

SLOW COOKER MEAL PLAN

APRIL 2017

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1. Slow Cooker Italian Beef 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) beef chuck roast
- - Salt and pepper
- 15 - oz. can(s) tomato sauce
- 1 - green bell pepper(s)
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 1 - cup(s) pepperoncini peppers
- 1 packet - packet(s) ranch dressing mix
- 8 - bolillo or hoagie rolls**
- 8 - slices sliced Provolone cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the green and red bell peppers. Slice the onion.
2. Place the beef roast in the base of the slow cooker and season with salt and pepper. Add the tomato sauce, sliced green and red bell peppers, sliced onions, pepperoncini peppers and Ranch dressing mix.
3. Set the slow cooker on low and cook for 8 hours.
4. Once cooked, shred the meat and veggies with 2 forks and combine with the sauce. Spoon the shredded beef onto the bolillo or hoagie rolls. Add slice of cheese on top and microwave to melt, if needed.
5. Prepare the salad.
6. Serve Slow Cooker Italian Beef Sandwiches with side salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 green and 2 red bell peppers. Slice 2 small white onions.

Open 2 cans of tomato sauce.

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

- 2 lbs. chuck or pot roast
- Salt and pepper
- Half of the canned tomato sauce
- Half of the sliced green bell pepper
- Half of the sliced red bell pepper
- Half of the sliced onions
- 1 cup pepperoncini peppers
- 1 packet Ranch dressing mix

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: Omit the cheese for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free when served over rice in place of hoagie buns.

2. Slow Cooker Salsa 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

- 2 - large boneless chicken breasts
- 8 - boneless chicken thighs
- 16 - oz. red salsa
- 4 - oz. can(s) diced green chilies
- - Salt and pepper
- Garnish: - avocado slices**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts and chicken thighs in the base of the slow cooker and pour the red salsa and green chilies around the chicken. Season with salt and pepper.
2. Set on low and cook for 8 hours. Once cooked, shred the chicken with 2 forks.
3. Cook the rice as directed.
4. Prepare veggies and slice avocado garnish.
5. Serve Slow Cooker Salsa Chicken with avocado slices, over rice with veggies.

Assembly Prep Directions for 2 Meals

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

- 2 large boneless chicken breasts
- 8 boneless chicken thighs
- 16 oz. red salsa
- 1 - 4 oz. can green chilies
- 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 use gluten-free soy sauce.*

3. Slow Cooker Asian Shredded 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.

****** 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 chuck roast
- - Salt and pepper
- 1/3 - cup(s) hoisin sauce
- 1/3 - cup(s) soy sauce
- 2 - Tbsp rice vinegar
- 2 - Tbsp honey
- 1 - Tbsp sesame oil
- 1 - tsp ground ginger
- 1 - tsp crushed red pepper
- Garnish: - sliced green onions**
- Side: - rice**
- Side: - veggies**
- 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.
2. In a mixing bowl, whisk together the hoisin sauce, soy sauce, rice vinegar, honey, sesame oil, ginger and crushed red pepper.
3. Pour the sauce over the beef in the slow cooker.
4. 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.
5. Cook the rice, as directed.
6. Prepare the veggies.
7. Serve Slow Cooker Asian Shredded Beef over rice with veggies and green onion garnish.

Assembly Prep Directions for 2 Meals

In a mixing bowl, whisk together 2/3 cup hoisin sauce, 2/3 cup soy sauce, 4 Tbsp rice vinegar, 4 Tbsp honey, 2 Tbsp sesame oil, 2 tsp ground ginger and 2 tsp crushed red pepper.

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

- 2 lb. beef chuck roast
- Salt and pepper
- 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. Shred the beef before serving.

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

Gluten-Free Modifications: Recipe is gluten-free when you make it with gluten-free soy sauce and hoisin sauce.

4. Slow Cooker BBQ Wings

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 4 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) chicken wings
- 2 - Tbsp brown sugar
- 1 - Tbsp paprika
- 1 - tsp garlic powder
- 1/2 - tsp onion powder
- 1 - tsp salt
- 1 - cup(s) BBQ sauce
- Side: - frozen French fries**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a mixing bowl, combine the brown sugar, paprika, garlic powder, onion powder and salt. Toss the chicken wings in the dry mix and add to the slow cooker. Pour the BBQ sauce over the top.
2. Set the slow cooker on low and cook for 4 hours. If desired, brush the wings with more BBQ sauce and run under the broiler for 3 minutes.
3. Cook the French fries, as directed.
4. Prepare the salad.
5. Serve Slow Cooker BBQ Wings with fries and salad.

