



ASIAN

CROCKPOT FREEZER MEALS

New Leaf Wellness

Asian Crockpot Freezer Meals.

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ABOUT THE AUTHORS



Dr. Kelly McNelis is a psychologist, blogger, and the author of several other freezer meal eCookbooks. Kelly lives in Pittsburgh, PA with her husband, Andy, and their four young children. Kelly shares her favorite crockpot recipes and freezer meal prep sessions on her blog, [New Leaf Wellness](#).



Jill Petrush Rogers is an artist, former bookbuyer/seller, and Kelly's cousin. Jill recently moved back to her hometown of Pittsburgh, PA with her husband, Tom, and their two energy-filled boys. Jill loves to channel her creativity by coming up with recipes as a contributing writer for New Leaf Wellness.

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INTRODUCTION

Welcome to *Asian Crockpot Freezer Meals*! My name is Kelly McNelis and I am the creator of New Leaf Wellness. Here is some information that will help you make the most of this book:

How many servings are in each recipe?

Six. You can find more information about serving size in the nutritional information labels.

Do I have to freeze the meals before cooking?

No. You can add them straight to your crockpot instead.

How long do the meals last in the freezer?

Most meals will last at least three months in a standard refrigerator/freezer combo.

Do I need to thaw my frozen meals before cooking? If so, how do I do it?

The USDA Food Safety and Inspection Service recommends thawing frozen meat before placing it in a crockpot. I thaw my freezer meals overnight in the refrigerator or in the morning in water.

Do you have any tips for preparing all seven meals at once for the freezer?

I made all seven at once with my friend Heather and wrote about the experience on my [New Leaf Wellness blog](#).

Are all of the recipes spicy?

No. These recipes aren't any more spicy than the other ones on my blog. You have total control over the spices when you're making the meals so you can add more or less to your family's liking. Feel free to err on the side of caution and then taste-test before serving. You can always add more at that point.

Are the ingredients hard to find?

No. My cousin Jill and I wrote the recipes together and bought all of the ingredients at a local grocery store chain. If you live in a very rural area or like to shop at stores with a limited selection (like ALDI or Costco), you will find links in the grocery list to products available on Amazon.com.

Is there a way to keep my vegetables crunchy?

If you like extra crunchy vegetables, you can freeze them in another freezer bag separate from the rest of the freezer meal and wait to add them until the last 30 minutes of cooking. (Store in the refrigerator while the rest of the meal is cooking.) This will work especially well for the bell peppers in this book.

I see that you use low sodium soy sauce and low sodium chicken broth. Can I substitute regular, full sodium ingredients?

Yes, but it will change the nutritional information. For the Singaporean Chicken Rice Stew, you can also add 8 teaspoons of chicken bullion granules to the freezer bag so you only need to add 8 cups of water the day of cooking.

Are the recipes gluten-free?

They aren't written that way, but can be adapted with simple substitutes like:

- [Gluten-free soy sauce](#)
- [Organic gluten-free curry powder](#)
- [Organic gluten-free garam masala](#)
- [Gluten free low sodium chicken broth](#)

If you prepare these meals for someone with celiac disease or gluten sensitivity, please read the ingredient list carefully for every item that you purchase. Gluten can be hidden in items that you would not expect like vinegars, spice mixes, canned goods, etc.

Please note that any substitutions you make will change the nutritional information and grocery list.

Can I cook my meals in an oven or frying pan instead of a crockpot?

I haven't tried it myself, but I think you could cook these meals on the stovetop in a wok or pot. Thaw your freezer meal and then cook it for 10-15 minutes or until the meat is cooked through. For the Korean BBQ Chicken and Singaporean Chicken Rice Stew, I would cut the meat before freezing it instead of shredding it after cooking.

Most of the meals need to cook 4-8 hours. What should I do if I'm out of the house for longer than that?

