

# SLOW COOKER MEAL PLAN

JANUARY 2017

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# 1. Slow Cooker Vegetable & Bean Soup

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 8 hours*

*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.*

\*\* This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

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## Ingredients for Single Meal

- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) Cannellini beans
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 3 cup(s) bag(s) frozen mixed vegetables
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 3 cup(s) vegetable stock
- Salt and pepper
- Side: dinner rolls\*\*
- 1 gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Open and drain the black beans and Cannellini beans.
2. Add all the ingredients to the slow cooker, except the dinner rolls. Set slow cooker on low and cook for 8 hours, or high for 4 hours.
3. Serve Slow Cooker Vegetable & Bean Soup with dinner rolls.

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## Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans, and 2 cans of Cannellini beans.

Open 2 cans of diced tomatoes.

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

- 15 oz. can black beans, drained and rinsed
- 15 oz. can cannellini beans, drained and rinsed
- 15 oz. can diced tomatoes, undrained
- 3 cups frozen mixed vegetables
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 3 cups vegetable broth
- 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 or high for 4 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. Black Bean & Sweet Potato Chili

*Yield: 4 servings*

*Active Time: 15 minutes . Cook Time: 30 minutes*

*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.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

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### Ingredients for Single Meal

- 1 lb(s) ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 2 small sweet potatoes
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 15 oz. can(s) black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cup(s) beef broth
- Salt and pepper
- Side: salad\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Open the diced tomatoes. Open, drain and rinse the black beans.
2. Peel and chop the sweet potatoes.
3. In a large saucepan, brown the ground beef with the minced onion and garlic powder. Drain and return to saucepan. Stir in the chopped sweet potatoes, diced tomatoes, black beans, chili powder, ground cumin, and lime juice and saute for 5 minutes. Stir in the beef broth and let simmer for 10 minutes to allow the flavors to mingle. Season with salt and pepper to taste.
4. Prepare the salad.
5. Serve Black Bean & Sweet Potato Chili with salad.

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### Assembly Prep Directions for 2 Meals

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

Peel and chop 4 small sweet potatoes.

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

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

- Half of the browned ground beef
- Half of the chopped sweet potatoes
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cups beef broth
- 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.

**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 Spinach Artichoke 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.*

\*\* This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

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### Ingredients for Single Meal

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- 1 cup(s) Parmesan cheese
- 2 cup(s) shredded mozzarella cheese
- 1 x 10 oz. box(es) frozen spinach
- 8 oz. cream cheese
- 15 oz. can(s) artichoke hearts
- Side: salad\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Warm and drain the spinach. Cut the cream cheese into small cubes.
2. Open and drain the quartered artichoke hearts.
3. Place the chicken breasts into the base of the slow cooker and season with garlic powder, salt and pepper.
4. In a small mixing bowl, combine the Parmesan cheese, mozzarella cheese, drained spinach, cream cheese cubes, and quartered artichokes. Spread the cheesy mixture over the chicken in the slow cooker.
5. Set the slow cooker on low and cook for 8 hours.
6. Prepare the salad.
7. Serve Slow Cooker Spinach Artichoke Chicken with side salad.

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### Assembly Prep Directions for 2 Meals

Warm and drain 20 oz. of spinach.

Cut up 2 - 8 oz. blocks cream cheese into small cubes.

Open and drain 2 cans of quartered artichoke hearts.

In a small mixing bowl, combine 2 cups Parmesan cheese, 4 cups mozzarella cheese, the drained spinach, the cream cheese cubes, and the quartered artichoke hearts.

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

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- Half of the cheesy mixture 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.*

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

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

## 4. Slow Cooker Chicken Sausage & Lentil Stew

*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.*

\*\* This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

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### Ingredients for Single Meal

- 5 chicken sausage links
- 4 cup(s) chicken stock
- 1 x 28 oz. can(s) crushed tomatoes
- 1 small white onion(s)
- 4 whole carrots
- 1 cup(s) dried lentils\*\*
- 1 tsp garlic powder
- 1 tsp dried thyme
- Salt and pepper
- Side: veggies\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the chicken sausage links into 1/2-inch circles.
2. Chop the white onion. Peel and chop the carrots.
3. Place the chicken sausage slices, chicken stock, crushed tomatoes, chopped onion, chopped carrots, dried lentils, garlic powder and dried thyme into the base of the slow cooker.
4. Set the slow cooker on low and cook for 8 hours. Season with salt and pepper to taste.
5. Prepare the veggies.
6. Serve Slow Cooker Chicken Sausage & Lentil Stew with veggies.

