

POSTPARTUM MEAL PREPPING

The key to postpartum meal prep is making nutrient dense meals ahead of time! Below is a list of recipes you can access (original links included)

BREAKFAST

1. OVERNIGHT REFRIGERATED OATMEAL



2. EASY BAKED OATMEAL CUPS



3. BREAKFAST EGG MUFFINS



4. FREEZER BREAKFAST SANDWICHES



5. BANANA OAT MUFFINS



6. SMOOTHIE KITS



I. OVERNIGHT REFRIGERATED OATMEAL

[HTTPS://WWW.THEYUMMYLIFE.COM/REFRIGERATOR_OATMEAL](https://www.theyummylife.com/refrigerator_oatmeal)

Mango Almond

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/8 teaspoon almond extract
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced mango (approx. half of a small mango)

Directions:

1. In a half pint jar or container, add oats, milk, yogurt, chia seeds, almond extract and honey.
2. Put lid on jar and shake until well combined.
3. Add mangoes and stir with fork until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days.
5. Eat chilled.

Nutritional Info: 207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein;

Blueberry Maple

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

Directions:

1. In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, and maple syrup.
2. Put lid on jar and shake until well combined.
3. Remove lid, add blueberries and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days.
5. Eat chilled.

Nutritional Info: 215 calories, 4g fat, 48g carbs, 8g fiber, 12g protein;

Apple Cinnamon

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/2 teaspoon cinnamon
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup unsweetened applesauce, or enough to fill jar

Directions:

1. In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, cinnamon and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add applesauce and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days.
5. Eat chilled.

Nutritional Info: 210 calories, 4g fat, 48g carbs, 8g fiber, 11g protein

Banana Cocoa

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1 tablespoon cocoa powder
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

Directions:

1. In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, cocoa powder and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add bananas and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to 2 days.
5. Eat chilled.

Nutritional Info: 245 calories, 5g fat, 56g carbs, 10g fiber, 13g protein

Raspberry Vanilla

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/4 teaspoon vanilla extract
- 1 tablespoon raspberry jam, preserves, or spread
- 1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar

Directions:

1. In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, vanilla, and raspberry jam.
2. Put lid on jar and shake until well combined.
3. Remove lid, add raspberries and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or as long as 2-3 days.
5. Eat chilled.

Nutritional Info: 230 calories, 4g fat, 51g carbs, 8g fiber, 11g protein

2. EASY BAKED OATMEAL CUPS

[HTTPS://SAVORANDSAVVY.COM/BAKED-OATMEAL-CUPS-RECIPE/](https://savorandsavvy.com/baked-oatmeal-cups-recipe/)

- 3 cup old fashioned oats
- 1/2 cup brown sugar
- 1 tbs honey
- 2 tsp vanilla
- 2 tbs baking powder
- 1 tsp cinnamon
- 2 eggs
- 1 cup milk
- 1/4 cup sour cream
- 1/4 cup butter
- 1/2 cup berries blueberries and raspberries
- 1/4 cup white chocolate chips

Directions:

1. Preheat oven to 350 degrees.
2. Spray muffin pan with cooking spray or use muffin liners.
3. Combine the oats, brown sugar, baking powder and cinnamon in a bowl. Stir.
4. Combine the honey, vanilla, 2 eggs, milk, sour cream and butter into a bowl. Stir.
5. Combine the wet and dry ingredients together. Gently add the berries so you don't crush them.
6. Divide into 12 muffin cups evenly.
7. Bake for 18-22 minutes, depending on your oven. Check at 18 minutes first and add a minute or two, as needed.

Nutritional Info: Calories: 211 | Carbohydrates: 29g | Protein: 4g | Fat: 8g | Fiber: 2g

3. BREAKFAST EGG MUFFINS

[HTTPS://BEAUTYANDTHEBENCHPRESS.COM/MEAL-PREP-BREAKFAST-MUFFINS/](https://beautyandthebenchpress.com/meal-prep-breakfast-muffins/)

- 1/2 lb pork chorizo (or whichever meat you prefer)
- 12 eggs
- 6 oz of broccoli florets chopped
- 1 cup hash browns (I used Simply Potatoes Shredded Hash Browns)
- 2 tbs unsweetened almond milk
- 1/2 tsp garlic salt
- 1/2 tsp paprika
- salt & pepper to taste

Directions:

1. Spray muffin tin and preheat oven to 350 degrees
2. Cook chorizo in a skillet until done and let cool
3. Divide cooled chorizo, broccoli florets and hash browns among 12 muffin cups
4. Combine eggs, almond milk and seasoning in a mixing bowl
5. Fill muffin tins with the egg mixture about 3/4 full
6. Bake for 25 min or until eggs have set

Nutritional Info: 1 muffin | Calories 133, Fat 8g, Carbs 4g, Protein 9g

4. FREEZER BREAKFAST SANDWICHES

[HTTPS://FITFOODIEFINDS.COM/FREEZER-BREAKFAST-SANDWICHES/](https://fitfoodiefinds.com/freezer-breakfast-sandwiches/)

SAUSAGE, SUN-DRIED TOMATO, AND SPINACH FREEZER BREAKFAST SANDWICHES

- 5 oz. fresh spinach
- 1 teaspoon olive oil
- 12 links pre-cooked breakfast sausage
- 14 large eggs
- 1/3 cup milk, any kind
- 1/2 white onion, finely diced
- 1/2 tablespoon minced garlic
- 1/2 cup sun-dried tomatoes
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 12 slices of cheese, any kind
- 12 Dave's Killer Bread Organic English muffins (either flavor works)

Directions:

1. First, turn your broil function on high and generously spray an 18-inch by 13-inch baking sheet with nonstick cooking spray or any oil (really grease up the pan to prevent sticking)!
2. Then, place sausage and spinach onto the baking sheet. Drizzle 1 teaspoon of olive oil onto spinach and sprinkle with salt.
3. Broil sausage and spinach for 4 minutes stirring half way. This will wilt your spinach and make it perfect for these sandwiches. Remove from oven and set your oven to 350°F.
4. Next, crack 14 eggs into a large bowl and add in 1/3 cup of milk. Whisk until scrambled.
5. Add onion, garlic, and sun-dried tomatoes to the baking sheet and mix with breakfast sausage and spinach. Then, pour on scrambled eggs and mix again until everything is submerged. Season with salt and pepper.
6. Bake at 350°F for 18-22 minutes or until the eggs are firm in the middle.
7. Remove egg bake from oven and let cool for at least 10 minutes.
8. Now it's time to prepare your breakfast sandwiches. Cut egg bake into 12 square patties. To create a sandwich, place an egg patty on one half on your English muffin. Then, top it with a slice of cheese, and then with the other half of the English muffin. Repeat until all egg patties have been used.
9. Option to eat immediately (we recommend toasting your English muffin first if you do this) or freeze your breakfast sandwiches for later. To do so, tightly wrapping each sandwich in plastic wrap (be sure to remove as much air as possible), then wrap with tin foil and write the date of preparation so you don't forget. Place in the freezer for up to 3 months.

BASIC FREEZER BREAKFAST SANDWICHES

- 8 large eggs
- 3 tablespoons unsweetened almond milk
- salt and pepper, to taste
- 4 slices of cheese, any kind
- 4 Dave's Killer Bread Organic English muffins

Directions:

1. First, preheat oven to 350°F and grease an 8-inch x 8-inch cake pan.
2. Whisk together eggs and almond milk in a large bowl. Then, pour egg mixture into the pan and bake for 16-18 minutes.
3. Remove once egg patty is fully cooked in the middle. Then, let cool for at least 10 minutes.
4. Cut the egg patty into four squares and place each patty onto one half of an English muffin.
5. Next, place a slice of cheese onto the egg patty and top it off with the other half of the English muffin.
6. Option to eat immediately (we recommend toasting your English muffin first if you do this) or freeze your breakfast sandwiches for later. To do so, tightly wrapping each sandwich in plastic wrap (be sure to remove as much air as possible), then wrap with tin foil and write the date of preparation so you don't forget. Place in the freezer for up to 3 months.

5. BANANA OAT MUFFINS

[HTTPS://WWW.GIMMESOMEOVEN.COM/HEALTHY-BANANA-MUFFINS/](https://www.gimmesomeoven.com/healthy-banana-muffins/)