Most of the recipes in this book will cook perfectly in 4 hours on "low" in a 6-quart crockpot or 8 hours on "low" in a 4-quart crockpot. If you need to be out of the house longer than that, I highly recommend purchasing a [crockpot with a timer](#) that you can program to switch to the "warm" setting after a specified amount of time. This is the easiest way to make sure that your meals do not end up dry and burned. If you only need one extra hour (or less), you can use a standard light timer to turn off your crockpot instead. However, if your food sits in the crockpot longer than that, it will start to get cold.

Are there any gadgets that you recommend purchasing to make these meals?

You only need a knife, cutting board, can opener, and basic crockpot, but here are some items that I use and love:

- [Jokari Hands-Free Baggy Holders](#)
- [8-Inch Chef's Knife](#)
- [Programmable Crockpot](#)
- [Programmable Rice Cooker](#)

How do I use the printable labels for my freezer meals?

The labels in this book are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75"](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers. You can also print the labels on regular computer paper and attach to your freezer bags with clear shipping tape.

Additional questions?

If you have additional questions, please email me at kelly@newleafwellness.biz. I would also love to hear what you think of the meals after you freeze and cook them yourself. Please email me or tag me on Instagram [@kellymcnelis](https://www.instagram.com/kellymcnelis).

Disclosure: The items recommended above include my Amazon Associate link so I earn a very small percentage of the sales price if you purchase something after clicking on them. Thank you for your support





CHINESE

SWEET AND SOUR PORK



Serve with rice.

Yields: 6 servings

Ingredients

- 2 pounds boneless thick-cut pork loin, cut into bite-sized pieces
- 1 green bell pepper, chopped
- 8oz can sliced water chestnuts, drained
- 2 tablespoons cornstarch
- 20oz can pineapple chunks in 100% juice, undrained
- 1/4 cup light brown sugar
- 3 tablespoons apple cider vinegar
- 3 tablespoons low sodium soy sauce
- 4 cloves garlic, minced
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

INDIAN BUTTER CHICKEN



Serve with rice.

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken thighs, cut into bite-sized pieces
- 2 tablespoons unsalted butter, chopped
- 2 teaspoons onion powder
- Two 15oz cans tomato sauce
- 16oz heavy whipping cream (you can substitute half and half)
- 2 tablespoons garam masala
- 2 tablespoons curry powder
- 4 cloves garlic, minced

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

JAPANESE

BEEF TERIYAKI



Serve with rice.

Yields: 6 servings

Ingredients

- 2 pounds beef top sirloin steak, thinly sliced
- 1 large green pepper, sliced
- 1/2 cup low sodium soy sauce
- 1/4 cup rice wine vinegar
- 1/4 cup light brown sugar
- 4 cloves garlic, minced
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)
- 1 tablespoon cornstarch
- 1 teaspoon onion powder
- 1/4 cup sesame seeds

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

KOREAN BBQ CHICKEN



Top with sesame seeds and serve with rice.

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken thighs
- 1 small yellow onion, chopped (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low sodium soy sauce
- The juice from one lemon (1/4 cup)
- 2 tablespoons light brown sugar
- 1 tablespoon sesame oil
- 1/2 teaspoon crushed red pepper flakes
- 1-inch fresh ginger, peeled and grated (1 tablespoon)
- 16oz bag of fresh coleslaw mix (grated cabbage and carrots)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir.

LEBANESE

SWEET POTATO LENTIL CHILI



Top with crumbled feta cheese and fresh parsley. Serve with pita bread.

Yields: 6 serving

Ingredients

- 1/2 cup dried lentils
- 15oz can kidney beans, drained and rinsed
- 15oz can chickpeas, drained and rinsed
- 2 cups chicken broth (you can substitute vegetable broth to make this recipe vegetarian and vegan)
- 28oz can diced tomatoes, undrained
- 1 large sweet potato (1 pound), peeled and cubed
- 4 cloves garlic, minced
- 1 tablespoon curry powder
- 2 teaspoons chili powder
- 5oz fresh baby spinach

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to a 6-quart crockpot (or larger) and cook on "low" setting for 6-8 hours.

