

SLOW COOKER PLAN

August 2016

Recipes

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1. Slow Cooker Mississippi Beef Roast

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. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp pepper
- **Side:** dinner rolls
- **Side:** veggies

Cooking Directions for Single Meal

1. Place the beef roast in the base of the slow cooker and season with Ranch dressing mix. Add the pepperoncini peppers directly on the roast and sprinkle the pepper on top. Set slow cooker on low and cook for 8 hours.
2. Warm the dinner rolls.
3. Prepare veggies.
4. Serve Slow Cooker Mississippi Mud Beef Roast with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

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

- 2 lb. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp 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, such as rice.*

2. Slow Cooker Taco Soup

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. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 green bell pepper
- 15 oz. can black beans
- 15 oz. can corn
- 2 - 15 oz. cans diced tomatoes
- 2 cups beef broth
- 2 packets taco seasoning
- **Garnish:** crushed tortilla chips
- **Garnish:** shredded Mexican blend cheese
- **Side:** veggies

Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain.
2. Seed and chop the green bell pepper.
3. Open, drain and rinse the black beans. Open and drain the can of corn.
4. To a 6 qt or larger slow cooker, add the browned ground beef, chopped bell pepper, drained and rinsed black beans, drained corn, 2 cans of diced tomatoes, and beef broth. Stir in the taco seasoning. Set on low and cook for 8 hours.
5. Prepare veggies.
6. Ladle soup into bowls. Top with crushed tortilla chips and cheese.
7. Serve Slow Cooker Taco Soup with veggies.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain. Let cool.

Seed and chop 2 green bell peppers.

Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn. Open 4 cans of diced tomatoes.

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- 15 oz. can black beans
- 15 oz. can corn
- 2 - 15 oz. cans diced tomatoes
- 2 packets taco 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, adding 2 cups beef broth and cooking on low for 6 hours.

Special Notes: None.

Dairy-Free Modifications: Omit the cheese garnish for dairy-free meal.

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

3. Slow Cooker Chicken Cacciatore

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- 1 small white onion
- 1 green bell pepper
- 1 red bell pepper
- 28 oz. can crushed tomatoes
- 2 tsp Italian seasoning
- Salt and pepper
- **Side:** pasta
- **Side:** salad

Cooking Directions for Single Meal

1. Slice the onion. Seed and slice the bell peppers.
2. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Add 1/4 cup red cooking wine around the chicken. Add the sliced onion and bell peppers over the top of the chicken. Then pour the crushed tomatoes over the top and add Italian seasoning.
3. Set slow cooker on low and cook for 8 hours.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Chicken Cacciatore over pasta with salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions. Seed and slice 2 green and 2 red bell peppers.

Open 2 cans of crushed tomatoes.

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- 28 oz. can crushed tomatoes
- 2 tsp Italian seasoning

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 pasta.*

4. Slow Cooker Sweet Potato & Chicken Curry

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

- 15 oz. can light coconut milk
- 3 tsp curry powder
- 1 tsp ground ginger
- 1 tsp salt
- 8 boneless chicken thighs
- 4 medium sweet potatoes
- 8 whole carrots
- 1 small white onion
- Side: veggies

Cooking Directions for Single Meal

1. Peel and quarter the sweet potatoes.
2. Peel and slice the carrots.
3. Dice the onion.
4. Whisk together the coconut milk, curry powder, ground ginger and salt in the base of the slow cooker. Add the chicken thighs, sweet potatoes, carrots and onion. Set the slow cooker on low and cook for 8 hours.
5. Prepare veggies.
6. Serve Slow Cooker Sweet Potato and Chicken Curry with veggies.

Assembly Prep Directions for 2 Meals

Peel and quarter 8 sweet potatoes.

Peel and slice 16 carrots.

Dice 2 white onions.

Open 2 cans of coconut milk.

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

- 8 boneless chicken thighs
- Half of the sweet potatoes
- Half of the carrots
- Half of the onions
- 15 oz. can light coconut milk
- 3 tsp curry powder
- 1 tsp ground ginger
- 1 tsp salt

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 Pasta E Fagioli Soup

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 small white onion
- 2 celery stalks
- 4 whole carrots
- 15 oz. can diced tomatoes
- 15 oz. can Cannellini beans
- 3 cups chicken stock
- 2 tsp dried basil
- 1 tsp garlic powder
- Salt and pepper
- 12 oz. box elbow pasta noodles
- **Garnish:** shredded Parmesan cheese
- **Side:** salad

Cooking Directions for Single Meal

1. Chop the onion. Slice the celery. Peel and slice the carrots.
2. Open, drain, and rinse the Cannellini beans.
3. Add all the ingredients to the slow cooker except the pasta and garnish. Set slow cooker on low and cook for 8 hours.
4. When there is 30 minutes left in the cooking cycle, add the pasta plus 1 cup of hot water. (Note: You might need to add a little more liquid than the 1 cup, depending on how much liquid is already in there. The pasta will soak up about 2 cups of liquid.)
5. Prepare the salad.
6. Serve Slow Cooker Pasta E Fagioli Soup with Parmesan cheese garnish and salad.

