

SLOW COOKER PLAN

July 2016

Recipes

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1. Slow Cooker Shredded Pork with Thai Peanut Sauce

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 2 lb. pork roast
- Salt and pepper
- 1 red bell pepper
- 1 small white onion
- 1/2 cup soy sauce
- 1/4 cup peanut butter
- 1 Tbsp vinegar
- 1 Tbsp lime juice
- 1 tsp ground ginger
- 1 tsp garlic powder
- **Garnish:** green onions, chopped peanuts, lime slices
- **Side:** rice
- **Side:** salad

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper. Thinly slice the onion.
2. In a mixing bowl, whisk together the soy sauce, peanut butter, vinegar, lime juice, ground ginger and garlic powder. Add in a few pinches of salt and pepper.
3. Add the pork roast to the base of the slow cooker and add the bell peppers and onions over the top. Pour the Thai peanut sauce over the top. (If your slow cooker runs hot, add 1/2 cup of water around the pork roast.)
4. Set on low and cook for 8 hours. Once cooked, use 2 forks and shred the pork meat into the sauce.
5. Cook rice, as directed.
6. Prepare salad.
7. Serve Shredded Pork with Thai Peanut Sauce over rice with side salad.

Assembly Prep Directions for 2 Meals/Bags

Seed and slice 2 red bell peppers. Thinly slice 2 onions.

In a mixing bowl, whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared sauce into each bag

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Use gluten-free soy sauce for gluten-free meal.

2. Slow Cooker Chicken Tikka Masala

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 6 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 8 boneless, skinless chicken thighs
- 1 small white onion
- 1 small fresh ginger
- 28 oz. can crushed tomatoes
- 1 cup plain yogurt
- 3 tsp minced garlic
- 2 tsp garam masala
- Salt and pepper
- **Garnish:** chopped cilantro
- **Side:** rice
- **Side:** salad

Cooking Directions for Single Meal

1. Dice the onion. Peel and slice the ginger (about 8 thin slices).
2. Cut the chicken into 1-inch pieces and place in the base of the slow cooker. Add the onion and ginger around the chicken.
3. In a large mixing bowl, whisk together the crushed tomatoes, yogurt, minced garlic, garam masala and a few pinches of salt and pepper. Pour over the chicken in the slow cooker. Set on low and cook for 6 hours.
4. Cook rice, as directed.
5. Prepare salad.
6. Serve Slow Cooker Chicken Tikka Masala with cilantro garnish over rice with side salad.

Assembly Prep Directions for 2 Meals/Bags

Dice 2 onions. Peel and slice the ginger (about 8 thin slices).

Cut 16 chicken thighs into 1-inch pieces.

Open 2 cans of crushed tomatoes.

In a large mixing bowl, whisk together 2 cans of crushed tomatoes, 2 cups plain yogurt, 6 tsp, minced garlic, 4 tsp garam masala and a few pinches of salt and pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the onion and fresh ginger
- Half of the prepared sauce into each bag

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 6 hours.*

Special Notes: *None.*

Dairy-Free Modifications: *You could substitute 1 cup canned coconut milk for the yogurt to make a dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

3. Slow Cooker Sweet & Sour Meatballs

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. precooked frozen meatballs
- 1 small white onion
- 1 green bell pepper
- 1 red bell pepper
- 15 oz. can tomato sauce
- 3 Tbsp soy sauce
- 1/4 cup brown sugar
- 1/4 cup cider vinegar
- 20 oz. can pineapple chunks
- Salt and pepper
- 1 Tbsp cornstarch
- **Side:** rice

Cooking Directions for Single Meal

1. Dice onion. Seed and dice both peppers. Open and drain pineapple.
2. To the slow cooker, add the precooked meatballs, diced onion pieces, diced green and red bell pepper pieces.
3. In a small mixing bowl, whisk together the tomato sauce, soy sauce, brown sugar and cider vinegar. Pour over the meatballs and veggies. Add the pineapple chunks on top of the sauce. Add salt and pepper, to taste.
4. Set slow cooker on low and cook for 8 hours. With about 30 minutes left in the cooking cycle, whisk in the cornstarch to thicken the sauce around the beef and veggies.
5. TIP: In a small bowl, whisk together the 1 Tbsp cornstarch with 1 Tbsp of warm water then pour into the sauce. This will prevent the cornstarch from clumping in the sauce.
6. Prepare rice.
7. Serve Slow Cooker Sweet & Sour Meatballs over rice.