- 3 cups old-fashioned oats
 - 1 tablespoon pumpkin pie spice, homemade or store-bought
 - 1 1/2 teaspoons baking soda
 - 3/4 teaspoon fine sea salt
 - 2 eggs
 - 1 cup unsweetened almond milk, plain or vanilla
 - 1 cup tightly-packed mashed ripe bananas
 - 1/2 cup maple syrup
 - 3 tablespoons melted coconut oil (*or any mild-flavored oil*)
 - 1 teaspoon vanilla extract
 - optional: turbinado sugar for sprinkling
1. Preheat oven to 375°F. Line a 12-cup muffin pan with baking liners, or lightly grease with cooking spray. Set aside.
 2. Puree oats in a blender or food processor until they reach a flour-like consistency. Add in the pumpkin pie spice, baking soda and sea salt, and pulse until the mixture is evenly combined. Set aside.
 3. In a separate large mixing bowl, whisk together the eggs, milk, mashed banana, maple syrup, coconut oil and vanilla extract until evenly combined. Fold the dry ingredients in with the wet ingredient mixture, and stir until the mixture is just combined. (Try to avoid over-mixing.)
 4. Portion the ingredients into prepared baking cups. Then sprinkle a pinch of turbinado sugar on top of each muffin, if you would like.
 5. Bake for 15-18 minutes, or until a toothpick inserted in the center of the muffins comes out clean. Remove from the oven and place the pan on a cooling rack for 5 minutes.
 6. Serve warm. Or let the muffins cool to room temperature, then store in a sealed container for up to 3 days, or freeze for up to 3 months.

6. SMOOTHIE KITS

[HTTPS://WWW.MOMMAFITLYNDSEY.COM/2019/01/10/SMOOTHIE-WITH-ALMOND-MILK/](https://www.mommafitylndsey.com/2019/01/10/smoothie-with-almond-milk/)

Add 8 ounces of almond milk to a blender and a one of these smoothie combos and you'll have a great smoothie! Add spinach to each combo to boost the nutritional value. Protein powder isn't necessary if you would rather skip and just go with fruit/veggie combos! Vega Protein Powder is a safe option for breastfeeding moms.

1. Chocolate protein powder, banana, peanut butter, oats
2. Strawberry, kiwi, hemp hearts, vanilla protein powder
3. Vanilla protein powder, cherries, strawberries and chia
4. Vanilla protein powder, peach, berries, oats and almond butter
5. Chocolate protein powder, cherries, almond butter

Directions:

1. Combine ingredients into individual bags and freeze.
2. Pour almond milk and contents of bag into a blender

SNACKS

1. FRUIT, VEGGIE, PROTEIN BOX



2. PROTEIN PACKED BOX



3. STRAWBERRY COCONUT BOWL



4. "LACTATION" ENERGY BITES



I. FRUIT, VEGGIE, PROTEIN BOX

- Cut up carrots
- Sliced cucumber
- Half an apple
- Cheese stick
- Peanut butter filled pretzels
- Ranch/dressing of choice

2. PROTEIN PACKED BOX

[HTTPS://CLEANFOODCRUSH.COM/CLEAN-EATING-PROTEIN-PACKED-BREAKFAST-BENTO-BOXES/](https://CLEANFOODCRUSH.COM/CLEAN-EATING-PROTEIN-PACKED-BREAKFAST-BENTO-BOXES/)

- 2 free range hard boiled eggs
- 1 serving high-quality cottage cheese, or Greek yogurt
- 1/4 cup raw almonds
- 1/2 cup organic mixed berries
- 1 tiny organic cheese (these are from Costco)

3. STRAWBERRY COCONUT BOWL

[HTTPS://JOYFULMESS.COM/THE-NURSING-MAMA-SNACK-LIST-MY-FAVORITE-HEALTHY-SNACKS-FOR-BREASTFEEDING/](https://JOYFULMESS.COM/THE-NURSING-MAMA-SNACK-LIST-MY-FAVORITE-HEALTHY-SNACKS-FOR-BREASTFEEDING/)

- Strawberries
- Shredded Coconut
- Chocolate chips
- Chopped walnuts
- Yogurt (of your choice)

Cut up some strawberries, throw some shredded coconut, chocolate chips and walnuts on top, then a dollop of yogurt

4. "LACTATION" ENERGY BITES

[HTTPS://LOVEJENNYBLOG.COM/RECIPE/PEANUT-BUTTER-AND-CHOCOLATE-LACTATION-ENERGY-BALLS/](https://LOVEJENNYBLOG.COM/RECIPE/PEANUT-BUTTER-AND-CHOCOLATE-LACTATION-ENERGY-BALLS/)

- 2 cups old-fashioned oats
- 1 cup peanut butter
- 1/2 cup honey
- 1/2 cup chocolate chips
- 1/2 cup ground flax seed (for lactation balls)
- 3 tsps brewer's yeast (for lactation balls)