SINGAPOREAN CHICKEN RICE STEW



Top with dry roasted unsalted peanuts and sriracha hot sauce.

Yields: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts
- 3/4 cup dry enriched parboiled long grain rice (you can substitute dry white or brown rice that is not parboiled for a thicker, porridge-like consistency)
- 1-inch fresh ginger root, peeled and grated (1 tablespoon)
- 1 small yellow onion, diced (1 cup)
- 1/2 pound carrots (about 4 medium-sized), diced
- 2 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil
- 4 cloves garlic, minced
- 64oz low sodium chicken broth (8 cups) (not needed until day of cooking)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag except chicken broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to crockpot with broth and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir.

THAI GREEN CURRY CHICKEN



Serve with rice.

Yields: 6 servings

Ingredients

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- Two 15oz cans unsweetened coconut milk
- 3 tablespoons jarred green curry paste
- 1 small yellow onion, diced (1 cup)
- 1 tablespoon low sodium soy sauce
- 8oz can bamboo shoots sliced, drained
- 1 red bell pepper, sliced
- 8oz fresh green beans, chopped (about 2 cups)

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

+ *Shrimp Option:* Replace chicken breasts with two dozen raw shrimp. Freeze shrimp in a separate plastic freezer bag and store in the refrigerator while cooking other ingredients in the crockpot. Add the shrimp to the crockpot the last 30 minutes of cooking or continue to cook until the shrimp is opaque and cooked through. (Note: This option will change the nutritional information and grocery list.)

NUTRITIONAL INFORMATION

Nutritional information was calculated for each recipe based on the items listed in each recipe's ingredient list. Suggested toppings and side dishes were not included.

Chinese Sweet and Sour Pork

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 cup	Total Fat	5g	8%	Total Carb	37g	12%
	Saturated Fat	0g	0%	Dietary Fiber	2g	8%
Servings 6	Trans Fat	0g		Sugars	24g	
	Calories 370	Cholesterol	110mg	3%	Protein	38g
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	380mg	16%			
	Vitamin A	2%		Vitamin C	45%	
	Calcium	2%		Iron	10%	

Indian Butter Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1 cup	Total Fat	36g	55%	Total Carb	15g	5%
	Saturated Fat	18g	90%	Dietary Fiber	1g	4%
Servings 6	Trans Fat	0g		Sugars	5g	
	Calories 520	Cholesterol	235mg	78%	Protein	35g
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	900mg	38%			
	Vitamin A	40%		Vitamin C	20%	
	Calcium	2%		Iron	8%	

Japanese Beef Teriyaki

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size 1/2 cup	Total Fat	8g	12%	Total Carb	16g	5%
	Saturated Fat	6g	30%	Dietary Fiber	1g	4%
Servings 6	Trans Fat	0g		Sugars	10g	
	Calories 370	Cholesterol	75mg	25%	Protein	52g
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	810mg	34%			
	Vitamin A	2%		Vitamin C	30%	
	Calcium	10%		Iron	25%	

Korean BBQ Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	8g	12%	Total Carb	13g	4%
1 cup	Saturated Fat	0g	0%	Dietary Fiber	2g	8%
Servings 6	Trans Fat	0g		Sugars	8g	
Calories 250	Cholesterol	125mg	42%	Protein	34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	500mg	21%			
	Vitamin A	15%		Vitamin C	55%	
	Calcium	6%		Iron	15%	

Lebanese Sweet Potato Lentil Chili

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	1g	2%	Total Carb	36g	12%
1 1/2 cup	Saturated Fat	0g	0%	Dietary Fiber	14g	56%
Servings 6	Trans Fat	0g		Sugars	7g	
Calories 200	Cholesterol	0mg	0%	Protein	11g	22%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	790mg	33%			
	Vitamin A	120%		Vitamin C	35%	
	Calcium	20%		Iron	20%	