Assembly Prep Directions for 2 Meals/Bags

Open 2 cans of tomato sauce. Open and drain 2 cans of pineapple chunks.

Dice 2 small white onions. Dice 2 green bell peppers and 2 red bell peppers.

Whisk together 2 - 15 oz. cans tomato sauce, 6 Tbsp soy sauce, 1/2 cup brown sugar, and 1/2 cup cider vinegar.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 lb. frozen meatballs
- Half of the diced white onions
- Half of the diced green bell peppers
- Half of the diced red bell peppers
- Prepared sweet n sour sauce, half into each bag
- 20 oz. can pineapple chunks, well drained
- Salt and pepper to taste
- Note: Do not add cornstarch to the freezer bag.

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when use gluten-free soy sauce and served with gluten-free sides.

4. Slow Cooker Italian Chicken

Yield: 4 servings

Prep Time: 5 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 1 lb. boneless chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes
- 2 Tbsp Italian seasoning
- Salt and pepper, to taste
- **Side:** salad

Cooking Directions for Single Meal

1. Place the chicken in the base of the slow cooker and add the baby potatoes and baby carrots around and on top of the chicken. Pour the diced tomatoes and their juices over top of the chicken-potatoes-carrots. Sprinkle the Italian seasoning over top. Sprinkle a little salt and pepper over the top.
2. Set the slow cooker on low and cook for 8 hours.
3. Prepare salad.
4. Serve Slow Cooker Italian Chicken & Potatoes with side salad.

Assembly Prep Directions for 2 Meals/Bags

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 lb. chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes, undrained
- 2 Tbsp Italian seasoning
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.*

Special Notes: *None.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

5. Slow Cooker Hawaiian Pork Chops

Yield: 4 servings

Prep Time: 10 minutes • Cook Time: 8 hours in slow cooker

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

Ingredients for Single Meal

- 4 boneless pork chops
- Salt and pepper
- 1/2 cup soy sauce
- 8 oz. can tomato sauce
- 1/2 cup brown sugar
- 2 tsp minced garlic
- 15 oz. can sliced pineapple in 100% juice
- 1 Tbsp cornstarch
- **Side:** dinner rolls
- **Side:** veggies

Cooking Directions for Single Meal

1. To the slow cooker, add the pork chops and sprinkle with salt and pepper.
2. In a small mixing bowl, whisk together the soy sauce, tomato sauce, brown sugar and minced garlic with 1/4 cup of pineapple juice from the can. Pour over the pork chops in the slow cooker. Place the pineapple slices around and on top of the pork chops. Discard the remaining pineapple juice.
3. Set slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, whisk in the cornstarch to thicken the sauce.
4. TIP: In a small bowl, whisk together the 1 Tbsp cornstarch with 1 Tbsp of warm water then pour into the sauce. This will prevent the cornstarch from clumping in the sauce.
5. Prepare veggies.
6. Warm dinner rolls.
7. Serve Slow Cooker Hawaiian Pork Chops with rolls and veggies.

Assembly Prep Directions for 2 Meals/Bags

Open 2 cans of tomato sauce.

Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.

In a small mixing bowl, whisk together 1 cup soy sauce, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic with 1/2 cup of pineapple juice from the can. Do not whisk in cornstarch now.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce into each bag
- 1 can pineapple slices

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

Special Notes: None.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when use gluten-free soy sauce and served with gluten-free sides.



Complete Shopping List by Recipe

1. Slow Cooker Shredded Pork with Thai Peanut Sauce

- 2 - 2 lb. pork roasts
- Salt and pepper
- 2 red bell peppers
- 2 small white onions
- 1 cup soy sauce
- 1/2 cup peanut butter
- 2 Tbsp vinegar
- 2 Tbsp lime juice
- 2 tsp ground ginger
- 2 tsp garlic powder
- Garnish:** green onions, chopped peanuts, lime slices x 2
- Side:** rice x 2
- Side:** salad x 2

2. Slow Cooker Chicken Tikka Masala

- 16 boneless, skinless chicken thighs
- 2 small white onions
- 2 small fresh ginger
- 2 - 28 oz. cans crushed tomatoes
- 2 cups plain yogurt
- 6 tsp minced garlic
- 4 tsp garam masala
- Salt and pepper
- Garnish:** chopped cilantro x 2
- Side:** rice x 2
- Side:** salad x 2