Directions:

1. In a bowl, add all ingredients except the chocolate chips. Mix until well combined.
2. Stir in chocolate chips
3. Place mixture in fridge and allow to chill for at least 15 minutes
4. Roll into 2-inch balls & store in refrigerator

LUNCHES/DINNERS

1. VEGGIE & CHICKEN FREEZER PACKS



2. LEMON PESTO CHICKEN



3. TURKEY BLACK BEAN CHILI



4. CROCKPOT CHICKEN ALFREDO



5. GROUND TURKEY STUFFED PEPPERS



6. BEEF STEW



7. CHICKEN FAJITAS



9. CHEESY ENCHILADA QUINOA BAKE



8. SAUSAGE AND VEGGIES



10. CILANTRO LIME CHICKEN



I. VEGGIE AND CHICKEN FREEZER PACKS

[HTTPS://GIMMEDELICIOUS.COM/CHICKEN-AND-VEGGIE-FREEZER-PACKS/](https://gimmedelicious.com/chicken-and-veggie-freezer-packs/)

- 1 pound boneless skinless chicken breasts, cut into 1/2-inch-thick slices
- 2 cups broccoli florets
- 1 large zucchini cut into slices
- 2 medium bell peppers cut into 1/2-inch-thick slices
- 1 medium yellow onion halved and cut into 1/2-inch-thick slices
- 1/2 cup of your favorite marinade or use recipe below
- 4 quart size or 2-gallon size ziplock bags

For the marinade:

- 1/4 cup olive oil
- 3-4 cloves garlic minced or crushed
- 1 tablespoon Italian seasoning
- 1/2 teaspoon paprika optional
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

1. Divide chicken and veggies into 4 quart size or 2 gallon size ziplock bags.
2. In a small bowl, Whisk the olive oil, garlic, Italian seasoning, paprika, salt, and pepper. Divide marinade equally into the ziplock bags, seal and shake to fully coat the chicken and veggies. Freeze for up to 2 months.
3. To cook, Heat skillet to medium-high heat and pour 1 bag into skillet and saute for 10-15 minutes or until tender and cooked. Alternatively, Pre-heat oven to 425F. Line a sheet pan with foil and pour chicken and veggies onto foil and roast for 15-20 minutes.

2. LEMON PESTO CHICKEN

[HTTPS://WWW.FRUGALLIVINGMOM.COM/LEMON-PESTO-CHICKEN-FREEZER-MEAL-RECIPE-AD/](https://www.frugallivingmom.com/lemon-pesto-chicken-freezer-meal-recipe-ad/)

- 1 1/2 pound First Street Chicken Breasts or Chicken Breast Tenders (about 4 breasts or 10-12 tenders)
- 1/2 cup jarred or homemade pesto
- 1/8 cup fresh lemon juice
- 1/2 cup First Street Shredded Mozzarella Cheese
-

Directions:

1. Place chicken, pesto and lemon juice into a large zip tight freezer bag.
2. Remove air from bag and close.
3. With your hands massage bag to combine chicken, pesto and lemon juice. Set aside.
4. Load cheese into a small freezer safe zip top bag. Squeeze out air and close.
5. (This is an optional step to keep everything together). Take another large zip tight freezer bag and place both the chicken and the cheese bags inside. Remove air and close.
6. Label outer bag using a permanent marker with contents, date assembled and cooking instructions.
7. Freeze

Cooking instructions

1. Remove contents from outer bag
2. Place cheese bag in the refrigerator
3. In the refrigerator thaw bag of Lemon Pesto Chicken over night
4. Preheat oven to 375 degrees
5. When thawed place Lemon Pesto Chicken into a 9x13-inch casserole dish and cover with aluminum foil
6. Bake for 25-30 minutes, covered
7. Remove foil and sprinkle cheese on the top of the chicken
8. Bake for 5 minutes
9. Turn broiler on high and broil for 5 minutes
10. Serve with rice or your favorite First Street pasta topped with extra pesto, if desired

3. TURKEY BLACK BEAN CHILI

[HTTPS://THEFAMILYFREEZER.COM/2013/02/13/SLOW-COOKER-TURKEY-BLACK-BEAN-CHILI/](https://thefamilyfreezer.com/2013/02/13/slow-cooker-turkey-black-bean-chili/)

- 1 pound ground turkey
- 28oz can tomato sauce
- 2 cans black beans (15oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn (half of a one pound bag)
- 2 large cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

Directions:

1. Label a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and use-by date (which would be 3 months from the prep date).
2. Add all ingredients to freezer bag, seal, and freeze up to three months.
3. Thaw.
4. Cook on "low" setting in slow cooker for 6-8 hours.
5. Break apart ground turkey and stir.