Singaporean Chicken Rice Stew

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	3g	5%	Total Carb	27g	9%
1 2/3 cup	Saturated Fat	0g	0%	Dietary Fiber	2g	8%
Servings 6	Trans Fat	0g		Sugars	4g	
Calories 240	Cholesterol	40mg	13%	Protein	20g	40%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	1000mg	42%			
	Vitamin A	130%		Vitamin C	10%	
	Calcium	6%		Iron	8%	

Thai Green Curry Chicken

NUTRITION FACTS	Amount/Serving	%DV*	Amount/Serving	%DV*		
Serving Size	Total Fat	3g	5%	Total Carb	9g	3%
1 1/3 cup	Saturated Fat	3g	15%	Dietary Fiber	3g	12%
Servings 6	Trans Fat	0g		Sugars	4g	
Calories 230	Cholesterol	85mg	28%	Protein	34g	68%
*Percent Daily Values (DV) Are based on a 2,000 calorie diet	Sodium	460mg	19%			
	Vitamin A	25%		Vitamin C	70%	
	Calcium	30%		Iron	10%	

GROCERY

LIST

Note: the number(s) listed next to each ingredient corresponds to its recipe number.

Produce

- 2 green bell peppers (1, 3)
- 1 red bell pepper (7)
- 24 cloves garlic (2-3 bulbs) (buy fresh peeled garlic to save time) (1, 2, 3, 4, 5, 6)
- 4-inch piece fresh ginger root (1, 3, 4, 6)
- 3 small yellow onions (you can substitute a bag of frozen diced onions) (4, 6, 7)
- 1 lemon (4)
- 16oz bag of fresh coleslaw mix (grated cabbage and carrots) (4)
- 1 large sweet potato (1 pound) (5)
- 5oz fresh baby spinach (5)
- 1/2 pound carrots (6)
- 8oz fresh green beans (7)

Meat

- 2 pounds boneless thick-cut pork loin (1)
- 4 pounds boneless skinless chicken thighs (2, 4)
- 2 pounds beef top sirloin steak, thinly sliced (3)
- 3 pounds boneless skinless chicken breasts (6, 7)

Dairy/Cold

- 2 tablespoons unsalted butter (2)
- 16oz heavy whipping cream (you can substitute half and half) (2)

Oil/Vinegar

- 3 tablespoons apple cider vinegar (1)
- 1/4 cup rice wine vinegar (3)
- 2 tablespoons sesame oil (4, 6)

Canned

- 20oz can pineapple chunks in 100% juice (1)
- Two 15oz cans tomato sauce (2)
- 28oz can diced tomatoes (5)
- 15oz can kidney beans (5)
- 15oz can chickpeas (5)
- 2 cups chicken broth (5)

International

- 8oz can [sliced water chestnuts](#) (1)
- 8oz can [bamboo shoots sliced](#) (7)
- 3 tablespoons jarred [green curry paste](#) (7)
- Two 15oz cans [unsweetened coconut milk](#) (7)
- 1 cup + 6 tablespoons [low sodium soy sauce](#) (about 12oz) (1, 3, 4, 6, 7)
- 1/4 cup sesame seeds (about 1oz) (3)

Seasonings

- 2 tablespoons garam masala (2)
- 3 tablespoons curry powder (2, 5)
- 1/2 teaspoon crushed red pepper flakes (4)
- 2 teaspoons chili powder (5)
- 3 teaspoons onion powder (2, 3)

Baking

- 3 tablespoons cornstarch (1, 3)
- 1/2 cup + 2 tablespoons light brown sugar (1, 3, 4)

Miscellaneous

- 7 gallon-sized plastic freezer bags (1-7)
- 1/2 cup [dried lentils](#) (5)
- 3/4 cup dry enriched parboiled long grain rice (you can substitute dry white or brown rice that is not parboiled for a thicker, porridge-like consistency) (6)

