

SLOW COOKER MEAL PLAN

NOVEMBER 2016

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1. Slow Cooker Zesty Pork Tenderloin

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 lb(s) pork tenderloin
- 1 lb(s) baby carrots
- 2 lb(s) baby potatoes
- 2 Tbsp olive oil
- 2 lemon(s)
- 2 tsp minced garlic
- 1 tsp pepper
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Juice and zest the lemons into a small mixing bowl.
2. Place the pork tenderloin into the base of the slow cooker and add the baby carrots and baby potatoes around the pork.
3. Add the olive oil, minced garlic and pepper to the mixing bowl with the lemon juice and zest. Whisk together. Pour the sauce over the pork tenderloin.
4. Set the slow cooker on low and cook for 8 hours. Once finished cooking, slice the pork roast.
5. Serve Slow Cooker Zesty Pork Tenderloin with baby carrots and potatoes.

Assembly Prep Directions for 2 Meals

Juice and zest 4 lemons into a small bowl. Then, whisk in 4 Tbsp olive oil, 4 tsp minced garlic and 2 tsp pepper.

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

- 2 lb. pork tenderloin
- Half of the lemon sauce
- 1 lb. bag baby carrots
- 1 - 2 lb. bag baby potatoes

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 bowl of warm 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 when served with gluten-free sides.*

2. Slow Cooker Sesame Salmon

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 2 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

- 1 lb(s) salmon fillet
- 3 Tbsp honey
- 2 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1 tsp minced garlic
- 1 tsp ground ginger
- 1/2 tsp cayenne pepper
- Garnish: sesame seeds and green onions
- Side: rice
- Side: veggies
- 1 gallon-size freezer baggie(s)
- 1 piece(s) of parchment paper

Cooking Directions for Single Meal

1. Cut salmon into individual portions. Place the parchment paper into the base of the slow cooker and add the salmon fillets onto the parchment paper.
2. In a small bowl, whisk together the honey, soy sauce, sesame oil, minced garlic, ground ginger and cayenne pepper. Pour over the salmon, like a glaze.
3. Set the slow cooker on low and cook for 1 to 2 hours, or until salmon is cooked through. Check after 1 hour and continue slow cooking until finished cooking through. When serving, garnish with sesame seeds and sliced green onions.
4. Cook the rice, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Sesame Salmon with rice and veggies.

Assembly Prep Directions for 2 Meals

Cut 1 lb. salmon fillet into individual portions.

In a small bowl, whisk together 6 Tbsp honey, 4 Tbsp soy sauce, 2 Tbsp sesame oil, 2 tsp minced garlic, 2 tsp ground ginger and 1 tsp cayenne pepper.

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

- Half the individual portion salmon fillets
- Half of the prepared marinade-glaze

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 a parchment lined slow cooker and cooking on low for 2 hours.*

Special Notes: *Ask the seafood counter to cut the salmon fillet into individual 4 oz. portions for you with their fancy filleting knife. To bake, cook at 400 F for 20 minutes or until salmon is cooked through.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free soy sauce.*

3. Slow Cooker Tomato Basil Tortellini Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 1 hour 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

- 1 x 26 oz. jar(s) spaghetti sauce
- 20 oz. box(es) of cheese tortellini
- 8 oz. box(es) sliced mushrooms
- 6 oz. bag(s) fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cup(s) vegetable stock
- Salt and pepper
- Garnish: shredded Parmesan cheese
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place all the ingredients, except the garnish and sides, into the base of the slow cooker and pour in 2 cups of hot water.
2. Set the slow cooker on low and cook for 1 hour, or until tortellini are tender. Once finished cooking, ladle soup into serving bowls immediately to keep the pasta from overcooking.
3. Prepare the salad.
4. Serve Tomato Basil Tortellini Soup with Parmesan cheese garnish and salad.

Assembly Prep Directions for 2 Meals

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

- 1 - 26 oz. jar spaghetti sauce
- 1 - 20 oz. box cheese tortellini
- 8 oz. sliced mushrooms
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups vegetable 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 1 hour.*

Special Notes: *Use chicken stock for non-vegetarian meal. Stovetop cooking directions: thaw and cook over medium low heat for 20 to 30 minutes, or until tortellini is cooked and tender.*

Dairy-Free Modifications: *Unfortunately, there isn't a great dairy-free alternative for this meal.*

Gluten-Free Modifications: *Unfortunately, there isn't a great gluten-free alternative for this meal.*

4. Slow Cooker Korean Beef

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 lb(s) stew beef
- 1 cup(s) beef stock
- 1/4 cup(s) soy sauce
- 3 Tbsp sesame oil
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt and pepper
- 1 tsp cornstarch
- Garnish: sliced green onions
- Side: rice
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the stew beef pieces into the base of the slow cooker.
2. In a small bowl, whisk together the beef stock, soy sauce, sesame oil, minced onion, garlic powder, ground ginger and salt and pepper. Pour over the beef in the slow cooker and set on low. Cook for 8 hours.
3. With 30 minutes left in the cooking cycle, stir the 1 tsp cornstarch with 3 Tbsp water in a small bowl, then swirl it into the sauce in the slow cooker and finish cooking. It will thicken as it finishes cooking.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Korean Beef with green onion garnish over rice with salad.

Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 tsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.

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

- 2 lbs. Stew beef
- Half of the prepared sauce

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 cornstarch as directed, with 30 minutes left in cooking cycle.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free soy sauce.*

5. Slow Cooker Chicken Enchilada Soup

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

- 3 boneless chicken breasts
- 1 x 15 oz. can(s) pinto beans
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) tomato & green chiles
- 1 x 6 oz. can(s) tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cup(s) chicken stock
- Salt and pepper
- Garnish: shredded Monterrey Jack cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the pinto beans, black beans, diced tomatoes with green chiles and tomato paste.
2. Place the chicken breasts, pinto beans, black beans, diced tomatoes with green chiles and tomato paste into the base of the slow cooker. Sprinkle in the taco seasoning and chili powder, then pour in the chicken stock plus 4 cups hot water.
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 soup. Season with salt and pepper to taste. Add a garnish of shredded Monterrey Jack cheese to each bowl.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Enchilada Soup with veggies

Assembly Prep Directions for 2 Meals

Open 2 cans of pinto beans, 2 cans of black beans, 2 cans of diced tomatoes with green chiles, and 2 cans of tomato paste.

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

- 3 boneless chicken breasts
- Half of the pinto beans
- Half of the black beans
- Half of the diced tomatoes with green chiles
- Half of the tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cups 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 with 4 cups hot water and cooking on low for 8 hours.*

Special Notes: *To cook in saucepan, add all contents of baggie plus 4 cups hot water and simmer on medium low for 30 minutes, or until chicken is cooked through. Shred chicken before serving.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the shredded cheese topping.*

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

Complete Shopping List by Recipe

1. Slow Cooker Zesty Pork Tenderloin

- 4 lb(s) pork tenderloin
- 2 lb(s) baby carrots
- 4 lb(s) baby potatoes
- 4 Tbsp olive oil
- 4 lemon(s)
- 4 tsp minced garlic
- 2 tsp pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Tomato Basil Tortellini Soup

- 2x26 oz. jar(s) spaghetti sauce
- 40 oz. box(es) of cheese tortellini
- 16 oz. box(es) sliced mushrooms
- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 8 cup(s) vegetable stock
- Salt and pepper
- shredded Parmesan cheese
- salad
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken Enchilada Soup

- 6 boneless chicken breasts
- 2x15 oz. can(s) pinto beans
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) tomato & green chiles
- 2x6 oz. can(s) tomato paste
- 2 taco seasoning
- 2 Tbsp chili powder
- 4 cup(s) chicken stock
- Salt and pepper

2. Slow Cooker Sesame Salmon

- 2 lb(s) salmon fillet
- 6 Tbsp honey
- 4 Tbsp soy sauce
- 2 Tbsp sesame oil
- 2 tsp minced garlic
- 2 tsp ground ginger
- 1 tsp cayenne pepper
- sesame seeds and green onions
- rice
- veggies
- 2 gallon-size freezer baggie(s)
- 2 piece(s) of parchment paper

4. Slow Cooker Korean Beef

- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- Salt and pepper
- 2 tsp cornstarch
- sliced green onions
- rice
- salad
- 2 gallon-size freezer baggie(s)

- shredded Monterrey Jack cheese
- veggies
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) pork tenderloin
- 2 lb(s) salmon fillet
- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 6 boneless chicken breasts

Pantry Staples - Canned, Boxed

- Side:** rice
- 8 cup(s) vegetable stock
- 2x15 oz. can(s) pinto beans
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) tomato & green chiles
- 2x6 oz. can(s) tomato paste
- 4 cup(s) chicken stock

Spices

- 8 tsp minced garlic
- 2 tsp pepper
- 4 tsp ground ginger
- 1 tsp cayenne pepper
- 4 Tbsp minced onion
- Salt and pepper
- 2 tsp garlic powder
- 2 tsp cornstarch
- 2 taco seasoning
- 2 Tbsp chili powder

Supplies

- Side:** 10 gallon-size freezer baggie(s)
- 2 piece(s) of parchment paper
- 8 fresh basil leaves

Produce

- 2 lb(s) baby carrots
- 4 lb(s) baby potatoes
- 4 lemon(s)
- Garnish:** sesame seeds and green onions
- Side:** veggies
- 16 oz. box(es) sliced mushrooms
- 12 oz. bag(s) fresh spinach
- Side:** salad
- Garnish:** sliced green onions

