

10 Vegetarian Slow Cooker Freezer Meals Shopping List

3 1/2 lb butternut squash (cubed)
4 apples (any variety)
½ cup Olive Oil
½ cup lemon juice
½ cup unsweetened apple sauce
5 (15 oz) cans black beans
4 oz can green chilies
8 medium onions
4 medium carrots
28 oz canned diced tomatoes
3 (14 oz) canned diced tomatoes
1 (14 oz) canned corn
2 TBSP fresh chives
4 clove garlic
2 yellow squash
24-28 red potatoes (depending on size)
5 green peppers
1 TBSP fresh basil
1 lb fresh mushrooms
3 celery rib (stalk)
1 cup uncooked barley
3 cans (15 oz) Italian Style tomato sauce
2 cups shredded mozzarella cheese
1 container (15 oz) part-skim ricotta cheese
1 cup grated parmesan cheese
15 uncooked lasagna noodles
1 cup dry beans (we like Northern)
3 TBSP uncooked white long grain white rice
1 (30 oz) bag of frozen southern style hash brown potatoes
2 cans (14 oz) vegetable broth
1 can cream of celery soup
1 TBSP honey
1 TBSP Apple Cider Vinegar (I use Bragg's)
1 (16 oz) package frozen corn
3 TBSP all-purpose flour
2 TBSP butter or margarine – for day you cook
¼ cup heavy cream – for day you cook
2 quarts vegetable stock – for day you cook
1 package cream cheese – for day you cook
Shredded Cheddar Cheese – option for day you cook
6 cups vegetable broth – for day you cook

Spices:

Salt

Pepper

Ground Cinnamon

Chili Powder

Cilantro

Ground Cumin

Dried Basil Leaves

Thyme

Paprika

Crushed Red Pepper Flakes

Oregano

Garlic Powder

Onion Powder

Optional:

Slow Cooker Liners