

Crockpot Freezer Recipes **SHOPPING LIST**

16 Meals Prepped in 1 Hour - MidgetMomma.com

PANTRY ITEMS

- 2 15 ounce cans Black Beans
- 4 15 ounce cans Red Kidney Beans
- 2 packets Taco Seasoning
- 3 cans cream of celery soup
- 5 cans cream of mushroom soup
- 2 14 ounce boxes white rice
- 3 28 ounce cans tomato sauce
- 4 15.5 ounce cans pasta sauce
- 8 14.5 ounce cans diced tomatoes
- 2 4.5 ounce cans green chili peppers

MEAL SERVING LIST

- 4 boxes spaghetti
- 4 packages taco shells
- 2 boxes cornbread mix
- 2 lbs cheddar cheese
- Tomatoes
- Lettuce
- Avocados
- Sour cream
- Hoagie Rolls

VEGETABLES LIST

- 8 heads of broccoli or 4 bags of frozen broccoli
- 16 bell peppers
- 12 large onions
- 28 ounces mushrooms

SPICES LIST

- Goya All purpose seasoning
- Cumin
- Chili powder
- Cayenne pepper
- Salt
- pepper
- Oregano
- Garlic powder
- Onion powder
- paprika

MEAT LIST

- 6 pounds Ground Beef
- 15 pounds boneless skinless chicken breasts
- 4 pounds Italian Sausage

DAIRY LIST

- 4 pounds Cheddar Cheese