

Shopping List

5 crockpot freezer meals

Meat

- 6 lbs chicken breasts
- 1 lb beef stew meat

Veggies

- 1 zucchini
- 2 green peppers
- 1 sweet onion
- 4 carrots
- 4 red potatoes
- 1 lemon

Pantry

- 1 jar spaghetti sauce
- 1 pkg. dry onion soup mix

- 2 cans cream of mushroom soup
- 8 oz. can tomato sauce
- 2 cans black beans
- 2 cans corn
- 1 pkg taco seasoning
- 1 cup salsa
- 1/4 cup dried minced onion
- 16 oz. can whole cranberry sauce
- 1 cup BBQ sauce
- 1 bag frozen peas
- 1 can pineapple (chunks or slices)
- salt
- pepper
- corn starch
- soy sauce

Use this shopping list to make 5 easy freezer-to-crockpot dinners: Chicken Cacciatore, Hearty Beef Stew, Salsa Chicken Tacos, BBQ Cranberry Chicken, & Hawaiian Chicken.

Find more details and recipes at [More Like Home.net](http://www.morelikehome.net).

<http://www.morelikehome.net/2013/06/5-crockpot-freezer-meals.html>