

## Slow Cooker Vegan Beer Chili



*Like I said, we haven't had this yet (it's been 15,000° here!) but it smelled amazing while cooking away in the slow-cooker.*

**Makes:** 12 servings

**Storage:** 4 servings each in 3—1 gallon freezer bags

- 1 large onion, diced
- 2 large red bell peppers, diced
- 1 large green bell pepper, diced
- 2 jalapeno peppers, seeded and diced
- 8 cloves garlic, minced
- 1 bottle beer (whatever you have on hand)
- 2-28 ounce cans crush tomatoes
- 2 cans black beans, drained and rinsed
- 2 cans kidney beans, drained and rinsed
- 1 can vegetarian refried beans
- 1-16 ounce package frozen corn
- 2 tablespoons cumin
- 4 tablespoons chili powder
- 2 teaspoon kosher salt
- 1 teaspoon black pepper

Combine all ingredients in the basin of a very large slow cooker. Heat on high for 2-3 hours or until bubbly. Cool and ladle into labeled freezer bags. Freeze flat.

To reheat: defrost the bag in the fridge over night and then pour into a slow cooker. Heat on low for 8-9 hours or high for 4-6.

## Roasted Veggie, Sweet Potato and Black Bean Burritos

*We made a lot of delicious food on our cook-a-thon day, but these are far-and-away the favorites. They are so packed with flavor, fiber and good-for-you veggies. We've been eating them pretty much daily for lunch.*



**Makes:** 24-30 burritos, depending on size

**Storage:** 1—10"x 10" sheet of aluminum foil to wrap each burrito, 8-10 burritos per 1 gallon freezer bag

- 3 medium sweet potatoes, peeled and chopped into 1/2" cubes
- 4 large red bell peppers, roughly chopped
- 2 large onions, roughly chopped
- 4 garlic cloves, minced
- 2 jalapenos, seeded and diced
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil
- 4 cans black beans, drained and rinsed
- 2 cups salsa (your favorite!)
- 1 bunch cilantro, chopped
- Juice of one lime
- 24-30 whole wheat tortillas (we like the Truly Homemade ones from Trader Joe's)
- 4 cups shredded cheddar cheese

Preheat oven to 400°. In a large bowl, combine sweet potatoes, bell peppers, onions, garlic, jalapenos, chili powder, cumin, salt, pepper and olive oil. Toss to coat. Spread onto two large baking sheets and roast in preheated oven for 30-40 minutes or until veggies are all soft and browned. Allow veggies to cool enough to handle. Transfer roasted veggies into a large bowl, add in beans, salsa, cilantro and lime juice and toss until well combined. To assemble burritos, place one tortilla on a square of aluminum foil, top with 1/2 cup-1 cup of filling, sprinkle on cheese and roll burrito closed. Wrap in foil. Place wrapped burritos in labeled gallon freezer bags.

To reheat: unwrap foil from frozen burrito. Wrap loosely in a paper towel. Microwave on high for 90 seconds to 2 minutes or until the burrito filling is hot.

## Whole Wheat Flax and Applesauce Waffles

*These waffles have been perfect for a grab-and-go breakfast. We just slather them in a little bit of nut butter and sprinkle on some chia seeds and we've got a breakfast we can eat in the car.*



**Makes:** About 24 toaster-sized waffles

**Storage:** 3—1 gallon freezer bags

- 3 cups whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- 1/4 cup ground flaxseed
- 2 tablespoons honey
- 2 eggs
- 2 1/2 cups nonfat milk
- 2 cups buttermilk
- 1/2 cup applesauce
- 1 teaspoon vanilla
- 1/4 cup vegetable oil

Preheat waffle iron. In a large bowl, combine flour, baking powder, salt, cinnamon, and flaxseed. In a second bowl, whisk together honey, eggs, milk, buttermilk, applesauce, vanilla and vegetable oil. Pour wet ingredients into dry and stir until just combine. Make waffles according to waffle iron instructions. Cool completely and store in gallon freezer bags.

To reheat: Pop in the toaster. Push the lever. Let it pop up. Eat!

## Slow Cooker Creamy Veggies and Chicken

*I really loved how easy this one was to put together and reheat. I also loved how yummy it was! It'll be a great dish for once the weather gets a little bit cooler.*



**Makes:** 16 servings

**Storage:** 4—1 gallon freezer bags

- 8 chicken breasts, chopped into bite-sized pieces
- 4 cloves garlic, minced
- 2 green bell peppers, chopped into bite-sized pieces
- 2 red bell peppers, chopped into bite-sized pieces
- 2 zucchini, chopped into bite-sized pieces
- 1 large sweet potato, peeled and chopped into bite-sized pieces
- 1 large onion, chopped into bite-sized pieces
- 2—6 ounce cans, tomato paste
- 2 tablespoons Worcestershire sauce
- 2 tablespoons dry mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup apple cider vinegar

For serving:

- 1/2 cup plain Greek yogurt
- 4 cups cooked brown rice

Divide the chicken, garlic, green peppers, red peppers, zucchini, sweet potato and onion evenly between each of four one-gallon freezer bags. In a small bowl, whisk together tomato paste, Worcestershire, dry mustard, salt, pepper and vinegar. Divide evenly between bags. Freezer flat.