Assembly Prep Directions for 2 Meals

Chop 2 white onions. Slice 4 celery stalks. Peel and slice 8 carrots.

Open 2 cans of diced tomatoes.

Open, drain and rinse 2 cans of Cannellini beans.

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

- Half of the diced onion
- Half of the sliced celery
- Half of the sliced carrots
- 15 oz. can diced tomatoes
- 15 oz. can Cannellini beans
- 3 cups chicken stock
- 2 tsp dried basil
- 1 tsp garlic powder
- 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. Stir in pasta with 1 cup of water with 30 minutes left in cooking cycle.

Special Notes: Use vegetable stock for vegetarian meal.

Dairy-Free Modifications: Omit garnish for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free when use gluten-free pasta.



Complete Shopping List by Recipe

1. Slow Cooker Mississippi Beef Roast

- 2 - 2 lbs. beef chuck roasts
- 2 packets Ranch dressing mix
- 16 pepperoncini peppers
- 2 tsp pepper
- Side:** dinner rolls x 2
- Side:** veggies x 2

2. Slow Cooker Taco Soup

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell peppers
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans corn
- 4 - 15 oz. cans diced tomatoes
- 4 cups beef broth
- 4 packets taco seasoning
- Garnish:** crushed tortilla chips x 2
- Garnish:** shredded Mexican blend cheese x 2
- Side:** veggies x 2

3. Slow Cooker Chicken Cacciatore

- 6 large boneless chicken breasts
- Salt and pepper
- 1/2 cup red cooking wine
- 2 small white onions
- 2 green bell peppers
- 2 red bell peppers
- 2 - 28 oz. cans crushed tomatoes
- 4 tsp Italian seasoning
- Salt and pepper
- Side:** pasta x 2
- Side:** salad x 2

4. Slow Cooker Sweet Potato & Chicken Curry

- 2 - 15 oz. cans light coconut milk
- 6 tsp curry powder
- 2 tsp ground ginger
- 2 tsp salt
- 16 boneless chicken thighs
- 8 medium sweet potatoes
- 16 whole carrots
- 2 small white onions
- Side:** veggies x 2

5. Slow Cooker Pasta E Fagioli Soup

- 2 small white onions
- 4 celery stalks
- 8 whole carrots
- 2 - 15 oz. cans diced tomatoes
- 2 - 15 oz. cans Cannellini beans
- 6 cups chicken stock
- 4 tsp dried basil
- 2 tsp garlic powder
- Salt and pepper
- 2 - 12 oz. boxes elbow pasta noodles
- Garnish:** shredded Parmesan cheese x 2
- Side:** salad x 2

Supplies

- 10 gallon-size freezer baggies



Complete Shopping List by Store Section/Category

Meat

- 2 - 2 lbs. beef chuck roasts
- 2 lbs. ground beef
- 6 large boneless chicken breasts
- 16 boneless chicken thighs

Produce

- 6 small white onions
- 4 green bell peppers
- 2 red bell peppers
- 8 medium sweet potatoes
- 24 whole carrots
- 4 celery stalks
- Side:** veggies x 6
- Side:** salad x 4

Pantry Staples - Canned, Boxed, Frozen

- 16 pepperoncini peppers
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans corn
- 6 - 15 oz. cans diced tomatoes
- 4 cups beef broth
- 2 - 28 oz. cans crushed tomatoes
- 2 - 15 oz. cans light coconut milk
- 2 - 15 oz. cans Cannellini beans
- 6 cups chicken stock

Bread & Rice

- 2 - 12 oz. boxes elbow pasta noodles
- Side:** pasta x 2
- Side:** dinner rolls x 2
- Garnish:** crushed tortilla chips x 2

Sauces/Condiments

- 1/2 cup red cooking wine

Spices

- 2 packets Ranch dressing mix
- 2 tsp pepper
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 4 packets taco seasoning
- 4 tsp Italian seasoning
- 6 tsp curry powder
- 4 tsp dried basil
- 2 tsp ground ginger
- Salt and pepper

Dairy/Eggs

- Garnish:** shredded Mexican blend cheese x 2
- Garnish:** shredded Parmesan cheese x 2

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 Mississippi Beef Roast

- 2 - 2 lbs. beef chuck roasts
- 2 packets Ranch dressing mix
- 16 pepperoncini peppers
- 2 tsp pepper