Assembly Prep Directions for 2 Meals

In a mixing bowl, combine 4 Tbsp brown sugar, 2 Tbsp paprika, 2 tsp garlic powder, 1 tsp onion powder and 2 tsp salt.

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

- 3 lbs. chicken wings
- Half of the prepared dry spice mix
- 1 cup BBQ sauce

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

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 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.

5. Slow Cooker Pork Carnitas Nachos

Yield: 4 servings

Active Time: 5 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 - packet(s) taco seasoning
- 1/4 - cup(s) lime juice
- 1 - bag(s) corn tortilla chips**
- 2 - cup(s) shredded mozzarella cheese**
- Garnish: - chopped cilantro**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker. Season with salt and pepper. Sprinkle the taco seasoning and lime juice over the top. If your slow cooker "runs hot" and dries out meals, add 1/4 to 1/2 cup of water.
2. Set the slow cooker on low and cook for 8 hours. Shred the pork roast when it's finished cooking.
3. Assemble nachos with corn tortillas chips, shredded pork and shredded cheese. Top with chopped cilantro garnish. If needed, place in the microwave or oven to melt the cheese.
4. Prepare veggies.
5. Serve Slow Cooker Pork Carnitas Nachos with side of veggies.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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 1/4 to 1/2 cup of water and cooking on low for 8 hours.

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

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

Complete Shopping List by Recipe

1. Slow Cooker Italian Beef Sandwiches

- ☐ 4 - lb(s) beef chuck roast
- ☐ - Salt and pepper
- ☐ 2x15 - oz. can(s) tomato sauce
- ☐ 2 - green bell pepper(s)
- ☐ 2 - red bell pepper(s)
- ☐ 2 - small white onion(s)
- ☐ 2 - cup(s) pepperoncini peppers
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 16 - bolillo or hoagie rolls
- ☐ 16 - slices sliced Provolone cheese
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Asian Shredded Beef

- ☐ 4 - lb(s) beef chuck roast
- ☐ - Salt and pepper
- ☐ 2/3 - cup(s) hoisin sauce
- ☐ 2/3 - cup(s) soy sauce
- ☐ 4 - Tbsp rice vinegar
- ☐ 4 - Tbsp honey
- ☐ 2 - Tbsp sesame oil
- ☐ 2 - tsp ground ginger
- ☐ 2 - tsp crushed red pepper
- ☐ - sliced green onions
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Slow Cooker Pork Carnitas Nachos

- ☐ 4 - lb(s) pork roast
- ☐ - Salt and pepper
- ☐ 2 - packet(s) taco seasoning
- ☐ 1/2 - cup(s) lime juice
- ☐ 1 - bag(s) corn tortilla chips
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ - chopped cilantro
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Salsa Chicken

- ☐ 4 - large boneless chicken breasts
- ☐ 16 - boneless chicken thighs
- ☐ 32 - oz. red salsa
- ☐ 2x4 - oz. can(s) diced green chilies
- ☐ - Salt and pepper
- ☐ - avocado slices
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

4. Slow Cooker BBQ Wings

- ☐ 6 - lb(s) chicken wings
- ☐ 4 - Tbsp brown sugar
- ☐ 2 - Tbsp paprika
- ☐ 2 - tsp garlic powder
- ☐ 1 - tsp onion powder
- ☐ 2 - tsp salt
- ☐ 2 - cup(s) BBQ sauce
- ☐ - frozen French fries
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

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

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 32 oz. red salsa
- ☐ 2x4 oz. can(s) diced green chilies
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 2 cup(s) hoisin sauce
- ☐ 2 cup(s) soy sauce
- ☐ 4 Tbsp rice vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp sesame oil
- ☐ 2 cup(s) BBQ sauce

Dairy/Frozen

- ☐ 16 slices sliced Provolone cheese
- ☐ **Side:** frozen French fries
- ☐ 4 cup(s) shredded mozzarella cheese