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### Assembly Prep Directions for 2 Meals

Slice 10 chicken sausage links into 1/2-inch circles.

Chop 2 small white onions. Peel and chop 8 whole carrots.

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

- Half of the chicken sausage slices
- Half of the chopped onion
- Half of the chopped carrots
- 1 tsp garlic powder
- 1 tsp dried thyme
- Do NOT add the lentils to the freezer baggie.

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, stirring in the dry lentils, and cooking on low for 8 hours.

**Special Notes:** Store the dry lentils in cool, dry place in your pantry until it's time to make the meal.

**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 Herbed 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.*

\*\* This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

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### Ingredients for Single Meal

- 2 lb(s) pork tenderloin
- Salt and pepper
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried rosemary
- Side: veggies\*\*
- Side: dinner rolls\*\*
- 1 gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper.
2. In a small bowl, toss together the minced onion, minced garlic, dried oregano, dried basil and dried rosemary. Add the herb mixture directly onto the pork roast, pressing lightly. 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 dinner rolls.
6. Serve Slow Cooker Herb Pork Tenderloin with veggies and dinner rolls.

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### Assembly Prep Directions for 2 Meals

In a small bowl, toss together 2 Tbsp minced onion, 2 tsp minced garlic, 2 tsp dried oregano, 2 tsp dried basil, and 2 tsp dried rosemary.

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the herb mixture

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. Add 1/2 to 1 cup hot water to slow cooker, if your slow cooker runs hot.*

**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, like rice or mashed potatoes.*

# Complete Shopping List by Recipe

## 1. Slow Cooker Vegetable & Bean Soup

- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) Cannellini beans
- 2x15 oz. can(s) diced tomatoes
- 2x3 cup(s) bag(s) frozen mixed vegetables
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 6 cup(s) vegetable stock
- Salt and pepper
- dinner rolls
- 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Spinach Artichoke Chicken

- 8 small boneless chicken breasts
- 2 tsp garlic powder
- Salt and pepper
- 1 cup(s) Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- 2x10 oz. box(es) frozen spinach
- 16 oz. cream cheese
- 30 oz. can(s) artichoke hearts
- salad
- 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Herbed Pork Tenderloin

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried basil
- 2 tsp dried rosemary
- veggies
- dinner rolls
- 2 gallon-size freezer baggie(s)

## 2. Black Bean & Sweet Potato Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 small sweet potatoes
- 2x15 oz. can(s) diced tomatoes
- 2x15 oz. can(s) black beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 4 Tbsp lime juice
- 4 cup(s) beef broth
- Salt and pepper
- salad
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken Sausage & Lentil Stew

- 10 chicken sausage links
- 8 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes
- 2 small white onion(s)
- 8 whole carrots
- 2 cup(s) dried lentils
- 2 tsp garlic powder
- 2 tsp dried thyme
- Salt and pepper
- veggies
- 2 gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 2 lb(s) ground beef
- 8 small boneless chicken breasts
- 10 chicken sausage links
- 4 lb(s) pork tenderloin

## Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) black beans
- 2x15 oz. can(s) Cannellini beans
- 4x15 oz. can(s) diced tomatoes
- 6 cup(s) vegetable stock
- 4 cup(s) beef broth
- 30 oz. can(s) artichoke hearts
- 8 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes

## Spices

- 2 Tbsp Italian seasoning
- 8 tsp garlic powder
- Salt and pepper
- 4 Tbsp minced onion
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried thyme
- 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried basil
- 2 tsp dried rosemary

## Supplies

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

## Produce

- 4 small sweet potatoes
- 4 Tbsp lime juice
- Side:** salad
- 2 small white onion(s)
- 8 whole carrots
- 2 cup(s) dried lentils
- Side:** veggies

## Starchy Sides

- Side:** dinner rolls

## Dairy/Frozen

- 2x3 cup(s) bag(s) frozen mixed vegetables
- Side:** 1 cup(s) Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- 2x10 oz. box(es) frozen spinach
- 16 oz. cream 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 Vegetable & Bean Soup

- 2x15 oz. can(s) black beans
- 2x15 oz. can(s) Cannellini beans
- 2x15 oz. can(s) diced tomatoes
- 2x3 cup(s) bag(s) frozen mixed vegetables
- 2 Tbsp Italian seasoning
- 2 tsp garlic powder
- 6 cup(s) vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Spinach Artichoke Chicken

