

KETO · LOW-CARB · MAKE-AHEAD

10 Easy Keto Crockpot *Freezer* *Dump* Meals

Prep once, eat all month. Ten low-carb slow cooker dinners you assemble raw, freeze flat, then dump straight into the Crockpot — no browning, no fuss, dinner handled.

10 RECIPES

FREEZER-FRIENDLY

DUMP & GO

PRINT & COOK

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Real Life Recipes

Printable recipe guide

Real Life Recipes

01 How the freezer dump method works

Instead of cooking meals and then freezing them, you prep the ingredients **raw**, store them in a labeled freezer bag, and freeze flat. The night before, move a bag to the fridge to thaw. In the morning, dump it into the Crockpot, set the timer, and come home to a finished dinner.

- 1 Assemble.** Combine the raw ingredients for one meal in a labeled gallon freezer bag. Hold back anything marked *reserve for day of* (dairy, broth, fresh cheese).
- 2 Seal & freeze.** Vacuum seal or press out as much air as possible, lay flat, and freeze for up to 3 months.
- 3 Thaw.** Move the bag to the fridge the night before — or sit it in a bowl of cold water the morning of.
- 4 Dump & go.** Empty the bag into the Crockpot, add any reserved ingredients, set the timer, and walk away. Leftovers freeze well too.

IS IT SAFE TO FREEZE RAW MEAT WITH THE OTHER INGREDIENTS?

Yes. Freezing to 0°F inactivates microbes in food, and both the low and high Crockpot settings bring everything well past the 160°F safe-cooking mark — so you spend less time in the kitchen. (Per USDA Food Safety guidance.)

Great for busy parents, RVers, and college kids. Each recipe makes roughly 6–8 servings and doubles well — fill two bags while everything's already out.

02 Things you may need

- Gallon freezer bags** — the slider kind makes filling easier
- Large labels** — with room to write the recipe name + cook instructions
- Vacuum sealer** — the easiest way to remove excess air
- Baggy rack holder** — keeps the bag upright while you fill it
- Crockpot or Instant Pot** — either works — see a conversion chart for Instant Pot times
- Cutting board** — one that keeps the mess contained

03 The 10 freezer dump recipes

Each card is one meal: check off ingredients as you fill the bag, then follow the day-of steps when you're ready to cook. Anything tagged *reserve for day of* goes in fresh, not in the freezer bag.

01 Pot Roast

A succulent boneless beef roast made with butter, ranch dressing mix, and beef broth — hearty and comforting for any day of the week.

FREEZER BAG

- 3–4 lb boneless beef roast
- ½ onion, sliced
- 4 cloves garlic, minced
- 1 packet dry ranch dressing mix
- Salt + pepper
- 1 stick butter *reserve for day of*
- ½ cup beef broth *reserve for day of*

DAY OF COOKING

Reserve butter and beef broth for the day of cooking. Place the roast in the Crockpot first, then add the rest so it cooks evenly. Cook on low 8 hours or high 4 hours. Shred with forks, then serve.

Inspired by Kasey Trenum

02 Beef Ragu

Beef chuck slow-cooked with crushed tomatoes, onions, carrots, and a hint of balsamic for a rich, savory result.

FREEZER BAG

- 2 lb beef chuck, cut into chunks
- 1 (28 oz) can unsalted crushed tomatoes, undrained
- ½ cup onions, diced
- ½ cup carrots, diced
- 5 cloves garlic, minced
- 1 Tbsp balsamic vinegar
- 1½ tsp salt
- ½ tsp ground thyme

DAY OF COOKING

Cook on low 8 hours or high 4 hours. Shred with forks, stir to soak up the sauce, then serve over mashed cauliflower.

Inspired by The Savory Tooth

03 Chili

A robust, spicy ground beef chili made with tomatoes, green chilies, and a blend of warm spices.

FREEZER BAG

- 2½ lb ground beef, broken into chunks
- ½ large onion, chopped
- 8 cloves garlic, minced
- 2 (15 oz) cans diced tomatoes, with liquid
- 1 (6 oz) can tomato paste
- 1 (4 oz) can green chilies, with liquid
- 2 Tbsp Worcestershire sauce
- ¼ cup chili powder
- 2 Tbsp cumin
- 1 Tbsp oregano
- Salt + pepper

DAY OF COOKING

Break the beef into smaller bits and stir everything together before setting the timer. Browning the meat ahead isn't necessary, but it may improve the flavor (see the meat-handling note up front). Cook on low 8 hours or high 4 hours. Serve with your favorite toppings: cheese, sour cream, hot sauce, pork rinds.