To reheat: Dump frozen contents of bag into the basin of a slow cooker. Cook on high for 4-6 hours or low for 6-8. Just before serving, turn off slow-cooker and stir in yogurt. Serve over cooked brown rice.



## Florentine Calzones and Meatballs

*I love this recipe because it's a two-for-one deal—you get calzones out of it and meatballs that are great in a marinara sauce. We haven't eaten from this batch yet, but we have been eating this recipe for years. It's a favorite!*



**Makes:** 12 calzones and 16-18 meatballs, depending on size

**Storage:** 4—1 gallon freezer bags

- 3 pounds ground turkey
- 16 ounces frozen spinach, thawed and squeezed dry
- 1 large onion, diced finely
- 6 garlic cloves, minced
- 3 eggs, divided and beaten
- 1 1/2 cups bread crumbs
- 1 cup shredded Parmesan cheese
- 2 batches whole wheat pizza dough (we used the fresh whole wheat dough from Trader Joe's)

Using clean hands, combine ground turkey, spinach, onion, garlic, 2 eggs, bread crumbs and cheese in a large bowl. Set aside. Divide each pizza dough batch into six balls. Roll out each ball to a 6"-8" circle. To assemble the calzones, take a handful of the filling (about 1/3 cup) and form into a ball. Place in the middle of the dough. Using a pastry brush, paint remaining beaten egg along side of dough, fold over and seal. Repeat with remaining dough balls. Place assembled calzones on baking sheets and freeze flat until hard. Then remove from sheet, place in labeled one gallon freezer bags, and freeze.

To make meatballs, form remaining filling into desired meatball size. Heat a large nonstick skillet over medium-high heat. Sear all sides of meatballs in skillet. Place on baking sheet and freeze when cool. When meatballs are frozen, transfer to a labeled one gallon freezer bag.

To reheat calzones: Preheat oven to 425°. Place frozen calzones on a baking sheet and bake in preheated oven for 25-30 minutes or until dough is golden brown. Serve with warm marinara sauce for dipping.

To reheat meatballs: Drop frozen meatballs in simmering marinara sauce and cook until heated through.

## Provolone Penne Bake

*This is a classic in our house. I've already written a post about [the original](#), but I modified this version to produce more and to be sans the meat. It's delicious!*



**Makes:** 12 servings

**Storage:** 4 servings in each of three 8"x8" foil baking dishes

- 3 tablespoons olive oil
- 6 cloves garlic, minced
- 1 large onion, diced
- 3 green bell peppers, diced
- 8 ounces button mushrooms, sliced
- 1 teaspoon kosher salt
- 2-28 ounce cans fire roasted diced tomatoes
- 1- 6 ounce can tomato paste
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried oregano
- Pinch of crushed red pepper flakes
- 2 pounds whole wheat penne, cooked omitting fat and salt
- 1 pound provolone cheese, sliced

Heat olive oil in a large dutch oven over medium heat. Add garlic, onion and pepper. Cook until softened, about 4-5 minutes. Add in mushrooms and salt. Cook until mushrooms have released most of their water, about 10 minutes. Add in diced tomatoes, tomato paste, vinegar, oregano, and red pepper flakes. Bring to boil, reduce heat and simmer for 10-15 minutes or until thickened. Remove from heat and stir in penne. Divide half the mixture into each of three 8"x8" foil containers. Layer on half the cheese. Then top with remaining penne mixture and remaining cheese. Cool completely and freeze.

To reheat: Place frozen casserole in a 350° oven. Bake for 30-40 minutes or until the center is hot and cheese is browned and bubbly.

## Veggie Supreme Pizzas

*Who needs to buy frozen pizzas when you can just make your own? Feel free to sub in your favorite pizza toppings.*



**Makes:** 4 pizzas

**Storage:** Each pizza in a aluminum foil pizza pan, wrapped in plastic wrap.

- Cooking spray
- 4 batches whole wheat pizza dough (again, we used Trader Joe's fresh)
- 2 cups pizza sauce
- 4 cups assorted sliced veggies (we used red and green bell peppers, onions and mushrooms)
- 3 cups shredded mozzarella cheese
- 4 teaspoons Italian seasoning

Spray each aluminum pizza pan with cooking spray. Spread out the dough in the pan. Split the pizza sauce, veggies, cheese and Italian seasoning evenly between each pizza. Wrap in plastic wrap, stack and freeze.

To reheat: preheat oven to 450°. Wrap pizza and remove from the pan. Place frozen pizza directly on the oven rack and bake for 18-20 minutes or until crust is browned and cheese is bubbly. For a less crispy-crust, heat oven to 400° and bake in foil pain for 23-25 minutes, or until crust is browned and cheese is bubbly.