the chicken is tender and vegetables are cooked through.

Crockpot Creations Menu

Recipe #5: Creamy Lemony Chicken

Ingredients

- 2 lbs chicken breast
- 1 packet Epicure Lemon Garlic Seasoning
- 1 cup water
- 1 tsp salt

Day-of-Cooking Ingredients (Not included in freezer bag)

- 4 cups vegetable medley (broccoli, cauliflower, and yellow squash)
- 1 cup uncooked white rice
- 1 ½ cups water
- 4 oz cream cheese
- ½ cup sour cream

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
2. Add all the ingredient to bag and swish bag
3. Remove as much air as possible, seal, and freeze flat.

To Cook

1. Thaw freezer bag overnight in the refrigerator.
2. Pour the contents of the freezer bag into your crockpot.
3. Cook on "Low" setting for 6 hours.

To Finish

1. Add Vegetables: About 2 hours before the end of cooking time, stir in the 4 cups of vegetable medley.
2. Add Rice: During the last 20 minutes of cooking, stir in the 1 cup of white rice and 1 ½ cups of water.
3. Make it Creamy: Once the rice is tender, turn off the crockpot. Stir in the 4 oz of cream cheese and ½ cup of sour cream until the sauce is smooth and creamy.

Crockpot Creations Menu

Recipe #6: Lemon Garlic Pasta Primavera

Ingredients

- 2 lbs chicken breast
- 1 packet Epicure Lemon Garlic Seasoning
- 1 cup chicken broth (for a lighter base than water)
- 1 can (14 oz) artichoke hearts, drained and quartered (add to bag)
- 1 tsp salt

Instructions

To Freeze

1. Add chicken, seasoning, broth, and artichoke hearts to the bag.
2. Swish to coat. Label and freeze flat.

To Cook

1. Thaw and dump into the crockpot. Cook on "Low" for 6 hours.

To Finish

- Add Veggies: 1 hour before the end, stir in the 4 cups fresh asparagus (cut into 1-inch pieces).
- Add Pasta: 20–25 minutes before the end, add 8 oz penne or rotini dry pasta and an extra 1/2 to 1 cup of water or broth. Stir frequently. Make sure the noodles are covered in the liquid.
- The Lemon Finish: Once the pasta is tender, turn off the crockpot. Stir in the half-and-half, parmesan, and the spinach (the heat will wilt it perfectly). Stir in the juice from 1 lemon.

CrockPot Creations Menu

Recipe #7: Philly Style Meatloaf

Ingredients

- 2 lbs lean ground beef
- ½ cup ketchup
- 1 packet Philly Style Cheesesteak Seasoning (set aside 1 tbsp for the sauce)
- 1 tbsp Worcestershire sauce
- 2 eggs
- 1 sleeve saltine crackers (crushed) or 1 cup oatmeal
- 1 cup shredded mozzarella cheese

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by-date."
2. In a large bowl, combine the ground beef, ½ cup ketchup, the remainder of the seasoning packet, Worcestershire sauce, eggs, crackers (or oatmeal), and mozzarella cheese. Mix well.
3. Transfer the mixture onto a large sheet of aluminum foil, shape it into a loaf, and wrap the foil securely around it.
4. Slip the foil-wrapped loaf into your gallon-sized freezer bag, remove as much air as possible, seal, and freeze flat.

To Cook

- Thaw the freezer bag overnight in the refrigerator (or cook from frozen).
- Place the foil-wrapped meatloaf directly into the crockpot, then open the top of the foil to expose the meat. You can also make "baked" potatoes in the crockpot; wrap them in foil and lay them around the meatloaf.
- Cook on "Low" for 4 hours.

To Finish

- Prepare Sauce: In a small bowl, whisk together the reserved 1 cup of ketchup, 2 tbsp maple syrup (or honey), and the reserved 1 tbsp of Philly Style Cheesesteak Seasoning.
- Spread the sauce evenly over the top of the meatloaf for the last 15 minutes of cooking time.
- Serve hot with your baked potatoes.

Crockpot Creations Menu

Recipe #8: Sloppy Joe's ~ Philly Style

Ingredients

- 2 lbs lean ground beef
- 1 tablespoon butter
- 1 can (6 oz) tomato paste
- 1 green pepper, diced
- 2 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1 packet Philly Style Cheesesteak Seasoning
- 1 cup water
- 1 tsp salt

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
2. Add all ingredients to freezer bag and swoosh
3. Remove as much air as possible, seal, and freeze.

To Cook

1. Thaw the freezer meal overnight in the refrigerator
2. Pour the contents of the freezer bag into your 6-quart crockpot.
3. Cook on "Low" setting for 6 hours.

To Finish

1. Stir the mixture well before serving.
2. Serve hot on hamburger buns with a side of French fries.

Crockpot Creations Menu

Recipe #9: Philly Style Cheesesteak

Ingredients

- 2 lbs beef stew meat
- 1 packet Philly Style Cheesesteak Seasoning
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 tbsp tallow
- 1 tsp salt

Instructions

To Freeze

1. Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
2. Add all ingredients to freezer bag and swoosh.
3. Remove as much air as possible, seal, and freeze

To Cook

Thaw the freezer meal overnight in the refrigerator

Pour the contents of the freezer bag into your crockpot.