Supplies

- 10 gallon-size freezer baggies

3. Slow Cooker Sweet & Sour Meatballs

- 2 lbs. precooked frozen meatballs
- 2 small white onions
- 2 green bell peppers
- 2 red bell peppers
- 2 - 15 oz. cans tomato sauce
- 6 Tbsp soy sauce
- 1/2 cup brown sugar
- 1/2 cup cider vinegar
- 2 - 20 oz. cans pineapple chunks
- 2 Tbsp cornstarch
- Side:** rice x 2

4. Slow Cooker Italian Ranch Chicken

- 2 lbs. boneless chicken breasts
- 2 - 2 lbs. bags baby potatoes
- 2 - 1 lb. bags baby carrots
- 2 - 15 oz. cans diced tomatoes
- 4 Tbsp Italian seasoning
- Side:** salad x 2

5. Slow Cooker Hawaiian Pork Chops

- 8 boneless pork chops
- 1 cup soy sauce
- 2 - 8 oz. cans tomato sauce
- 1 cup brown sugar
- 4 tsp minced garlic
- 2 - 15 oz. cans sliced pineapple in 100% juice
- 2 Tbsp cornstarch
- Side:** dinner rolls x 2
- Side:** salad x 2



Complete Shopping List by Store Section/Category

Meat

- 2 - 2 lb. pork roasts
- 16 boneless, skinless chicken thighs
- 2 lbs. precooked frozen meatballs
- 2 lbs. boneless chicken breasts
- 8 boneless pork chops

Produce

- 4 red bell peppers
- 2 green bell peppers
- 6 small white onions
- 2 small fresh ginger
- 2 - 2 lbs. bags baby potatoes
- 2 - 1 lb. bags baby carrots
- Garnish:** green onions, chopped peanuts, lime slices x 2
- Garnish:** chopped cilantro x 2
- Side:** salad x 6
- Side:** veggies x 2

Pantry Staples - Canned, Boxed, Frozen

- 2 - 28 oz. cans crushed tomatoes
- 2 - 15 oz. cans tomato sauce
- 2 - 20 oz. cans pineapple chunks
- 2 - 15 oz. cans diced tomatoes
- 2 - 8 oz. cans tomato sauce
- 2 - 15 oz. cans sliced pineapple in 100% juice

Bread & Rice

- Side:** rice x 6
- Side:** dinner rolls x 2

Sauces/Condiments

- 2 cups + 6 Tbsp soy sauce
- 1/2 cup peanut butter
- 2 Tbsp vinegar
- 1/2 cup cider vinegar
- 2 Tbsp lime juice

Spices

- 2 tsp ground ginger
- 2 tsp garlic powder
- 10 tsp minced garlic
- 4 tsp garam masala
- 1 1/2 cups brown sugar
- 4 Tbsp cornstarch
- 4 Tbsp Italian seasoning
- Salt and pepper

Dairy/Eggs

- 2 cups plain yogurt

Supplies

- 10 gallon-size freezer baggies



Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

***In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.*

1. Slow Cooker Shredded Pork with Thai Peanut Sauce

- 2 - 2 lb. pork roasts
- Salt and pepper
- 2 red bell peppers
- 2 small white onions
- 1 cup soy sauce
- 1/2 cup peanut butter
- 2 Tbsp vinegar
- 2 Tbsp lime juice
- 2 tsp ground ginger
- 2 tsp garlic powder

2. Slow Cooker Chicken Tikka Masala

- 16 boneless, skinless chicken thighs
- 2 small white onions
- 2 small fresh ginger
- 2 - 28 oz. cans crushed tomatoes
- 2 cups plain yogurt
- 6 tsp minced garlic
- 4 tsp garam masala
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies

3. Slow Cooker Sweet & Sour Meatballs

- 2 lbs. precooked frozen meatballs
- 2 small white onions
- 2 green bell peppers
- 2 red bell peppers
- 2 - 15 oz. cans tomato sauce
- 6 Tbsp soy sauce
- 1/2 cup brown sugar
- 1/2 cup cider vinegar
- 2 - 20 oz. cans pineapple chunks

4. Slow Cooker Italian Ranch Chicken

- 2 lbs. boneless chicken breasts
- 2 - 2 lbs. bags baby potatoes
- 2 - 1 lb. bags baby carrots
- 2 - 15 oz. cans diced tomatoes
- 4 Tbsp Italian seasoning

5. Slow Cooker Hawaiian Pork Chops

- 8 boneless pork chops
- 1 cup soy sauce
- 2 - 8 oz. cans tomato sauce
- 1 cup brown sugar
- 4 tsp minced garlic
- 2 - 15 oz. cans sliced pineapple in 100% juice



Freezer Meal Prep Day Shopping List by Store Section/ Category

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, salad or veggies.

