

SLOW COOKER MEAL PLAN

DECEMBER 2016

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1. Slow Cooker Chicken Stroganoff

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup(s) chicken broth
- 1 tsp paprika
- 1 x 10 oz. can(s) cream of mushroom soup
- Salt and pepper
- 1 cup(s) sour cream
- 1 x Side: box(es) egg noodles
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, minced onion, garlic powder, chicken broth, paprika, cream of mushroom soup, salt and pepper.
2. Set the slow cooker on low and cook for 8 hours. Just before serving, stir in 1 cup sour cream into the chicken mixture.
3. Cook the egg noodles, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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. Just before serving, stir in 1 cup of sour cream.*

Special Notes: *If you wish to make your own cream of mushroom soup, visit 5dollarinnings.com and search "homemade cream of mushroom sauce."*

Dairy-Free Modifications: *Unfortunately, there is not a great option for dairy-free meal.*

Gluten-Free Modifications: *Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.*

2. Slow Cooker Santa Fe 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) beef chuck roast
- Salt and pepper
- 1 packet(s) taco seasoning
- 1 x 4 oz. can(s) green chiles
- 1 cup(s) red salsa
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle the taco seasoning over the roast. Pour the green chilies and red salsa over the top.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce.
3. Prepare salad.
4. Warm the dinner rolls.
5. Serve Slow Cooker Santa Fe Beef with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 packet taco seasoning
- 4 oz. can green chilies
- 1 cup red salsa

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 when served with gluten-free sides.*

3. Slow Cooker Ham & White Bean 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

- 4 whole carrots
- 2 celery stalk(s)
- 1 small white onion(s)
- 3 cup(s) chopped ham
- 1 x 1 15 oz. can(s) diced tomatoes
- 1 x 2 15 oz. can(s) white beans
- 4 cup(s) chicken stock
- 2 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper
- Garnish: sour cream
- Side: salad
- Side: dinner rolls
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Peel and chop the carrots. Chop the celery. Chop the onion.
2. Open the diced tomatoes. Open, drain and rinse the white beans.
3. Place the chopped carrots, celery and onion with the diced ham, diced tomatoes, white beans and chicken stock into the base of the slow cooker. Add the garlic powder, thyme, salt and pepper. Set the slow cooker on low and cook for 8 hours.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Spoon the soup into bowls and add sour cream garnish.
7. Serve Slow Cooker Ham & White Bean Soup with side salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.

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

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

- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 3 cups diced ham
- 15 oz. can diced tomatoes
- 2 - 15 oz. cans white beans
- 4 cups chicken stock
- 2 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper, to taste

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 omit the sour cream garnish.

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

4. Slow Cooker Seasoned Pork 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.

Ingredients for Single Meal

- 2 lb(s) boneless pork roast
- 1 small white onion(s)
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Salt and pepper
- Side: veggies
- Side: loaf bread
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the pork roast into the base of the slow cooker and sprinkle the sliced onions around it. Sprinkle in the garlic powder, dried oregano, and red pepper flakes directly onto the pork roast. If your slow cooker tends to run hot and dry out food, add 1/2 to 1 cup of water around the pork roast.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, slice the pork roast. Season with salt and pepper to taste.
4. Prepare veggies.
5. Warm the bread.
6. Serve Slow Cooker Seasoned Pork Roast with veggies and loaf bread.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 2 lb. boneless pork roast
- Half of the sliced onion
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Salt and pepper, to taste

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 when served with gluten-free sides.*

5. Slow Cooker Chicken Mole

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

- 8 boneless chicken thighs
- 1 small white onion(s)
- 1 x 28 oz. can(s) crushed tomatoes
- 2 oz. bittersweet chocolate
- 1 Tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp chipotle chili powder
- 1 tsp garlic powder
- Salt and pepper
- Garnish: chopped cilantro
- Side: flour tortillas
- Side: Tbsp veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the white onion.
2. Shave the bittersweet chocolate.
3. Place the chicken thighs into the base of the slow cooker and add the chopped onion, crushed tomatoes, shaved chocolate, ground cumin, cinnamon, chipotle chili powder and garlic powder. Stir the sauce gently, set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the mole sauce. Season with salt and pepper to taste.
4. Prepare veggies.
5. Spoon the shredded chicken into tortillas to make tacos. Top with chopped cilantro as garnish.
6. Serve Slow Cooker Chicken Mole as tacos with side of veggies.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Shave 4 oz. bittersweet chocolate.

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

- 8 boneless chicken thighs
- Half of the chopped onion
- 1 - 28 oz. can crushed tomatoes
- Half of the shaved chocolate
- 1 Tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp chipotle chili powder
- 1 tsp garlic powder

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: *Look for the bittersweet chocolate squares on the baking aisle. Place on cutting board and carefully shave them with sharp knife, before adding to sauce.*

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

Gluten-Free Modifications: *Recipe is gluten-free if you use corn tortillas in place of the flour tortillas.*

Complete Shopping List by Recipe

1. Slow Cooker Chicken Stroganoff

- 8 small boneless chicken breasts
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) chicken broth
- 2 tsp paprika
- 2x10 oz. can(s) cream of mushroom soup
- Salt and pepper
- 2 cup(s) sour cream
- 2xSide: box(es) egg noodles
- veggies
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Ham & White Bean Soup

- 8 whole carrots
- 4 celery stalk(s)
- 2 small white onion(s)
- 6 cup(s) chopped ham
- 2x1 15 oz. can(s) diced tomatoes
- 2x2 15 oz. can(s) white beans
- 8 cup(s) chicken stock
- 4 tsp garlic powder
- 2 tsp dried thyme
- Salt and pepper
- sour cream
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken Mole

