

# Easy Crockpot Freezer Meals with 5 Ingredients or Less

from [Make-Ahead Meal Mom](#)

Are you tired of spending hours in the kitchen after a long day? Look no further! I've got a collection of 5 Easy Crockpot Freezer Meals that is here to save the day!

With just a handful of ingredients, you can create delicious, wholesome dishes that will leave your family asking for seconds!

I'm going to give you five of my most favorite easy recipes for chicken meals to get you started on the path to freezer meal success!

The plan includes five recipes. You will make two of each, for a total of ten meals

The best part? You can put together 10 of these meals (2 of each of the 5 recipes) in UNDER ONE HOUR!

This is a great plan to use when you're just starting out with freezer meals, or when chicken goes on sale!

Recipes:

1. Apricot Chicken
2. Cranberry Catalina Chicken
3. Easy Caesar Chicken
4. Pesto Ranch Chicken
5. Honey Sesame Chicken

These recipes are written for 6-8 servings each. If you are making for a smaller crowd, you may want to make only one of each recipe and split it into two containers for two smaller meals. The shopping list will include all ingredients to make two of each meal. If you're only doing one, cut the shopping list ingredients by half.

# Slow Cooker Apricot Chicken

*Discover the ultimate time-saving recipe for busy weeknights! This freezer meal is packed with flavor, featuring tender chicken breasts coated in a delectable apricot sauce.*



Yields: 6-8 servings

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## INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- 1 cup apricot preserves
- 1/4 cup French dressing
- 2 tablespoons minced garlic
- 1 teaspoon garlic powder

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## MATERIALS

- 1 gallon-size zip-top freezer bags

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## PREP

1. In a small bowl, whisk together the apricot preserves, French dressing, minced garlic, and garlic powder.
2. Place chicken breasts in a gallon-size zip-top freezer bag.
3. Pour apricot mixture over top of chicken in the bag.
4. Remove as much air as possible from the bag and seal tightly.
5. Gently shake or knead contents of bag to coat the chicken in the sauce.
6. Label the bag with the recipe name, date prepared, and cooking instructions.
7. Place bag flat in the freezer to freeze.

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## COOK

1. The night before you wish to make this meal, pull the frozen meal bag out of the freezer and place it in a container inside the refrigerator to thaw overnight.
2. The next day, gently pour the contents of the bag into your slow cooker or crockpot.
3. Cover and set to cook on LOW heat for 6-8 hours, or on HIGH for 3-4 hours, until the chicken is tender and cooked through.
4. Serve chicken breasts whole, or remove from slow cooker, shred, and then place back in the slow cooker to mix with the sauce.

# Cranberry Catalina Chicken

*Don't let the ingredients scare you - this is a delightful meal that is a great balance of sweet and savory! Serve over rice.*



Yields: 6-8 servings

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## INGREDIENTS

- 1 1/2 pounds boneless, skinless chicken breasts
- 1 (14 oz.) can cranberry sauce (I like whole berry, but jellied works, too)
- 8 oz. (1/2 bottle) Catalina dressing
- 1 packet dry onion soup mix (or 2 tablespoons homemade)

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## MATERIALS

- 1 gallon-sized freezer bag

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## PREP

1. Label your freezer bag.
2. Add all ingredients to freezer bag.
3. Remove as much air as possible and seal bag.
4. Knead bag gently to mix chicken and sauce.
5. Label and date. Then lay bag flat in freezer to freeze.

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## COOK

1. The night before cooking, remove meal from freezer and place in your refrigerator to thaw overnight.
2. The morning of, pour contents of freezer bag into crockpot.
3. Cook on LOW for 4-5 hours.
4. Remove chicken, shred, and return to crock pot. Stir to combine with sauce. Serve over rice or pasta.

# Easy Slow Cooker Caesar Chicken

*This simple 3-ingredient Caesar Chicken freezer dump meal is sure to hit the spot with bold flavor and creamy deliciousness! It's a super easy dinner recipe that is sure to please!*



Yields: 6-8 servings

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## INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- 1 16oz. bottle Caesar dressing
- 1/2 cup shredded Parmesan cheese

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## MATERIALS

- 1 gallon-size freezer bag

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## PREP

1. Place chicken breasts, dressing, and Parmesan cheese in freezer bag.
2. Remove as much air from bag as possible and seal tightly. Knead carefully to mix.
3. Label the bag with the name of the dish, the date prepared, and the cooking instructions.
4. Place bag flat in the freezer to freeze.

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## COOK

1. Remove bag from freezer and place in a container in the refrigerator overnight to thaw.
2. The next morning, place contents of bag into slow cooker.
3. Cover and set to cook on LOW for 4-6 hours or HIGH for 2-3 hours, until chicken is fully cooked through.
4. Carefully remove chicken from slow cooker and place on a cutting board. Shred the chicken using two forks.
5. Return shredded chicken to slow cooker and mix into sauce.
6. Serve over rice or noodles.

# Pesto Ranch Chicken

*This slow cooker Pesto Ranch Chicken freezer meal is packed with flavor, even though there are only 4 ingredients! Serve over [mashed potatoes](#) with a green salad for a super easy yet elegant weeknight meal.*



Yields: 6-8 servings

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## INGREDIENTS

- 8 boneless, skinless chicken thighs
- 1 6oz. bottle prepared pesto
- 1 packet ranch seasoning/dressing mix (or use 3 tablespoons [homemade](#))
- ½ cup chicken broth
- Shredded Parmesan cheese (optional for garnish – not needed until serving)

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## MATERIALS

- 1 gallon-sized freezer bag

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## PREP

1. Trim chicken thighs of any excess fat (if desired) and place in gallon freezer bag.
2. In medium bowl, combine pesto, ranch seasoning, and chicken broth, and whisk to combine.
3. Pour pesto mixture into freezer bag on top of chicken thighs.
4. Remove as much air from bag as possible and seal tightly.
5. Label bag with contents, cooking instructions, and date.
6. Place bag flat in freezer to freeze.

