

**6 Healthy Slow Cooker Freezer Meals:
COMPLETE SHOPPING LIST
www.TheSeasonedMom.com**

MEAT:

16 boneless, skinless chicken breasts
2 lb. Round-Roast, *Sliced into very thin strips*

FRESH & FROZEN PRODUCE:

2 Tbsp. Ginger Root, *Minced or Grated*
1 Red Bell Pepper, *Sliced*
2-4 sprigs fresh rosemary
6 Garlic Cloves, *Minced*
4 cups Broccoli Florets (Fresh or Frozen)
2 onions, chopped
2 (10 oz) packages frozen yellow corn
½ cup chopped fresh cilantro

CONDIMENTS/PANTRY ITEMS:

1 cup Dijon mustard
½ cup maple syrup
2 tablespoons red wine vinegar
2 cups Reduced Sodium Beef Broth
4 Tbsp. Reduced Sodium Soy Sauce
2 Tbsp. Brown Sugar, *Packed*
4 Tsp. Sesame Oil
4 Tbsp. Corn Starch
4 Tbsp. Sesame Seeds
2 (16 oz) cans black beans, rinsed + drained
2 (16 oz) cans kidney beans, rinsed + drained
2 (8 oz) cans tomato sauce
6 (10 oz) cans diced tomatoes with chilies (mild or medium)
2 packets reduced-sodium taco seasoning
2 Tbsp chili powder