- 16 boneless chicken thighs
- 2 small white onion(s)
- 2x28 oz. can(s) crushed tomatoes
- 4 oz. bittersweet chocolate
- 2 Tbsp ground cumin
- 2 tsp cinnamon
- 2 tsp chipotle chili powder
- 2 tsp garlic powder
- Salt and pepper

2. Slow Cooker Santa Fe Beef

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 packet(s) taco seasoning
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- salad
- dinner rolls
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Seasoned Pork Roast

- 4 lb(s) boneless pork roast
- 2 small white onion(s)
- 2 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp red pepper flakes
- Salt and pepper
- veggies
- loaf bread
- 2 gallon-size freezer baggie(s)

- chopped cilantro
- flour tortillas
- Tbsp veggies
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 4 lb(s) beef chuck roast
- 6 cup(s) chopped ham
- 4 lb(s) boneless pork roast
- 16 boneless chicken thighs

Pantry Staples - Canned, Boxed

- 2 cup(s) chicken broth
- 2x10 oz. can(s) cream of mushroom soup
- 2xSide: box(es) egg noodles
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- 2x1 15 oz. can(s) diced tomatoes
- 2x2 15 oz. can(s) white beans
- 8 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes

Spices

- 2 Tbsp minced onion
- 10 tsp garlic powder
- 2 tsp paprika
- Salt and pepper
- 2 packet(s) taco seasoning
- 2 tsp dried thyme
- 2 tsp dried oregano
- 2 tsp red pepper flakes
- 4 oz. bittersweet chocolate
- 2 Tbsp ground cumin
- 2 tsp cinnamon
- 2 tsp chipotle chili powder

Supplies

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

Produce

- Side:** veggies
- Side:** salad
- 8 whole carrots
- 4 celery stalk(s)
- 6 small white onion(s)
- Garnish:** chopped cilantro
- Side:** Tbsp veggies

Starchy Sides

- Side:** dinner rolls
- Side:** loaf bread
- Side:** flour tortillas

Dairy/Frozen

- 2 cup(s) sour cream
- Garnish:** sour cream

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 Chicken Stroganoff

- 8 small boneless chicken breasts
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) chicken broth
- 2 tsp paprika
- 2x10 oz. can(s) cream of mushroom soup
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Ham & White Bean Soup

- 8 whole carrots
- 4 celery stalk(s)
- 2 small white onion(s)
- 6 cup(s) chopped ham
- 2x1 15 oz. can(s) diced tomatoes
- 2x2 15 oz. can(s) white beans
- 8 cup(s) chicken stock
- 4 tsp garlic powder
- 2 tsp dried thyme
- Salt and pepper
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken Mole

- 16 boneless chicken thighs
- 2 small white onion(s)
- 2x28 oz. can(s) crushed tomatoes
- 4 oz. bittersweet chocolate
- 2 Tbsp ground cumin
- 2 tsp cinnamon
- 2 tsp chipotle chili powder
- 2 tsp garlic powder
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Santa Fe Beef

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 packet(s) taco seasoning
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Seasoned Pork Roast

- 4 lb(s) boneless pork roast
- 2 small white onion(s)
- 2 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp red pepper flakes
- 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 small boneless chicken breasts
- 4 lb(s) beef chuck roast
- 6 cup(s) chopped ham
- 4 lb(s) boneless pork roast
- 16 boneless chicken thighs

Pantry Staples - Canned, Boxed

- 2 cup(s) chicken broth
- 2x10 oz. can(s) cream of mushroom soup
- 2x4 oz. can(s) green chiles
- 2 cup(s) red salsa
- 2x1 15 oz. can(s) diced tomatoes
- 2x2 15 oz. can(s) white beans
- 8 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 8 whole carrots
- 4 celery stalk(s)
- 6 small white onion(s)

Spices

- 2 Tbsp minced onion
- 10 tsp garlic powder
- 2 tsp paprika
- Salt and pepper
- 2 packet(s) taco seasoning
- 2 tsp dried thyme
- 2 tsp dried oregano
- 2 tsp red pepper flakes
- 4 oz. bittersweet chocolate
- 2 Tbsp ground cumin
- 2 tsp cinnamon
- 2 tsp chipotle chili powder

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

- Open 2 cans of green chiles.
- Peel and chop 8 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- Open 2 cans of diced tomatoes. Open, drain and rinse 4 cans of white beans.
- Slice 2 small white onions.
- Chop 2 small white onions.
- Shave 4 oz. bittersweet chocolate.

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 Chicken Stroganoff

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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

Slow Cooker Ham & White Bean Soup

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

- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 3 cups diced ham
- 15 oz. can diced tomatoes
- 2 - 15 oz. cans white beans
- 4 cups chicken stock
- 2 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper, to taste

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

Slow Cooker Chicken Mole

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

- 8 boneless chicken thighs
- Half of the chopped onion
- 1 - 28 oz. can crushed tomatoes
- Half of the shaved chocolate

Slow Cooker Santa Fe Beef

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 packet taco seasoning
- 4 oz. can green chilies
- 1 cup red salsa

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

Slow Cooker Seasoned Pork Roast

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

- 2 lb. boneless pork roast
- Half of the sliced onion
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Salt and pepper, to taste

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

- 1 Tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp chipotle chili powder
- 1 tsp garlic powder

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