

10 Freezer Meals from Aldi

in just 30 minutes!

On the Menu:

Slow Cooker Chicken Teriyaki (Make 2)

Honey BBQ Chicken Sandwiches (Make 2)

Slow Cooker Chicken Cacciatore (Make 2)

Slow Cooker Mexican Chicken Chili (Make 2)

Slow Cooker Chicken Tacos (Make 2)

Aldi Meal Plan Shopping List

Item	Quantity	Aldi's Price (In my area)
Chicken Breast	12 lbs.	\$1.69
Spaghetti Sauce	2 Jars	\$0.99
Diced Tomatoes	4 Cans	\$0.55
Garlic Powder	4 Tbsp	\$0.99
Onion	4 Cups	\$1.89
Bell Pepper	2 Cups	\$1.49
Pasta	2 lbs.	\$1.59
Black Beans	2 Cans	\$0.59
Kidney Beans	2 Cans	\$0.59
Diced Tomatoes with Green Chilis (Rotel)	2 Cans	\$0.59
Taco Seasoning	4 Pkg.	\$0.35
Canned Corn	2 Cans	\$0.48
Chicken Broth (32 oz. containers)	3	\$1.39
Tortilla Chips	2 Bags	\$1.19
Sour Cream	16 oz.	\$1.29
Shredded Cheese	16 oz.	\$3.29
Teriyaki Sauce (Not carried in all stores)	1 Cup	\$1.78
Brown Sugar	1 ½ C.	\$1.19
Soy Sauce	2/3 C.	\$1.19
Frozen Mixed Vegetables (12 oz.)	2	\$0.89
Rice	4 Cups	\$1.49
Barbeque Sauce	2 Cups	\$2.00
Worcestershire Sauce (Not carried in all stores)	4 Tbsp	\$0.98
Honey	4 Tbsp	\$2.98
Salt	2 tsp.	\$0.39
Pepper	2 tsp.	\$1.99
Salsa	2 Jars	\$1.69
Hamburger Buns	8 ct.	\$0.89
Lettuce	1 head	\$1.29
Garlic Bread	2 Bags	\$1.79
Flour Tortillas	20 Ct.	\$1.69

Recipe : Slow Cooker Chicken Cacciatore (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

ingredients

4 Chicken Breast
1 Jar Spaghetti Sauce
1 Can Diced Tomatoes
1 tsp. Garlic Powder
1 Cup Onion
1 Cup Bell Pepper
1 Box of Pasta

directions:

Slice Onion & Bell Pepper in thin slices
Place Onion, Bell Pepper and Chicken Breast in a Bag
Add Spaghetti Sauce, Tomatoes and Garlic Powder to Bag
Place Bag in the Freezer
Thaw Bag and place contents in slow cooker
Cook on High for 4 hours or Low for 6-8 hours
Serve over cooked noodles

☐ appetizer ☐ beverages ☐ dessert ☐ main dish ☐ side

Recipe : Slow Cooker Mexican Chicken Chili (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

ingredients

1 lb. Chicken Breast
1 tsp. Garlic Powder
1 Cup Onion Chopped
1 Can Black Beans
1 Can Kidney Beans
1 Can Diced Tomatoes
1 Can Rotel
1 Pkg. Taco Seasoning
1 Can of Corn
1 32 oz. Chicken Broth

directions:

Combine All Ingredients in a Freezer Bag & Mix Well
Place Bag in Freezer
Thaw & Place Contents of Bag in Slow Cooker
Cook on High for 4 Hours or Low for 8 hours
Remove Chicken, Shred with a Fork, & Return to Slow Cooker
Serve in Bowls topped with Crumbled Tortilla Chips

Optional Toppings: Chips, Sour Cream, Jalapeno Peppers, Avocado, Shredded Cheese

☐ appetizer ☐ beverages ☐ dessert ☒ main dish ☐ side

Recipe : Slow Cooker Chicken Teriyaki (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

ingredients

4 Chicken Breast

1/2 Cup Chicken Broth

1/2 Cup Teriyaki Sauce

1/2 Cup Brown Sugar

1 Tbsp. Garlic Powder

1/3 C. Soy Sauce

1 Cup Frozen Vegetables

2 Cups (Uncooked) Rice

directions:

Combine Chicken Breast, Broth, Teriyaki Sauce, Brown Sugar

Garlic Powder, Soy Sauce and Frozen Vegetables in a Freezer Bag

Place bag in freezer

Thaw and place contents of bag in the Slow Cooker

Cook on High for 4 Hours or Low for 6 -7 Hours

Shred Chicken with a Fork

Serve over Cooked Rice

☐ appetizer ☐ beverages ☐ dessert ☐ main dish ☐ side

Recipe : Honey BBQ Chicken Sandwiches (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

ingredients

1 Lb. Chicken Breasts

1 Cup Barbecue Sauce

1/4 Cup. Brown Sugar

2 Tbsp. Worcestershire Sauce

2 Tbsp. Honey

Salt & Pepper To Taste

directions:

Combine All Ingredients in a Freezer Bag

Place in Freezer

Thaw Freezer Bag & Place Contents in Slow Cooker

Cook on Low 6 Hours or High 4 Hours

Serve with Hamburger Buns & Chips

☐ appetizer ☐ beverages ☐ dessert ☒ main dish ☐ side

Recipe :

Chicken Tacos Freezer Meal (1 Freezer Meal Bag)

from the kitchen of Passion For Savings

ingredients

1 Lb. Chicken Breast

1 Pkg. Taco Seasoning

1 16 oz. Jar of Salsa

directions:

Combine all ingredients in a Freezer Meal Bag

Place bag in freezer

Thaw and place contents of bag in the Slow Cooker

Cook on High for 4 Hours or Low for 6 -7 Hours

Shred Chicken with a Fork

Serve with Tortillas, Cheese, Lettuce, Tomato, Sour Cream
Chips & Extra Salsa

☐ appetizer
 ☐ beverages
 ☐ dessert
 ☐ main dish
 ☐ side

Recipe :

from the kitchen of

ingredients

directions:

☐ appetizer
 ☐ beverages
 ☐ dessert
 ☒ main dish
 ☐ side



Slow Cooker Chicken Teriyaki

*Cook on High for 4 Hours
Or Low for 6-7 Hours*



Slow Cooker Honey BBQ Chicken

*Cook on High for 4 Hours
Or Low for 6-7 Hours*



Slow Cooker Chicken Cacciatore

*Cook on High for 4 Hours
Or Low for 6-8 Hours*



Slow Cooker Mexican Chicken Chili

*Cook on High for 4 Hours
Or Low for 8 Hours*



Slow Cooker Chicken Tacos

*Cook on High for 4 Hours
Or Low for 6-7 Hours*

