

# Crockpot Freezer Meal Shopping List

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## Meats

14 Chicken breast  
2 Skirt steaks  
6 lbs Ground beef  
2 lb Chuck Roast  
2 Sirloin Steaks  
4 Pork Chops  
Package of bacon

## Vegetables

7 Onions  
6 Green Bell Pepper  
3 Red Bell Pepper  
2 bunches Green Onion  
1 lb Carrots  
1 small Jalapeno  
2 -6oz cans Green Chilis

## Canned foods, sauces, and broths

2 -15oz cans white beans  
2 15oz can kernal corn  
1 can chili beans  
3 15oz black beans  
4 cans Rotel  
4 -15oz kidney beans  
1 -15oz pinto beans  
1 -15oz can pineapple chunks  
3 bottles BBQ sauce  
1 Cream of chicken soup  
2 package of beef broth  
4 packages of chicken broth

## Seasonings

1 bottle of Taco Seasoning  
1 box of packets for Ranch Seasoning  
1 bottle of Italian seasoning  
Cayenne pepper, cumin, chili powder  
White pepper, Garlic powder, Onion powder, Black pepper  
Brown and white sugar  
Worcestershire sauce

## Tomato Products

4 -15oz tomato sauce  
3 -6oz tomato paste  
24oz pasta sauce  
15oz can diced tomatoes  
46oz bottle of tomato juice

## Cheeses

32oz shredded cheddar cheese  
16oz shredded mozzarella cheese  
8oz parmesan cheese  
4 -8oz cream cheese

## Pasta

lasagna noodles (uncooked)  
farfalle pasta

## Misc.

frozen tater tots  
rice  
tortilla chips  
flour tortillas