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## COOK

1. The night before cooking, move bag to your refrigerator to thaw.
2. The morning of, pour contents of freezer bag into crockpot.
3. Cook on low for 4-6 hours.
4. Garnish with shredded Parmesan cheese if desired.

*\* Note: You can use chicken breasts in place of chicken thighs.*

# Honey Sesame Chicken

*With only three ingredients, this Easy Honey Sesame Chicken ranks right up there as one of the easiest dump and go slow cooker recipes you can make!*



Yields: 6-8 servings

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## INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- 1 16oz. bottle Kraft Asian Toasted Sesame dressing or similar Asian dressing
- 1 ½ cups honey
- toasted sesame seeds (optional – for garnish)
- sliced green onions (optional – for garnish)

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## MATERIALS

- 1 gallon-size freezer bag

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## PREP

1. Trim chicken (if desired) and place in gallon freezer bag.
2. In medium bowl, whisk together dressing and honey until well combined.
3. Carefully pour sauce into bag with chicken.
4. Remove as much air as possible and seal bag tightly.
5. Label with contents, date, and cooking instructions.
6. Lay bag flat into freezer to freeze.

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## COOK

1. Remove bag from freezer and allow to thaw overnight in refrigerator.
2. Pour thawed contents of bag into slow cooker.
3. Cover and cook on LOW for 4-5 hours.
4. Remove chicken from slow cooker, place on cutting board, and shred using two forks.
5. Place shredded chicken back into slow cooker to mix with sauce.

*\* Note: This meal goes well with [Roasted Broccoli](#) or a simple side salad!*

# SHOPPING LIST

## MEATS

- 16 pounds boneless, skinless chicken breasts
- 16 boneless, skinless chicken thighs

## DAIRY

- 1 cup shredded Parmesan cheese

## MISC

- 2 cups apricot preserves
- 1 16oz. bottle French dressing
- 1 16oz. bottle Catalina dressing
- 2 16oz. bottles Caesar dressing
- 2 16oz. bottles Asian-style dressing (I prefer Kraft's Toasted Asian Sesame Dressing when available)
- 2 6oz. jars prepared pesto
- 3 cups (24 fl. oz.) honey
- 2 14oz. cans whole berry cranberry sauce
- 1 cup (8 fl. oz.) chicken broth
- 2 packets dry onion soup mix (or [make your own](#))
- 2 packets Ranch seasoning/dressing mix (or [make your own](#))
- 4 tablespoons minced garlic (go easy on yourself and buy a small jar of the pre-minced stuff)

## PANTRY STAPLES

- garlic powder

## MATERIALS

- (10) gallon-size freezer bags
- A black Sharpie or permanent marker for labeling your bags

# PUTTING IT ALL TOGETHER

There aren't a lot of prep steps to these recipes. You may work recipe by recipe in any order.

Remember that each recipe is written for ONE, but you will make TWO – so do the recipe TWICE.

- I make enough meals that I invested in bag holders. I love them and they are very handy to have around. (Find them on Amazon: <https://amzn.to/3uFwc44> - affiliate link.)

OR, you can put your bag inside a narrow bowl or pitcher and turn the top of the bag inside out around the edge of the bowl/pitcher to provide stability and hold the bag open.

- On several recipes I suggest just dumping all of the ingredients together into the bag and then sealing it and kneading it from the outside to mix.

The Honey Sesame chicken does better if you mix the sauce BEFORE adding it to the bag, as the viscosities of the two liquids don't readily mix well without a bit of help. The same goes for the Pesto Ranch Chicken due to both liquid and dry ingredients. I apologize for two extra bowls you'll have to wash.

- Be sure to label all of your containers or bags with the name of the recipe, the date, and any reheating instructions or additional ingredients to be added at time of cooking. While it may seem obvious what the meal is NOW, it will not be so obviously a week or so from now when it is completely frozen or a month from now when you've completely forgotten what you made today. 😊

THESE MEALS ARE GOOD FOR 3-6 MONTHS, AND USUALLY EVEN LONGER as long as you seal and freeze them properly.

Place the bags FLAT in your freezer to freeze. Once fully frozen, you can then take them and stack them upright like you would books on a bookshelf, which will help you save room. Or stack them in freezer-safe bins or baskets if you are super organized.

Remember to set an alarm or a reminder to pull your freezer meal bag out of the freezer THE NIGHT BEFORE you plan to make it for dinner. I know we've all done it, but cooking food from frozen in your slow cooker or crock pot is not entirely safe – it will leave your food in the “danger zone” temperatures for too long and that can potentially allow harmful bacteria to grow that may or may not be fully killed once your meal gets to the higher cooking temperatures. Better safe than sorry, right?

If you forget to thaw your meal overnight, you can use the defrost setting on your microwave (be careful you don't actually start cooking the chicken) or thaw it submerged (and still sealed) in a large bowl under cold running water (however, this can take an hour or more and use a LOT of water).



And the most important instruction:

**Be sure to keep a list of the freezer meals near your fridge or freezer so you remember what you have made and what you have left in your freezer!** Mark off whenever you use one of the meals so you can keep your list up-to-date.

No freezer meal will do you any good if it never sees the light of day because you forgot it existed! 😊