Inspired by Wholesome Yum

04 Salsa Chicken

Zesty, creamy chicken made with low-carb taco seasoning and salsa, finished with cream cheese.

FREEZER BAG

- 2 lb chicken breasts
- 3 Tbsp low-carb taco seasoning
- 1 cup low-carb salsa
- Salt + pepper
- 4 oz cream cheese, cut into chunks
reserve for day of
- ¼ cup chicken broth *reserve for day of*

DAY OF COOKING

Reserve cream cheese and broth for the day of cooking. Put the chicken in first, then add the rest so it cooks evenly. Cook on low 4–6 hours. Remove the chicken and use an immersion blender to puree the sauce until creamy. Shred the chicken, then return it to the pot to coat. Serve on lettuce wraps with avocado and shredded cheese.

Inspired by All Day I Dream About Food

05 Pesto Chicken

Simple, flavorful chicken made with pesto and topped with melty mozzarella.

FREEZER BAG

- 4 chicken breasts
- 1 (8 oz) jar pesto sauce
- Salt + pepper
- ¼ cup butter *reserve for day of*
- 4–6 slices mozzarella *reserve for day of*

DAY OF COOKING

Reserve the cheese and butter for the day of cooking. Add everything except the cheese and make sure the pesto is spread evenly. Cook on low 6–8 hours. With about 15 minutes left, top with cheese slices, replace the lid, and cook until melted.

Inspired by Eating On A Dime

06 Buffalo Chicken

Spicy, tangy chicken made with buffalo wing sauce and served on lettuce wraps for a flavorful kick.

FREEZER BAG

- 2 lb chicken breasts
- 1 cup buffalo wing sauce
- ½ white onion, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 16 oz chicken broth *reserve for day of*

DAY OF COOKING

Reserve the broth for the day of cooking. Cook on low 8 hours. Shred with two forks, drain, then serve on lettuce wraps topped with blue cheese crumbles, bacon bits, and avocado.

Inspired by Hip 2 Keto

07 Pork Tenderloin

Tender, juicy pork made with olive oil, garlic, balsamic vinegar, and coconut aminos.

FREEZER BAG

- 2 lb pork tenderloin
- 1 Tbsp olive oil
- 4 cloves garlic, minced
- ½ cup balsamic vinegar
- 1 Tbsp Worcestershire sauce
- 2 Tbsp coconut aminos
- Salt + red pepper flakes

DAY OF COOKING

Cook on high 4 hours or low 6 hours. Reserve half of the juice for the meat to soak up and the other half for individual servings. Serve over spring mix.

Inspired by Low Carb Yum

08 Beef Stew

A hearty, comforting beef stew made with onions, celery, tomatoes, and a blend of warm spices.

FREEZER BAG

- 2 lb beef stew meat
- ½ white onion, sliced
- 2 celery stalks, sliced
- 4 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes, undrained
- 2 Tbsp tomato paste
- 2 Tbsp balsamic vinegar
- 1 Tbsp Worcestershire sauce or coconut aminos
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp oregano
- Salt + pepper
- 16 oz beef broth *reserve for day of*

DAY OF COOKING

Reserve the beef broth for the day of cooking. Cook on low 8 hours.

Inspired by Hip 2 Keto

09 Crack Chicken

Creamy, flavorful chicken made with bacon bits, olive oil, and a blend of herbs, finished with cream cheese.

FREEZER BAG

- 2 lb chicken breasts
- ½ cup real bacon bits
- 3 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 Tbsp parsley
- 1 Tbsp onion powder
- 1 tsp garlic powder
- ½ tsp dill
- Salt + pepper
- 8 oz cream cheese, cubed *reserve for day of*

DAY OF COOKING

Reserve the cream cheese for the day of cooking. Dump the defrosted ingredients into the Crockpot, holding back the cream cheese. Cook on low 4–6 hours. Shred the chicken with two forks and return it to the pot. Add the cream cheese and cook another 5–10 minutes until melted. Mix well, then serve on lettuce wraps.

Inspired by The Family Freezer

10 Swedish Meatballs

Creamy, savory meatballs made with heavy cream and Parmesan — comforting for any occasion.

FREEZER BAG

- 2 lb fresh or frozen meatballs
- 16 oz heavy cream
- ¾ cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp parsley
- Salt + pepper

DAY OF COOKING

Cook on low 4–6 hours. Serve over mashed cauliflower.

Inspired by The Family Freezer