- 8 small boneless chicken breasts
- 2 tsp garlic powder
- Salt and pepper
- 4 cup(s) shredded mozzarella cheese
- 2x10 oz. box(es) frozen spinach
- 16 oz. cream cheese
- 30 oz. can(s) artichoke hearts
- 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Herbed Pork Tenderloin

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried basil
- 2 tsp dried rosemary
- 2 gallon-size freezer baggie(s)

## 2. Black Bean & Sweet Potato Chili

- 2 lb(s) ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 4 small sweet potatoes
- 2x15 oz. can(s) diced tomatoes
- 2x15 oz. can(s) black beans
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 4 Tbsp lime juice
- 4 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken Sausage & Lentil Stew

- 10 chicken sausage links
- 8 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes
- 2 small white onion(s)
- 8 whole carrots
- 2 tsp garlic powder
- 2 tsp dried thyme
- 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

- 2 lb(s) ground beef
- 8 small boneless chicken breasts
- 10 chicken sausage links
- 4 lb(s) pork tenderloin

## Pantry Staples - Canned, Boxed

- 4x15 oz. can(s) black beans
- 2x15 oz. can(s) Cannellini beans
- 4x15 oz. can(s) diced tomatoes
- 6 cup(s) vegetable stock
- 4 cup(s) beef broth
- 30 oz. can(s) artichoke hearts
- 8 cup(s) chicken stock
- 2x28 oz. can(s) crushed tomatoes

## Dairy/Frozen

- 2x3 cup(s) bag(s) frozen mixed vegetables
- 2x cup(s) Parmesan cheese
- 4 cup(s) shredded mozzarella cheese
- 2x10 oz. box(es) frozen spinach
- 16 oz. cream cheese

## Produce

- 4 small sweet potatoes
- 4 Tbsp lime juice
- 2 small white onion(s)
- 8 whole carrots

## Spices

- 2 Tbsp Italian seasoning
- 8 tsp garlic powder
- Salt and pepper
- 4 Tbsp minced onion
- 2 Tbsp chili powder
- 2 tsp ground cumin
- 2 tsp dried thyme
- 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tsp dried basil
- 2 tsp dried rosemary

## Supplies

- 10x gallon-size freezer baggie(s)

## 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, drain and rinse 2 cans of black beans, and 2 cans of Cannellini beans.
- Open 2 cans of diced tomatoes.
- Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Let cool.
- Peel and chop 4 small sweet potatoes.
- Open 2 cans of diced tomatoes. Open, drain and rinse 2 cans of black beans.
- Warm and drain 20 oz. of spinach.
- Cut up 2 - 8 oz. blocks cream cheese into small cubes.
- Open and drain 2 cans of quartered artichoke hearts.
- In a small mixing bowl, combine 2 cups Parmesan cheese, 4 cups mozzarella cheese, the drained spinach, the cream cheese cubes, and the quartered artichoke hearts.
- Slice 10 chicken sausage links into 1/2-inch circles.
- Chop 2 small white onions. Peel and chop 8 whole carrots.
- In a small bowl, toss together 2 Tbsp minced onion, 2 tsp minced garlic, 2 tsp dried oregano, 2 tsp dried basil, and 2 tsp dried rosemary.

*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 Vegetable & Bean Soup

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

- 15 oz. can black beans, drained and rinsed
- 15 oz. can cannellini beans, drained and rinsed
- 15 oz. can diced tomatoes, undrained
- 3 cups frozen mixed vegetables
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- 3 cups vegetable broth
- Salt and pepper

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

### Slow Cooker Spinach Artichoke Chicken

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

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- Half of the cheesy mixture into each bag

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

### Slow Cooker Herbed Pork Tenderloin

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

- 2 lb. pork tenderloin
- Salt and pepper
- Half of the herb mixture

### Black Bean & Sweet Potato Chili

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

- Half of the browned ground beef
- Half of the chopped sweet potatoes
- 1 - 15 oz. can diced tomatoes
- 1 - 15 oz. can black beans
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 Tbsp lime juice
- 2 cups beef broth
- Salt and pepper

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

### Slow Cooker Chicken Sausage & Lentil

#### Stew

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

- Half of the chicken sausage slices
- Half of the chopped onion
- Half of the chopped carrots
- 1 tsp garlic powder
- 1 tsp dried thyme
- Do NOT add the lentils to the freezer baggie.

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

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