

# SLOW COOKER MEAL PLAN

SEPTEMBER 2016

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# 1. Slow Cooker Butter Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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## Ingredients for Single Meal

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1/4 cup(s) butter
- 1 small white onion(s)
- 1 x 8 oz. can(s) tomato sauce
- 2 tsp minced garlic
- 1 Tbsp garam masala
- 1 cup(s) chicken stock
- Salt and pepper
- 1 cup(s) heavy cream
- Side: pita bread
- Side: salad
- 1 gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Dice the onion.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the butter, diced white onions, tomato sauce, minced garlic, garam masala, chicken stock, salt and pepper on top of the chicken.
3. Set the slow cooker on low and cook for 8 hours. With 30 minutes remaining in the slow cooking cycle, stir in the heavy cream. Once finished cooking, gently shred the chicken with 2 forks and mix into the sauce.
4. Prepare the salad.
5. Serve Slow Cooker Butter Chicken with pita bread and salad.

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## Assembly Prep Directions for 2 Meals

Dice 2 onions.

Open 2 cans of tomato sauce.

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1/4 cup butter
- Half of the diced onion
- Half of the tomato sauce
- 2 tsp minced garlic
- 1 Tbsp garam masala
- 1 cup chicken stock
- 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.

**Dairy-Free Modifications:** Make with dairy-free margarine and stir in 1 cup canned coconut milk in place of the cream.

**Gluten-Free Modifications:** Recipe is gluten-free if served over rice.

## 2. Slow Cooker Rosemary Artichoke Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 6 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 4 small boneless chicken breasts
- 1 x 7.5 oz. jar(s) artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper
- Side: pasta
- Side: veggies
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Drain the artichoke hearts.
2. Place the chicken breasts into the base of the slow cooker and add the artichoke hearts over the top. Drizzle the olive oil on top and then sprinkle with dried rosemary, garlic powder and dried basil. Season with salt and pepper.
3. Set the slow cooker on low and cook for 6 hours.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Rosemary Artichoke Chicken with pasta and veggies.

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### Assembly Prep Directions for 2 Meals

Open and drain 2 jars of artichoke hearts.

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 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 6 hours.

**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 side, like gluten free pasta. Serve with cauliflower rice for Paleo meal.

## 3. Slow Cooker Salsa Beef Roast

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 2 lb(s) beef chuck roast
- 1 small white onion(s)
- 2 cup(s) salsa
- 1 Tbsp ground cumin
- Salt and pepper
- Side: rice
- Side: guacamole
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion.
2. Place the beef roast into the base of the slow cooker and add the sliced onion, salsa, ground cumin and salt and pepper over the top.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef and serve over rice.
4. Cook the rice, as directed.
5. Prepare the guacamole, if needed.
6. Serve Slow Cooker Salsa Beef Roast over rice with guacamole.

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### Assembly Prep Directions for 2 Meals

Slice 2 onions.

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

- 2 lbs. beef chuck roast
- Half of the sliced onions
- 2 cups salsa
- 1 Tbsp ground cumin
- 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:** You could also serve as "shredded beef street tacos" by serving in corn tortillas.

**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.

## 4. Slow Cooker Spicy Mango Chicken Tacos

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

### Ingredients for Single Meal

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1 cup(s) mango nectar
- 1 Tbsp ground cumin
- 1/2 cup(s) salsa
- 1 x 15 oz. can(s) black beans
- 1 x 4 oz. can(s) green chiles
- Salt and pepper
- 8 flour tortillas
- Side: avocado(s)
- 1 gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Open, drain, and rinse the black beans.
2. Place the chicken breasts and chicken thighs into the base of the slow cooker and add the mango nectar, ground cumin, salsa, drained black beans, green chiles, salt and pepper on top of the chicken.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce with the black beans.
4. Spoon the shredded chicken into tortillas and make tacos.
5. Prepare avocado.
6. Serve Slow Cooker Spicy Mango Chicken Tacos with avocado.

### Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans.

Open 2 cans of green chiles.

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

- 2 large chicken breasts
- 4 chicken thighs
- 1 cup mango nectar
- 1 Tbsp cumin
- 1/2 cup salsa
- Half of the drained and rinsed black beans
- Half of the canned green chiles
- 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.

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

**Gluten-Free Modifications:** Recipe is gluten-free if you serve the shredded chicken over rice.

## 5. Slow Cooker Spanish Rice

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 3 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

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### Ingredients for Single Meal

- 1 lb(s) uncooked brown rice
- 4 cup(s) water
- 2 cup(s) frozen chopped onion
- 2 cup(s) frozen chopped green peppers
- 1 tsp minced garlic
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper
- 1 x 15 oz. can(s) diced tomatoes
- Side: veggies
- Side: avocado(s)
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the brown rice and water into the base of the slow cooker. Stir in the chopped onion, chopped green peppers, minced garlic, chili powder, ground cumin, oregano and salt and pepper in with the rice. Pour the diced tomatoes with juices on top.
2. Set on low and cook for 2 to 3 hours. Fluff with a fork before serving.
3. Prepare veggies and slice the avocado.
4. Serve Slow Cooker Spanish Rice with veggies and sliced avocado.

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### Assembly Prep Directions for 2 Meals

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

- 1 lb. uncooked brown rice
- 2 cups frozen chopped onion
- 2 cups frozen chopped green peppers
- 1 tsp minced garlic
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper
- Note: Do NOT add water or diced tomatoes to 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, adding 4 cups of water and diced tomatoes on top, then cooking on low for 2 to 3 hours.

**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.

# Complete Shopping List by Recipe

## 1. Slow Cooker Butter Chicken

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 1/2 cup(s) butter
- ☐ 2 small white onion(s)
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp garam masala
- ☐ 2 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 cup(s) heavy cream
- ☐ pita bread
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Salsa Beef Roast

- ☐ 4 lb(s) beef chuck roast
- ☐ 2 small white onion(s)
- ☐ 4 cup(s) salsa
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ rice
- ☐ guacamole
- ☐ 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Spanish Rice

- ☐ 2 lb(s) uncooked brown rice
- ☐ 8 cup(s) water
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers
- ☐ 2 tsp minced garlic
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano
- ☐ Salt and pepper
- ☐ 2x15 oz. can(s) diced tomatoes

## 2. Slow Cooker Rosemary Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2x7.5 oz. jar(s) artichoke hearts
- ☐ 2 Tbsp olive oil
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ pasta
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Spicy Mango Chicken Tacos

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 2 cup(s) mango nectar
- ☐ 2 Tbsp ground cumin
- ☐ 1 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ Salt and pepper
- ☐ 16 flour tortillas
- ☐ avocado(s)
- ☐ 2 gallon-size freezer baggie(s)

- ☐ veggies
- ☐ avocado(s)
- ☐ 2 gallon-size freezer baggie(s)



# Complete Shopping List by Store Section/Category

## Meat

- ☐ 8 large boneless chicken breasts
- ☐ 16 boneless chicken thighs
- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2 cup(s) chicken stock
- ☐ 2x7.5 oz. jar(s) artichoke hearts
- ☐ 5 cup(s) salsa
- ☐ **Side:** rice
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ 8 cup(s) water
- ☐ 2x15 oz. can(s) diced tomatoes

## Sauces/Condiments

- ☐ 2 Tbsp olive oil

## Dairy/Frozen

- ☐ 1 cup(s) butter
- ☐ 2 cup(s) heavy cream
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers

## Produce

- ☐ 4 small white onion(s)
- ☐ **Side:** salad
- ☐ **Side:** veggies
- ☐ **Side:** guacamole
- ☐ 2 cup(s) mango nectar
- ☐ **Side:** avocado(s)
- ☐ 2 lb(s) uncooked brown rice

## Starchy Sides

- ☐ **Side:** pita bread
- ☐ **Side:** pasta
- ☐ 16 flour tortillas

## Spices

- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp garam masala
- ☐ Salt and pepper
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ 4 Tbsp ground cumin
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano

## Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(s)

# Freezer Meal Prep Day Shopping List by Recipe

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

**\*\*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 Butter Chicken

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 1/2 cup(s) butter
- ☐ 2 small white onion(s)
- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 4 tsp minced garlic
- ☐ 2 Tbsp garam masala
- ☐ 2 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Salsa Beef Roast

- ☐ 4 lb(s) beef chuck roast
- ☐ 2 small white onion(s)
- ☐ 4 cup(s) salsa
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Spanish Rice

- ☐ 2 lb(s) uncooked brown rice
- ☐ 8 cup(s) water
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers
- ☐ 2 tsp minced garlic
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Rosemary Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2x7.5 oz. jar(s) artichoke hearts
- ☐ 2 Tbsp olive oil
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Spicy Mango Chicken Tacos

- ☐ 4 large boneless chicken breasts
- ☐ 8 boneless chicken thighs
- ☐ 2 cup(s) mango nectar
- ☐ 2 Tbsp ground cumin
- ☐ 1 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

# Freezer Meal Prep Day Shopping List by Store Section/Category

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

## Meat

- ☐ 8 large boneless chicken breasts
- ☐ 16 boneless chicken thighs
- ☐ 8 small boneless chicken breasts
- ☐ 4 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- ☐ 2x8 oz. can(s) tomato sauce
- ☐ 2 cup(s) chicken stock
- ☐ 2x7.5 oz. jar(s) artichoke hearts
- ☐ 5 cup(s) salsa
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x4 oz. can(s) green chiles
- ☐ 8 cup(s) water

## Spices

- ☐ 6 tsp minced garlic
- ☐ 2 Tbsp garam masala
- ☐ Salt and pepper
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ 4 Tbsp ground cumin
- ☐ 4 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 tsp dried oregano

## Supplies

- ☐ 10x gallon-size freezer baggie(s)

## Produce

- ☐ 4 small white onion(s)
- ☐ 2 cup(s) mango nectar
- ☐ 2 lb(s) uncooked brown rice

## Sauces/Condiments

- ☐ 2 Tbsp olive oil

## Dairy/Frozen

- ☐ 1 cup(s) butter
- ☐ 4 cup(s) frozen chopped onion
- ☐ 4 cup(s) frozen chopped green peppers

## Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

## Pre-Cook & Chop Instructions

- ☐ Dice 2 onions.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open and drain 2 jars of artichoke hearts.
- ☐ Slice 2 onions.
- ☐ Open, drain and rinse 2 cans of black beans.
- ☐ Open 2 cans of green chiles.

*The Assembly Prep should take between 30 to 35 minutes.*

## Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

### Slow Cooker Butter Chicken

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

- 2 large boneless chicken breasts
- 4 boneless chicken thighs
- 1/4 cup butter
- Half of the diced onion
- Half of the tomato sauce
- 2 tsp minced garlic
- 1 Tbsp garam masala
- 1 cup chicken stock
- Salt and pepper

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

### Slow Cooker Salsa Beef Roast

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

- 2 lbs. beef chuck roast
- Half of the sliced onions
- 2 cups salsa
- 1 Tbsp ground cumin
- Salt and pepper

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

### Slow Cooker Spanish Rice

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

- 1 lb. uncooked brown rice
- 2 cups frozen chopped onion
- 2 cups frozen chopped green peppers
- 1 tsp minced garlic

### Slow Cooker Rosemary Artichoke Chicken

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper

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

### Slow Cooker Spicy Mango Chicken Tacos

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

- 2 large chicken breasts
- 4 chicken thighs
- 1 cup mango nectar
- 1 Tbsp cumin
- 1/2 cup salsa
- Half of the drained and rinsed black beans
- Half of the canned green chiles
- Salt and pepper

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

- 2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper
- Note: Do NOT add water or diced tomatoes to freezer bag.

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