Sauces/Condiments

- 4 Tbsp olive oil
- 6 Tbsp honey
- 4 Tbsp soy sauce
- 8 Tbsp sesame oil
- 2x26 oz. jar(s) spaghetti sauce
- 1 cup(s) soy sauce

Dairy/Frozen

- 40 oz. box(es) of cheese tortellini
- Garnish:** shredded Parmesan cheese
- Garnish:** shredded Monterrey Jack cheese

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 Zesty Pork Tenderloin

- 4 lb(s) pork tenderloin
- 2 lb(s) baby carrots
- 4 lb(s) baby potatoes
- 4 Tbsp olive oil
- 4 lemon(s)
- 4 tsp minced garlic
- 2 tsp pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Tomato Basil Tortellini Soup

- 2x26 oz. jar(s) spaghetti sauce
- 40 oz. box(es) of cheese tortellini
- 16 oz. box(es) sliced mushrooms
- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 8 cup(s) vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken Enchilada Soup

- 6 boneless chicken breasts
- 2x15 oz. can(s) pinto beans
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) tomato & green chiles
- 2x6 oz. can(s) tomato paste
- 2 taco seasoning
- 2 Tbsp chili powder
- 4 cup(s) chicken stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Sesame Salmon

- 2 lb(s) salmon fillet
- 6 Tbsp honey
- 4 Tbsp soy sauce
- 2 Tbsp sesame oil
- 2 tsp minced garlic
- 2 tsp ground ginger
- 1 tsp cayenne pepper
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Korean Beef

- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 1/2 cup(s) soy sauce
- 6 Tbsp sesame oil
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 tsp ground ginger
- 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

- 4 lb(s) pork tenderloin
- 2 lb(s) salmon fillet
- 4 lb(s) stew beef
- 2 cup(s) beef stock
- 6 boneless chicken breasts

Pantry Staples - Canned, Boxed

- 8 cup(s) vegetable stock
- 2x15 oz. can(s) pinto beans
- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) tomato & green chiles
- 2x6 oz. can(s) tomato paste
- 4 cup(s) chicken stock

Spices

- 8 tsp minced garlic
- 2 tsp pepper
- 4 tsp ground ginger
- 1 tsp cayenne pepper
- 4 Tbsp minced onion
- Salt and pepper
- 2 tsp garlic powder
- 2 taco seasoning
- 2 Tbsp chili powder

Supplies

- 10x gallon-size freezer baggie(s)
- 8 fresh basil leaves

Produce

- 2 lb(s) baby carrots
- 4 lb(s) baby potatoes
- 4 lemon(s)
- 16 oz. box(es) sliced mushrooms
- 12 oz. bag(s) fresh spinach

Sauces/Condiments

- 4 Tbsp olive oil
- 6 Tbsp honey
- 4 Tbsp soy sauce
- 8 Tbsp sesame oil
- 2x26 oz. jar(s) spaghetti sauce
- 1 cup(s) soy sauce

Dairy/Frozen

- 40 oz. box(es) of cheese tortellini

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

- Juice and zest 4 lemons into a small bowl. Then, whisk in 4 Tbsp olive oil, 4 tsp minced garlic and 2 tsp pepper.
- Cut 1 lb. salmon fillet into individual portions.
- In a small bowl, whisk together 6 Tbsp honey, 4 Tbsp soy sauce, 2 Tbsp sesame oil, 2 tsp minced garlic, 2 tsp ground ginger and 1 tsp cayenne pepper.
- In a small bowl, whisk together 2 cups beef stock, 1/2 cup soy sauce, 6 Tbsp sesame oil, 2 tsp minced onion, 2 tsp garlic powder, 2 tsp ground ginger and salt and pepper.
- Open 2 cans of pinto beans, 2 cans of black beans, 2 cans of diced tomatoes with green chiles, and 2 cans of tomato paste.

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 Zesty Pork Tenderloin

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

- 2 lb. pork tenderloin
- Half of the lemon sauce
- 1 lb. bag baby carrots
- 1 - 2 lb. bag baby potatoes

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

Slow Cooker Sesame Salmon

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

- Half the individual portion salmon fillets
- Half of the prepared marinade-glaze

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

Slow Cooker Tomato Basil Tortellini Soup

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

- 1 - 26 oz. jar spaghetti sauce
- 1 - 20 oz. box cheese tortellini
- 8 oz. sliced mushrooms
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups vegetable stock
- Salt and pepper

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

Slow Cooker Korean Beef

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

- 2 lbs. Stew beef
- Half of the prepared sauce

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

Slow Cooker Chicken Enchilada Soup

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

- 3 boneless chicken breasts
- Half of the pinto beans
- Half of the black beans
- Half of the diced tomatoes with green chiles
- Half of the tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cups chicken stock

- Salt and pepper

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