Not Needed Until Day of Cooking

- 64oz low sodium chicken broth (8 cups) (6)
- Suggested Side Dishes
 1. Chinese Sweet and Sour Pork – rice
 2. Indian Butter Chicken - rice
 3. Japanese Beef Teriyaki – rice
 4. Korean BBQ Chicken –rice and sesame seeds
 5. Lebanese Sweet Potato Lentil Chili –pita bread, crumbled feta cheese, and fresh parsley
 6. Singaporean Chicken Rice Stew – dry roasted unsalted peanuts and sriracha hot sauce
 7. Thai Green Curry Chicken – rice

PRINTABLE LABELS

FOR FREEZER MEALS

Use the labels below on your freezer bags. Each label contains the name of the recipe, ingredients inside, and cooking instructions. There is room to write a “use-by” date, which should be 3 months from the day you prepped the meal.

There is also a page of blank labels in case you want to edit the ingredient list or cooking instructions. You can also use these blank labels for other freezer recipes that are not included in this book.

The freezer labels are formatted to print on [Avery rectangular labels that measure 3.5 x 4.75”](#). This specific type of label is durable and water-resistant (perfect for the freezer!) and can be printed from laser and ink jet printers.

You can also print these labels on regular computer paper and attach to your freezer bags with clear shipping tape.



CROCKPOT CHINESE SWEET AND SOUR PORK

Boneless pork loin
Green pepper & pineapple
Sliced water chestnuts
Cornstarch
Light brown sugar
Apple cider vinegar
Soy sauce
Fresh garlic & ginger

1. Thaw.
2. Cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Serve with rice.

Use by:



CROCKPOT INDIAN BUTTER CHICKEN

Boneless chicken thighs
Unsalted butter
Onion powder
Tomato sauce
Heavy whipping cream
Garam masala
Yellow curry powder
Garlic

1. Thaw.
2. Cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Serve with rice.

Use by:



CROCKPOT JAPANESE BEEF TERIYAKI

Beef top sirloin steak
Green pepper
Soy sauce and cornstarch
Rice wine vinegar
Light brown sugar
Fresh garlic and ginger
Onion powder
Sesame seeds

1. Thaw.
2. Cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Serve with rice.

Use by:



CROCKPOT KOREAN BBQ CHICKEN

Boneless chicken thighs
Onions
Fresh garlic and ginger
Soy sauce and sesame oil
Lemon juice
Light brown sugar
Crushed red pepper flakes
A bag of coleslaw mix

1. Thaw.
2. Cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and stir.
4. Top with sesame seeds and serve with rice.

Use by:



CROCKPOT LEBANESE SWEET POTATO LENTIL CHILI

- Dried lentils
Kidney beans & chickpeas
Chicken broth
Diced tomatoes
Sweet potatoes
Garlic
Chili & curry powders
Baby spinach
1. Thaw.
 2. Cook on "low" for 4-6 hours in a 6-quart crockpot.
 3. Top with crumbled feta cheese and fresh parsley. Serve with pita bread.

Use by:



CROCKPOT SINGAPOREAN CHICKEN RICE STEW

- Boneless chicken breasts
Rice
Fresh ginger
Onions
Carrots
Soy sauce
Sesame oil
Garlic
1. Thaw.
 2. Add to crockpot with 8 cups chicken broth and cook on "low" 4 hours in a 6-qt or 8 hours in a 4-qt.
 3. Shred chicken and stir.
 4. Top with unsalted peanuts and sriracha.

Use by:



CROCKPOT THAI GREEN CURRY CHICKEN

- Boneless chicken breasts
Unsweetened coconut milk
Green curry paste
Onions
Soy sauce
Bamboo shoots
Red bell pepper
Green beans
1. Thaw.
 2. Cook on "low" for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
 3. Serve with rice.

Use by:



Use by:



Use by:



Use by:



Use by:



Use by:

