

SLOW COOKER MEAL PLAN

FEBRUARY 2017

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1. Slow Cooker Thai Beef Curry

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.

Ingredients for Single Meal

- 2 lb(s) beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 2 tsp minced garlic
- 1 cup(s) beef broth
- 3 Tbsp red curry paste
- 1 x 15 oz. can(s) light coconut milk**
- 1/2 lb(s) bag matchstick carrots
- 1 cup(s) frozen peas
- Side: rice**
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef for stirfry into the base of the slow cooker, then sprinkle the lime juice and salt and pepper on top.
2. In a small mixing bowl, combine the minced garlic, beef broth, red curry paste and coconut milk. Pour over the beef in the slow cooker, then stir in the carrots and peas.
3. Set the slow cooker on low and cook for 8 hours.
4. Cook the rice, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Thai Beef Curry over rice with side salad.

Assembly Prep Directions for 2 Meals

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 2 tsp minced garlic
- 2 tsp minced garlic
- 1 cup beef broth
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Note: Do NOT add the canned coconut milk before freezing.

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 the canned coconut milk, and cooking on low for 8 hours.*

Special Notes: *If your grocery store doesn't carry "beef for stirfry" (or beef that is pre-cut into strips), purchase a skirt steak and slice into strips across the grain.*

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 Red Wine 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.

****** 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.

Ingredients for Single Meal

- 3 lb(s) beef chuck roast
- Salt and pepper
- 1/4 cup(s) red wine
- 2 tsp minced garlic
- 2 tsp chopped chives
- 3 lb(s) baby potatoes
- 1 cup(s) beef broth
- Side: salad**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef chuck roast into the base of the slow cooker and season with salt and pepper. Pour the red wine, minced garlic and chopped chives over the beef roast. Nestle the baby potatoes around the beef roast and then pour in 1 cup beef broth.
2. Set the slow cooker on low and cook for 8 hours.
3. Prepare the salad.
4. Serve Slow Cooker Red Wine Beef Roast and potatoes with side salad.

Assembly Prep Directions for 2 Meals

Chop the chives, as needed.

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

- 3 lbs. beef roast
- Salt and pepper
- 1/4 cup red wine
- 2 tsp minced garlic
- 2 tsp chopped chives
- 3 lbs. baby potatoes
- 1 cup beef broth

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 Adobo Pulled Pork Sandwiches

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.

Ingredients for Single Meal

- 2 lb(s) pork roast
- Salt and pepper
- 1 x 8 oz. can(s) tomato sauce
- 2 Tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 Tbsp Adobo seasoning
- 8 hamburger buns**
- Side: veggies**
- Side: potato chips**
- 1 gallon-size freezer baggie(s)

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, combine the tomato sauce, brown sugar, garlic powder, chili powder and Adobo seasoning. Pour over the beef roast. Add 1 cup water to the base of your slow cooker.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork roast with 2 forks and mix into the sauce.
4. Spoon the shredded pork onto buns.
5. Prepare the veggies.
6. Serve Adobo Pulled Pork Sandwiches with veggies and chips.

Assembly Prep Directions for 2 Meals

Open 2 cans of tomato sauce.

In a small bowl, combine the 2 cans of tomato sauce, 4 Tbsp brown sugar, 2 tsp garlic powder, 2 tsp chili powder and 2 Tbsp Adobo seasoning.

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

- 2 lb. pork roast
- Salt and pepper
- Half of the prepared Adobo 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 contents with 1 cup water 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 over rice or other gluten-free grain.*

4. Slow Cooker Pineapple 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.

Ingredients for Single Meal

- 4 small boneless chicken breasts
- 3/4 cup(s) chicken stock
- 1/4 cup(s) brown sugar
- 3 Tbsp soy sauce
- 1 tsp minced garlic
- 1 x 20 oz. can(s) pineapple chunks
- Salt and pepper
- 1 Tbsp cornstarch**
- Garnish: sesame seeds**
- Side: rice**
- Side: veggies**
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Drain the pineapple juice into a small bowl. Set the drained can of pineapple to the side. Add the chicken stock, brown sugar, soy sauce and minced garlic to the bowl with the pineapple juice.
2. Place the chicken breasts in the base of the slow cooker and pour the pineapple chunks around the chicken. Season with salt and pepper. Pour the pineapple-soy sauce mixture over the top.
3. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, swirl the cornstarch with a few Tbsp of water and stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Cook the rice as directed.
5. Prepare veggies.
6. Serve Slow Cooker Pineapple Chicken with sesame seed garnish over rice with veggies.

Assembly Prep Directions for 2 Meals

Drain and reserve the pineapple juice from 2 cans of pineapple chunks in small bowl. To the pineapple juice, add 1 1/2 cups chicken stock, 1/2 cup brown sugar, 6 Tbsp soy sauce and 2 tsp minced garlic.

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

- 4 boneless chicken breasts
- Half of the drained pineapple chunks
- Half of the prepared sauce
- Do NOT add the cornstarch before freezing

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. Thicken with cornstarch at the end of the cooking cycle as directed.

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.

Complete Shopping List by Recipe

1. Slow Cooker Thai Beef Curry

- 4 lb(s) beef for stirfry
- 4 Tbsp lime juice
- Salt and pepper
- 4 tsp minced garlic
- 2 cup(s) beef broth
- 6 Tbsp red curry paste
- 2x15 oz. can(s) light coconut milk
- 1 lb(s) bag matchstick carrots
- 2 cup(s) frozen peas
- rice
- salad
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Adobo Pulled Pork Sandwiches

- 4 lb(s) pork roast
- Salt and pepper
- 2x8 oz. can(s) tomato sauce
- 4 Tbsp brown sugar
- 2 tsp garlic powder
- 2 tsp chili powder
- 2 Tbsp Adobo seasoning
- 16 hamburger buns
- veggies
- potato chips
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Red Wine Beef Roast

- 6 lb(s) beef chuck roast
- Salt and pepper
- 1/2 cup(s) red wine
- 4 tsp minced garlic
- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- 2 cup(s) beef broth
- salad
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Pineapple Chicken

- 8 small boneless chicken breasts
- 1 1/2 cup(s) chicken stock
- 1/2 cup(s) brown sugar
- 6 Tbsp soy sauce
- 2 tsp minced garlic
- 2x20 oz. can(s) pineapple chunks
- Salt and pepper
- 2 Tbsp cornstarch
- sesame seeds
- rice
- veggies
- 2 gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) beef for stirfry
- 6 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 4 cup(s) beef broth
- 2x15 oz. can(s) light coconut milk
- Side:** rice
- 2x8 oz. can(s) tomato sauce
- 1 cup(s) chicken stock
- 2x20 oz. can(s) pineapple chunks

Sauces/Condiments

- 6 Tbsp red curry paste
- 6 Tbsp soy sauce

Dairy/Frozen

- 2 cup(s) frozen peas

Produce

- 4 Tbsp lime juice
- 1 lb(s) bag matchstick carrots
- Side:** salad
- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- Side:** veggies

Starchy Sides

- 16 hamburger buns
- Side:** potato chips

Spices

- Salt and pepper
- 10 tsp minced garlic
- 4 Tbsp brown sugar
- 2 tsp garlic powder
- 2 tsp chili powder
- 2 Tbsp Adobo seasoning
- 1 cup(s) brown sugar
- 2 Tbsp cornstarch
- Garnish:** sesame seeds

Supplies

- Side:** 8 gallon-size freezer baggie(s)
- 1 cup(s) red wine

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 Thai Beef Curry

- 4 lb(s) beef for stirfry
- 4 Tbsp lime juice
- Salt and pepper
- 4 tsp minced garlic
- 2 cup(s) beef broth
- 6 Tbsp red curry paste
- 1 lb(s) bag matchstick carrots
- 2 cup(s) frozen peas
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Adobo Pulled Pork Sandwiches

- 4 lb(s) pork roast
- Salt and pepper
- 2x8 oz. can(s) tomato sauce
- 4 Tbsp brown sugar
- 2 tsp garlic powder
- 2 tsp chili powder
- 2 Tbsp Adobo seasoning
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Red Wine Beef Roast

- 6 lb(s) beef chuck roast
- Salt and pepper
- 1/2 cup(s) red wine
- 4 tsp minced garlic
- 4 tsp chopped chives
- 6 lb(s) baby potatoes
- 2 cup(s) beef broth
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Pineapple Chicken

- 8 small boneless chicken breasts
- 1 1/2 cup(s) chicken stock
- 1/2 cup(s) brown sugar
- 6 Tbsp soy sauce
- 2 tsp minced garlic
- 2x20 oz. can(s) pineapple chunks
- 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) beef for stirfry
- 6 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 4 cup(s) beef broth
- 2x8 oz. can(s) tomato sauce
- 1 cup(s) chicken stock
- 2x20 oz. can(s) pineapple chunks

Spices

- Salt and pepper
- 10 tsp minced garlic
- 4 Tbsp brown sugar
- 2 tsp garlic powder
- 2 tsp chili powder
- 2 Tbsp Adobo seasoning
- 1 cup(s) brown sugar

Supplies

- 8x gallon-size freezer baggie(s)
- 1 cup(s) red wine

Produce

- 4 Tbsp lime juice
- 1 lb(s) bag matchstick carrots
- 4 tsp chopped chives
- 6 lb(s) baby potatoes

Sauces/Condiments

- 6 Tbsp red curry paste
- 6 Tbsp soy sauce

Dairy/Frozen

- 2 cup(s) frozen peas

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

- Chop the chives, as needed.
- Open 2 cans of tomato sauce.
- In a small bowl, combine the 2 cans of tomato sauce, 4 Tbsp brown sugar, 2 tsp garlic powder, 2 tsp chili powder and 2 Tbsp Adobo seasoning.
- Drain and reserve the pineapple juice from 2 cans of pineapple chunks in small bowl. To the pineapple juice, add 1 1/2 cups chicken stock, 1/2 cup brown sugar, 6 Tbsp soy sauce and 2 tsp minced garlic.

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 Thai Beef Curry

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

- 2 lbs. beef for stirfry
- 2 Tbsp lime juice
- Salt and pepper
- 2 tsp minced garlic
- 2 tsp minced garlic
- 1 cup beef broth
- 3 Tbsp red curry paste
- 1/2 lb. bag matchstick carrots
- 1 cup frozen peas
- Note: Do NOT add the canned coconut milk before freezing.

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

Slow Cooker Adobo Pulled Pork Sandwiches

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

- 2 lb. pork roast
- Salt and pepper
- Half of the prepared Adobo sauce

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

Slow Cooker Red Wine Beef Roast

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

- 3 lbs. beef roast
- Salt and pepper
- 1/4 cup red wine
- 2 tsp minced garlic
- 2 tsp chopped chives
- 3 lbs. baby potatoes
- 1 cup beef broth

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

Slow Cooker Pineapple Chicken

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

- 4 boneless chicken breasts
- Half of the drained pineapple chunks
- Half of the prepared sauce
- Do NOT add the cornstarch before freezing

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