2. Slow Cooker Taco Soup

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell peppers
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans corn
- 4 - 15 oz. cans diced tomatoes
- 4 packets taco seasoning

3. Slow Cooker Chicken Cacciatore

- 6 large boneless chicken breasts
- Salt and pepper
- 1/2 cup red cooking wine
- 2 small white onions
- 2 green bell peppers
- 2 red bell peppers
- 2 - 28 oz. cans crushed tomatoes
- 4 tsp Italian seasoning
- Salt and pepper

4. Slow Cooker Sweet Potato & Chicken Curry

- 2 - 15 oz. cans light coconut milk
- 6 tsp curry powder
- 2 tsp ground ginger
- 2 tsp salt
- 16 boneless chicken thighs
- 8 medium sweet potatoes
- 16 whole carrots
- 2 small white onions

5. Slow Cooker Pasta E Fagioli Soup

- 2 small white onions
- 4 celery stalks
- 8 whole carrots
- 2 - 15 oz. cans diced tomatoes
- 2 - 15 oz. cans Cannellini beans
- 6 cups chicken stock
- 4 tsp dried basil
- 2 tsp garlic powder
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies



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 lbs. beef chuck roasts
- 2 lbs. ground beef
- 6 large boneless chicken breasts
- 16 boneless chicken thighs

Produce

- 6 small white onions
- 4 green bell peppers
- 2 red bell peppers
- 8 medium sweet potatoes
- 24 whole carrots
- 4 celery stalks

Pantry Staples - Canned, Boxed, Frozen

- 16 pepperoncini peppers
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans corn
- 6 - 15 oz. cans diced tomatoes
- 2 - 28 oz. cans crushed tomatoes
- 2 - 15 oz. cans light coconut milk
- 2 - 15 oz. cans Cannellini beans
- 6 cups chicken stock

Sauces/Condiments

- 1/2 cup red cooking wine

Spices

- 2 packets Ranch dressing mix
- 2 tsp pepper
- 2 Tbsp minced onion
- 4 tsp garlic powder
- 4 packets taco seasoning
- 4 tsp Italian seasoning
- 6 tsp curry powder
- 4 tsp dried basil
- 2 tsp ground ginger
- Salt and pepper

Supplies

- 10 gallon-size freezer baggies



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

- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain. Let cool.
- Chop 2 white onions.
- Dice 2 white onions.
- Slice 2 small white onions.
- Seed and slice 2 green and 2 red bell peppers.
- Seed and chop 2 green bell peppers.
- Slice 4 celery stalks.
- Peel and quarter 8 sweet potatoes.
- Peel and slice 24 carrots.
- Open 2 cans of crushed tomatoes.
- Open 2 cans of coconut milk.
- Open, drain and rinse 2 cans of black beans.
- Open and drain 2 cans of corn.
- Open 6 cans of diced tomatoes.
- Open, drain and rinse 2 cans of Cannellini beans.



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Assembly Instructions for Loading Bags

Slow Cooker Mississippi Beef Roast

To each of the **Slow Cooker Mississippi Beef Roast** bags, add the following ingredients:

- 2 lb. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp pepper

Slow Cooked Taco Soup

To each of the **Slow Cooker Taco Soup** bags, add the following ingredients:

- Half of the browned ground beef
- Half of the chopped bell peppers
- 15 oz. can black beans
- 15 oz. can corn
- 2 - 15 oz. cans diced tomatoes
- 2 packets taco seasoning
- Salt and pepper

Slow Cooker Chicken Cacciatore

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

- 3 large boneless chicken breasts
- Salt and pepper
- 1/4 cup red cooking wine
- Half of the sliced onions
- Half of the sliced red and green bell peppers
- 28 oz. can crushed tomatoes
- 2 tsp Italian seasoning

Slow Cooker Sweet Potato & Chicken Curry

To each of the **Slow Cooker Sweet Potato & Chicken Curry** bags, add the following ingredients:

- 8 boneless chicken thighs
- Half of the sweet potatoes
- Half of the carrots
- Half of the onions
- 15 oz. can light coconut milk
- 3 tsp curry powder
- 1 tsp ground ginger
- 1 tsp salt

Slow Cooker Pasta E Fagioli Soup

To each of the **Slow Cooker Pasta E Fagioli Soup** bags, add the following ingredients:

- Half of the diced onion
- Half of the sliced celery
- Half of the sliced carrots
- 15 oz. can diced tomatoes
- 15 oz. can Cannellini beans
- 3 cups chicken stock
- 2 tsp dried basil
- 1 tsp garlic powder
- Salt and pepper

For all the bags, 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.