4. CROCKPOT CHICKEN ALFREDO

[HTTPS://WWW.EATINGONADIME.COM/CROCK-POT-CHICKEN-ALFREDO/](https://www.eatingonadime.com/crock-pot-chicken-alfredo/)

- 2 cans Cream of Chicken Soup
- 1 Italian Dressing Mix
- 8 oz Cream Cheese
- 2 cups Water
- 4-6 Chicken Breasts

Directions:

1. Put all of the ingredients in your labeled freezer bag and place in the freezer.

Cooking Instructions:

1. Place into the crockpot (ingredients can be thawed or frozen)
2. Cook on low for 6-8 hours
3. Shred the chicken and serve over fettuccine noodles.

5. GROUND TURKEY STUFFED PEPPERS

[HTTPS://THEFAMILYFREEZER.COM/2015/04/08/SLOW-COOKER-STUFFED-PEPPERS-FREEZER-FRIENDLY/](https://thefamilyfreezer.com/2015/04/08/slow-cooker-stuffed-peppers-freezer-friendly/)

- 1 tablespoon olive oil
- 1lb+ ground turkey (or beef)
- 1 onion, peeled and diced
- 1 garlic clove, minced
- 4 small bell peppers, tops cut off (or 2 large peppers, cut lengthwise) and cleaned
- 24oz jar of your favorite pasta sauce (reserve 2T)
- 1/2 cup water

Directions:

1. Label a gallon-sized plastic freezer bag with the name of the recipe, use-by date (which will be three months from the prep day), and cooking instructions.
2. In large bowl, mix ground meat, onion, garlic, and 2 tablespoons of pasta sauce.
3. Separate mixture into four equal parts and firmly stuff into peppers.
4. Add remaining sauce to a quart-sized plastic freezer bag, seal, and place inside gallon-sized bag with stuffed peppers.

Cooking Instructions

1. Thaw freezer bag.
2. Place peppers in an olive-oil-coated slow cooker and top with sauce.
3. Cook on "low" setting for 6-8 hours.

6. HEARTY BEEF STEW

[HTTPS://TALESOFAMESSYMOM.COM/POSTPARTUM-FREEZER-MEALS/](https://talesofamessymom.com/postpartum-freezer-meals/)

- 2 lbs. beef stew meat, cut into 1 inch. Cubes
- 3 Gold Yukon potatoes, diced (small red potatoes also work well)
- 3 carrots, sliced
- 1 small-medium onion, chopped
- 2 celery stalks, chopped
- 2 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 bay leaf
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 7 cups beef broth

Directions:

1. Chop up all of your vegetables, potatoes, and beef (if needed).
2. Add your chopped veggies, potatoes, and stew meat to a gallon-size freezer bag and then add in your spices.
3. Remove as much air as possible from your bag, seal, and shake to mix.
4. Lay flat in your freezer for long-term storage.

7. CHICKEN FAJITAS

[HTTPS://IHATEMEALPREP.COM/FREEZER-CHICKEN-FAJITAS/](https://ihatemealprep.com/freezer-chicken-fajitas/)

- 1 lbs Chicken Breast, fat trimmed off
- 2 Large Bell Peppers (I do 1 Red, 1 Green)
- 1 Large Onion
- 2 Cloves Garlic, minced
- Juice of 1 Lime
- 1 Tablespoon Chili Powder
- 2 Teaspoons Cumin
- 1 Teaspoon Paprika
- 1/4 Teaspoon Cayenne

Directions:

1. Slice bell peppers and onion. Place in the bottom of the Ziploc bag. Add the minced garlic and lime juice.
2. Combine all the seasonings in a small bowl. Coat chicken & rub all over with the seasoning mixture. Place on top of the peppers and onions.
3. Seal the bag & store in the freezer up to 90 days.

Cooking Instructions:

Pour contents in a crock pot and cook on low for 6-8 hours, until chicken is tender and shreds easily.