Cook on "Low" setting for 8 hours.

To Finish

Serve hot over warm rice, or pile the beef and pepper mixture into toasted hoagie rolls. Serve with a side of French fries.

Crockpot Creations Menu

Recipe #10: Grand Dad's Pot Roast

Ingredients

- 3 lbs boneless beef chuck roast
- 1 tbsp butter
- 1 cup merlot wine
- 1 lb carrots, peeled and cut into 1-inch pieces
- 1 yellow onion, peeled and quartered
- ¼ cup Epicure Savory Herb Gravy
- 1 tsp salt

Day-of-Cooking Ingredients (do not include in freezer bag)

1 bag (24 oz) baby potatoes

Instructions

To Freeze

- Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
- Add all ingredients except potatoes to freezer bag and swoosh.
- Remove as much air as possible, seal, and freeze

To Cook

Thaw the freezer meal overnight in the refrigerator

Pour the contents of the freezer bag into your crockpot.

Add the a 24 oz bag of baby potatoes. Cut if needed

Cook on "Low" for 8 hours, or until the beef and potatoes are tender and cooked through.

To Finish (Optional) If you prefer a thicker gravy, choose one of these methods for the final 15 minutes of cooking:

Cornstarch Slurry: Mix 1 tbsp cornstarch with 1 tbsp cold water. Stir into the crockpot.

Traditional Roux: In a small saucepan, melt 2 tbsp butter over medium heat.

Whisk in 2 tbsp flour and cook for 1 minute while whisking constantly. Stir the mixture into the crockpot.

Crockpot Creations Menu

Recipe #11: Sunday Supper Stroganoff

Ingredients

2 lbs ground beef
¼ cup Epicure Savory Herb Gravy Mix
8 oz mushrooms, sliced
2 cloves garlic, crushed
1/2 cup merlot wine
1 green bell pepper, diced
1 tbsp butter
2 tbsp Worcestershire sauce
2 tbsp A-1 steak sauce
2 tbsp tomato paste
1 tsp salt and pepper

Day-of-Cooking Ingredients (Not included in freezer bag)

1 cup sour cream

To Freeze

- Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.
- Add all ingredients to freezer bag and swoosh.
- Remove as much air as possible, seal, and freeze

To Cook

Thaw the freezer meal overnight in the refrigerator (or cook from frozen).

Pour the contents of the freezer bag into your crockpot.

Cook on "Low" setting for 8 hours.

To Finish

Make it Creamy: Stir in the 1 cup of sour cream until smooth.

Thicken (Optional): If you prefer a thicker sauce, whisk together equal parts cornstarch and cold water to create a slurry. Stir into the pot, wait 1 minute, and add more if needed until you reach your desired thickness.

Serve hot over mashed potatoes or egg noodles.

Crockpot Creations Menu

Recipe #12: Classy Beef Stew

Ingredients

2 lbs beef stew meat
¼ cup Epicure Savory Herb Gravy Mix
1 tbsp minced garlic
4 carrots, sliced
1 cup merlot wine (optional)
1 yellow onion, peeled and chopped
1 bay leaf (optional)
1 can (15 oz) diced tomatoes
1 can (6 oz) tomato paste

Day-of-Cooking Ingredients (Not included in freezer bag)

1 bag (24 oz) baby potatoes

Instructions

To Freeze

Label your freezer bag with the recipe name, cooking instructions, and "use-by" date.

Add the beef, Savory Herb Gravy Mix, garlic, carrots, merlot (if using), onion, bay leaf (if using), diced tomatoes, tomato paste to your gallon-sized freezer bag.

Swish the bag thoroughly to ensure all ingredients are well-incorporated and the tomato paste is fully dissolved.

Remove as much air as possible, seal, and freeze flat.

To Cook

Thaw the freezer meal overnight in the refrigerator (or cook from frozen).

Pour the contents of the freezer bag into your crockpot.

Add the baby potatoes.

Cook on "Low" setting for 8 hours.

💖 YOU DID IT!! WOO HOO!! 💖

I am celebrating with you! 🎉

You just took a huge step toward less stress, easier dinners!

Can I ask you a question?

Do you want more recipes? 🍲

As an e-cookbook customer, you should have received a special offer in your email inviting you to enjoy a FREE 2-Week Sneak Peek of my Freezer Meals with Lisa Membership!

I'd love for you to check it out! If you missed the email, simply reach out, and I'll make sure you get your invitation. And please let me know how you enjoyed the process and the recipes—I would love to hear from you!

Inside the membership, you'll enjoy:

- 💖 A fresh new freezer meal menu every month
- 💖 Power Prep sessions where we assemble meals together step-by-step
- 💖 Weekly Live Q&A sessions with yours truly 😊
- 💖 A one-on-one meal planning session to help you put your meals into action
- 💖 Coaching, support, and accountability so you're never doing it alone
- 💖 A community of women making dinnertime easier—together

Not ready for the membership?

Join my free Stress Less Dinner Club on Facebook for meal inspiration, simple dinner ideas, and a place to stay connected!

👉 Join the Stress Less Dinner Club:

<https://www.facebook.com/groups/stresslessdinnerclub>

Lisa

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