Produce

- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2 cup(s) pepperoncini peppers
- ☐ **Side:** salad
- ☐ **Garnish:** avocado slices
- ☐ **Side:** veggies
- ☐ **Garnish:** sliced green onions
- ☐ 1 cup(s) lime juice
- ☐ **Garnish:** chopped cilantro

Starchy Sides

- ☐ 16 bolillo or hoagie rolls
- ☐ **Side:** 1 bag(s) corn tortilla chips

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp ground ginger
- ☐ 2 tsp crushed red pepper
- ☐ 4 Tbsp brown sugar
- ☐ 2 Tbsp paprika
- ☐ 2 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 2 tsp salt
- ☐ 2 packet(s) taco seasoning

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 Italian Beef Sandwiches

- ☐ 4 lb(s) beef chuck roast
- ☐ Salt and pepper
- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2 cup(s) pepperoncini peppers
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Asian Shredded Beef

- ☐ 4 lb(s) beef chuck roast
- ☐ Salt and pepper
- ☐ 2/3 cup(s) hoisin sauce
- ☐ 2/3 cup(s) soy sauce
- ☐ 4 Tbsp rice vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp sesame oil
- ☐ 2 tsp ground ginger
- ☐ 2 tsp crushed red pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Slow Cooker Pork Carnitas Nachos

- ☐ 4 lb(s) pork roast
- ☐ Salt and pepper
- ☐ 2 packet(s) taco seasoning
- ☐ 1/2 cup(s) lime juice
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Salsa Chicken

- ☐ 4 large boneless chicken breasts
- ☐ 16 boneless chicken thighs
- ☐ 32 oz. red salsa
- ☐ 2x4 oz. can(s) diced green chilies
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker BBQ Wings

- ☐ 6 lb(s) chicken wings
- ☐ 4 Tbsp brown sugar
- ☐ 2 Tbsp paprika
- ☐ 2 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 2 tsp salt
- ☐ 2 cup(s) BBQ sauce
- ☐ 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 lb(s) beef chuck roast
- ☐ 4 large boneless chicken breasts
- ☐ 16 boneless chicken thighs
- ☐ 6 lb(s) chicken wings
- ☐ 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) tomato sauce
- ☐ 32 oz. red salsa
- ☐ 2x4 oz. can(s) diced green chilies

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp ground ginger
- ☐ 2 tsp crushed red pepper
- ☐ 4 Tbsp brown sugar
- ☐ 2 Tbsp paprika
- ☐ 2 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 2 tsp salt
- ☐ 2 packet(s) taco seasoning

Produce

- ☐ 2 green bell pepper(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small white onion(s)
- ☐ 2 cup(s) pepperoncini peppers
- ☐ 1 cup(s) lime juice

Sauces/Condiments

- ☐ 2 cup(s) hoisin sauce
- ☐ 2 cup(s) soy sauce
- ☐ 4 Tbsp rice vinegar
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp sesame oil
- ☐ 2 cup(s) BBQ sauce

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

- ☐ In a mixing bowl, combine 4 Tbsp brown sugar, 2 Tbsp paprika, 2 tsp garlic powder, 1 tsp onion powder and 2 tsp salt.
- ☐ In a mixing bowl, whisk together 2/3 cup hoisin sauce, 2/3 cup soy sauce, 4 Tbsp rice vinegar, 4 Tbsp honey, 2 Tbsp sesame oil, 2 tsp ground ginger and 2 tsp crushed red pepper.
- ☐ Open 2 cans of tomato sauce.
- ☐ Seed and slice 2 green and 2 red bell peppers. Slice 2 small white onions.

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 Italian Beef Sandwiches

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

- 2 lbs. chuck or pot roast
- Salt and pepper
- Half of the canned tomato sauce
- Half of the sliced green bell pepper
- Half of the sliced red bell pepper
- Half of the sliced onions
- 1 cup pepperoncini peppers
- 1 packet Ranch dressing mix

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

Slow Cooker Asian Shredded Beef

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the prepared sauce

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

Slow Cooker Pork Carnitas Nachos

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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

Slow Cooker Salsa Chicken

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

- 2 large boneless chicken breasts
- 8 boneless chicken thighs
- 16 oz. red salsa
- 1 - 4 oz. can green chilies
- Salt and pepper

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

Slow Cooker BBQ Wings

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

- 3 lbs. chicken wings
- Half of the prepared dry spice mix
- 1 cup BBQ sauce

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.