8. SAUSAGE AND VEGGIES

[HTTPS://WWW.FREETASTESGOOD.COM/FREEZER-TO-CROCKPOT-SAUSAGE-AND-PEPPERS/](https://www.freetastesgood.com/freezer-to-crockpot-sausage-and-peppers/)

- 1-16 oz. package Sausage, sliced
- 1 onion sliced
- 3 Bell Peppers (one green, one yellow, and one red) sliced
- 2 cans diced tomatoes, fire roasted and *not* drained
- 1 chicken bouillon cube
- 2 tsp minced garlic (you can also use 2 cloves fresh garlic)
- 1 teaspoon Cajun seasoning

Directions:

1. Mix all ingredients in a gallon-size freezer bag
2. Label with name of recipe, cooking instructions, and prep date (Can freeze up to 3 months)
3. Allow to defrost overnight in the refrigerator.
4. Dump in crockpot and allow to cook on low for 5-6 hours or high for 3 hours
5. Serve over rice

9. CHEESY QUINOA ENCHILADA BAKE

[HTTPS://WWW.CHELSEASMESSYAPRON.COM/SLOW-COOKER-CHEESY-ENCHILADA-QUINOA/](https://www.chelseasmessyapron.com/slow-cooker-cheesy-enchilada-quinoa/)

- 1 pound ground turkey
- 1 and 1/2 cups uncooked quinoa
- 1 can (15 ounces) black beans
- 1 cup frozen corn
- 1 can (10 ounces) diced tomatoes and green chilies
- 1/2 cup salsa
- 1 teaspoon minced garlic
- 1/2 cup onion
- 1/2 cup sweet bell peppers I used orange
- 1 cup water
- 1 can (19 ounces) red enchilada sauce*
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 2 cups cheddar or Mexican cheese
- 1/3 cup fresh cilantro chopped
- Optional: 2 tablespoons fresh lime juice, sour cream, green onions, 1 small jalapeno

Directons:

- In a large skillet, cook the ground turkey until browned through. Drain out any grease and place in the slow cooker.
- Add in the uncooked quinoa (make sure to rinse first), the black beans (drained and rinsed), the frozen corn, the diced tomatoes and green chilies (do not drain), the salsa (I used medium), and minced garlic.
- Chop up the onion and sweet bell pepper into small pieces. Add to the slow cooker. If desired chop up a jalapeno and add it too.
- Add in the water, enchilada sauce (I used mild, but use whatever you like best), chili powder, and cumin.
- Stir everything together really well. Cover the slow cooker and cook on high for 3 to 3 and 1/2 hours or until the liquid is all absorbed into the mixture.
- Once it is done cooking, remove the lid and stir everything again. Stir in the cheese and fresh cilantro (stems removed and chopped).
- If desired add in the fresh lime juice.
- Add a dollup of sour cream and some chopped green onions if desired.

**If you want to make these into more of traditional enchiladas: warm up the tortillas, spread some cheese on one side, a large spoonful of the mixture on top of the cheese, and more cheese on top of the mixture. Roll it up and top with more salsa or enchilada sauce. Add sour cream, green onions, and cilantro if desired.

To freeze:

Combine ingredients (minus lime juice, cheese, green onions, cilantro, and sour cream) into gallon freezer bag and freeze flat.

10.CILANTRO LIME CHICKEN

[HTTPS://OURSALTYKITCHEN.COM/SLOW-COOKER-CILANTRO-LIME-CHICKEN/](https://oursaltykitchen.com/slow-cooker-cilantro-lime-chicken/)

- 1/2 c chicken broth
- 1/4 c olive oil
- 1/4 c lime juice
- 4 cloves garlic peeled and smashed
- 1 jalapeno seeded and chopped
- 2 tsp sea or kosher salt
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp cracked black pepper
- 2 lb boneless skinless chicken breasts
- 1/2 c chopped cilantro

Directions:

1. Place the chicken broth, olive oil, lime juice, garlic, jalapeno, salt, cumin, paprika, and pepper into a food processor. Blend until the garlic and jalapeno are pulverized and the sauce is well incorporated.
2. Lay the chicken in a single layer in the crockpot. Pour the sauce over the chicken.
3. Cover and cook on low for 8 hours for best results (or high for 4 hours).
4. Using two forks, shred the chicken. Add the cilantro to the chicken, and toss again. Serve immediately
5. Leftovers keep in a tightly sealed container in the fridge for a week, or in the freezer for up to 2 months.

To freeze:

Place the chicken breasts into a gallon sized freezer bag, pour the marinade over the chicken, press out the air, and seal. Store in the freezer for up to 2 months. Defrost in the fridge overnight, dump into the crock pot, and cook on low 8 hours or high 4 hours.