



Artful Agenda's



Freezer-to-Crockpot Tips

A Little Prep, A Lot Less Stress

Freezer-to-crockpot meals are summer's secret weapon. Simple to prep, a snap to cook, and even easier to plan with Artful Agenda!



Prepping Tips

Prep it all before freezing.

Wash, peel, chop, and brown ingredients (if needed) before adding them to your freezer bags. This makes slow-cooker days fast and stress-free.

Layer wisely.

When packing your gallon freezer bag, place beans and veggies on the bottom, sauces in the middle, and meat at the top. That way, the meat hits the heat source first in your slow cooker.

Label clearly.

Use a permanent marker to write the recipe name, date, cook time, and any last-minute add-ins like pasta or fresh herbs.

Leave liquids out.

Ingredients like broth, canned tomatoes, and wine freeze rock-solid and take up space. Add them to the slow cooker separately on cooking day.

Skip thickeners and fresh herbs.

Cornstarch, flour, and delicate herbs don't freeze well. Add them at the end of cooking for best results.



Artful Tip

Use the meal plan section of your Artful Agenda to schedule freezer meals on your busiest days. Add prep sessions, paste links to your favorite recipes, and even track which meals you've made and loved.



Freezing & Storage

Use quality freezer bags.

Choose sturdy, zipper-top gallon freezer bags and squeeze out as much air as possible before sealing to prevent freezer burn.

Freeze flat.

Lay bags flat to freeze, then stack them or store upright in a bin for easy access.

Keep a prep log.

In your Artful Agenda Lists tab, create a running list of what's prepped and when—plus a star system for family faves!

Use within 3 months.

Most meals are best within 3 months. Set a reminder in your Artful Agenda to rotate your stash and avoid waste.



Cooking Day Tips

Thaw overnight.

Move your meal from freezer to fridge the night before. If you forget, defrost gently in the microwave or under cool water until pliable.

Add extras at the end.

Things like peas, pasta, or fresh greens should be added near the end to avoid overcooking.