Meat

- 2 - 2 lb. pork roasts
- 16 boneless, skinless chicken thighs
- 2 lbs. precooked frozen meatballs
- 2 lbs. boneless chicken breasts
- 8 boneless pork chops

Produce

- 4 red bell peppers
- 2 green bell peppers
- 6 small white onions
- 2 small fresh ginger
- 2 - 2 lbs. bags baby potatoes
- 2 - 1 lb. bags baby carrots

Pantry Staples - Canned, Boxed, Frozen

- 2 - 28 oz. cans crushed tomatoes
- 2 - 15 oz. cans tomato sauce
- 2 - 20 oz. cans pineapple chunks
- 2 - 15 oz. cans diced tomatoes
- 2 - 8 oz. cans tomato sauce
- 2 - 15 oz. cans sliced pineapple in 100% juice

Sauces/Condiments

- 2 cups + 6 Tbsp soy sauce
- 1/2 cup peanut butter
- 2 Tbsp vinegar
- 1/2 cup cider vinegar
- 2 Tbsp lime juice

Spices

- 2 tsp ground ginger
- 2 tsp garlic powder
- 10 tsp minced garlic
- 4 tsp garam masala
- 1 1/2 cups brown sugar
- 4 Tbsp Italian seasoning
- Salt and pepper

Dairy/Eggs

- 2 cups plain yogurt

Supplies

- 10 gallon-size freezer baggies



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Prep Instructions

- Print out the Assembly Instructions page and/or Loading Table and set out on the counter.
- Label your bags/foil with printable labels or sharpie. Pull out all the ingredients into a central location or stations.

Pre-Cook & Chop Instructions

- Cut 16 chicken thighs into 1-inch pieces.
- Slice 2 red bell peppers. Thinly slice 2 onions.
- Dice 2 small white onions. Dice 2 green bell peppers and 2 red bell peppers.
- Dice 2 onions. Peel and slice the ginger (about 8 thin slices).
- Open 2 cans of crushed tomatoes.
- Open 4 cans of tomato sauce. Open and drain 2 cans of pineapple chunks.
- Open and drain juice from 2 cans of pineapple slices. Reserve 1/2 cup pineapple juice.
- Thai Peanut Sauce:** whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.
- Sweet & Sour Sauce:** whisk together 2 - 15 oz. cans tomato sauce, 6 Tbsp soy sauce, 1/2 cup brown sugar, and 1/2 cup cider vinegar.
- Hawaiian Pork Chop Marinade:** whisk together 1 cup soy sauce, 2 cans tomato sauce, 1 cup brown sugar and 4 tsp minced garlic with 1/2 cup of pineapple juice from the can. Do not whisk in cornstarch now.
- Tikka Masala Sauce:** whisk together 2 cans of crushed tomatoes, 2 cups plain yogurt, 6 tsp, minced garlic, 4 tsp garam masala and a few pinches of salt and pepper.



FreezEasy
Simple, Easy Freezer Cooking Meal Plans

Assembly Instructions for Loading Bags

Slow Cooker Shredded Pork with Thai Peanut Sauce

To each of the **Slow Cooker Shredded Pork with Thai Peanut Sauce** bags, add the following ingredients:

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared sauce into each bag

Slow Cooked Chicken Tikka Masala

To each of the **Slow Cooker Chicken Tikka Masala** bags, add the following ingredients:

- Half of the chicken pieces
- Half of the onion and fresh ginger
- Half of the prepared sauce into each bag

Slow Cooker Sweet & Sour Meatballs

To each of the **Slow Cooker Sweet & Sour Meatballs** bags, add the following ingredients:

- 1 lb. frozen meatballs
- Half of the diced white onions
- Half of the diced green bell peppers
- Half of the diced red bell peppers
- Prepared sweet n sour sauce, half into each bag
- 20 oz. can pineapple chunks, well drained
- Salt and pepper to taste
- Note: Do not add cornstarch to the freezer bag.

Slow Cooker Italian Chicken

To each of the **Slow Cooker Italian Chicken** bags, add the following ingredients:

- 1 lb. chicken breasts
- 2 lbs. baby potatoes
- 1 lb. baby carrots
- 15 oz. can diced tomatoes, undrained
- 2 Tbsp Italian seasoning
- Salt and pepper

Slow Cooker Hawaiian Pork Chops

To each of the **Slow Cooker Hawaiian Pork Chops** bags, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared sauce into each bag
- 1 can pineapple slices

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.