



Aldi Freezer Dump Meals *Assembly Plan*

FAQ



What's included in this plan?

You'll find a complete grocery list organized by category, recipes for each meal, and step-by-step instructions with pictures of how to prep everything.

How many meals will this make?

This plan contains 5 different recipes and will make 10 meals. Each recipe is doubled.

How long will it take to prep everything?

I was finished in about an hour, and there is little cleanup thanks to the fact that you don't have to cook!

What kind of chicken can I use?

I used boneless chicken thighs, but chicken breasts can be used instead. I don't recommend using bone-in chicken because it will be harder to get the bones out after the meals are cooked.

Grocery List



Meat

10 pounds boneless
chicken thighs

Produce

3 bell peppers
2 yellow onions
2 16-ounce bags stir fry vegetables
Garlic

Condiments

2 24-ounce jars spaghetti sauce
12-ounce bottle Teriyaki sauce
1 cup salsa
16-ounce bottle BBQ sauce

Dried Goods

8 ounces spaghetti
Medium tortillas
2 32-ounce cartons chicken broth
2 packages Hawaiian rolls

Canned Goods

2 small cans mushrooms
2 cans diced tomatoes
2 cans diced tomatoes with green
chiles
2 cans pineapple chunks
2 cans black beans
2 cans pinto beans
2 cans corn

Spices

4 packets taco seasoning
Salt/pepper
Other favorite seasonings

Non-Food

10 gallon-sized freezer bags
Permanent marker



Chicken Cacciatore

Serves: 4

Ingredients

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- | | |
|------------------------------|--------------------------------|
| 1 pound boneless chicken | 1 small can mushrooms, drained |
| 24-ounce jar spaghetti sauce | 1 can diced tomatoes |
| 1/2 bell pepper, diced | |
| 1/2 yellow onion, diced | |

Instructions

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- 1.) Add all ingredients to a slow cooker. Cook on LOW for 5- hours until the chicken is fully cooked.
- 2.) Remove the chicken and shred, then add back to the slow cooker and stir.
- 3.) Serve with cooked pasta. Add shredded mozzarella or Parmesan on top if desired.



Teriyaki Chicken

Serves: 4

Ingredients

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- 1 pound boneless chicken
- 1 cup Teriyaki sauce
- 1 cup chicken broth
- 1 tablespoon minced garlic
- 16-ounce bag stir fry vegetables

Instructions

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- 1.) Add all ingredients to a slow cooker. Cook on LOW for 5-6 hours.
- 2.) Remove chicken from slow cooker and shred, then return to slow cooker and stir.
- 3.) Serve over rice.



Salsa Chicken Tacos

Serves: 4

Ingredients

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1 pound boneless chicken
1 packet taco seasoning
1 cup salsa
Tortillas, for serving

Instructions

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- 1.) Add chicken, taco seasoning, and salsa to a slow cooker. Cook on LOW for 5-6 hours.
- 2.) Remove chicken and shred, then return to slow cooker and stir.
- 3.) Serve on tortillas and with your favorite toppings.



Hawaiian BBQ Chicken Sliders

Serves: 4

Ingredients

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1 pound boneless chicken
1 cup BBQ sauce
1 can pineapple chunks, undrained
Hawaiian rolls

Instructions

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- 1.) In a slow cooker, add chicken, BBQ sauce, and pineapple chunks. Cook on LOW 5-6 hours.
- 2.) Remove the chicken and shred, then return to slow cooker and stir.
- 3.) Serve on Hawaiian rolls with extra BBQ sauce and favorite sides.



Chicken Taco Soup

Serves: 4

Ingredients

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1 pound boneless chicken
1 can pinto beans
1 can black beans
1 can corn

1 can diced tomatoes with
green chiles
1 packet taco seasoning
2 cups chicken broth

Instructions

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- 1.) Add all ingredients to a slow cooker. Cook on LOW for 5-6 hours.
- 2.) Remove chicken and shred, then return and stir.
- 3.) Serve in bowls with favorite toppings like tortilla strips, cheese, or sour cream.

Prep Day



Label and date all freezer bags with the following:

- 2 bags: "Chicken Cacciatore- Cook LOW 5-6 hours, serve with pasta"
- 2 bags: "Teriyaki Chicken- Cook LOW 5-6 hours, serve with rice"
- 2 bags: "Chicken Tacos- Cook LOW 5-6 hours, serve with tortillas"
- 2 bags: "Hawaiian BBQ Chicken- Cook LOW 5-6 hours, serve on Hawaiian rolls"
- 2 bags: "Chicken Taco Soup- Add 2 cups chicken broth. Cook LOW 5-6 hours"



Dice bell peppers and onion and set them aside.

Open all the cans and set them aside for later.



Gather the ingredients for Chicken Cacciatore. Remember that you're doubling the recipe, so grab two of everything on the recipe card.

Divide all of the ingredients into both freezer bags, then seal tightly, removing as much air as you can.



Next, fill two freezer bags with the ingredients for the Hawaiian BBQ Chicken.



Fill two freezer bags with the ingredients for taco soup EXCEPT the broth. I couldn't fit the broth inside so I left it in the pantry and made a note on the bags.

Fill two freezer bags with ingredients for the Salsa Chicken.



Fill two freezer bags with ingredients for the Teriyaki Chicken.



At this point, you've finished!
Congratulations!

Lay the bags flat on a cookie sheet and freeze. Or you can squeeze them into more of a cube-shape so you can dump the meal straight from frozen into your slow cooker.