

SLOW COOKER MEAL PLAN

MAY 2017

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1. Slow Cooker Southwest Shredded Beef Wraps

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 - small white onion(s)
- 1 - 10 oz. can(s) diced tomatoes
- 1 - tsp chili powder
- 1 - tsp ground cumin
- 8 - large flour tortillas**
- Garnish: - shredded cheese**
- Garnish: - shredded lettuce**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion. Open the can of diced tomatoes with green chilies.
2. Place the beef roast into the base of the slow cooker and add the onion slices over the top. Pour in the diced tomatoes over the top and sprinkle in the chili powder and ground cumin.
3. 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. Strain and spoon the shredded beef into the tortillas, then add the shredded cheese and shredded lettuce.
4. Prepare veggies.
5. Serve Slow Cooker Southwest Shredded Beef Wraps with veggies.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

Open 2 cans of diced tomatoes with green chiles.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced white onions
- 1 - 10 oz. can diced tomatoes green chilies
- 1 tsp chili powder
- 1 tsp ground cumin

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 and assemble wraps as directed.

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

Gluten-Free Modifications: Recipe is gluten-free when served over rice.

2. Slow Cooker Creamy 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

- 4 - small boneless chicken breasts
- 1 - cup(s) red salsa
- 1 - 10 oz can(s) cream of chicken
- 1 - Tbsp taco seasoning
- 1/2 - cup(s) sour cream**
- - Salt and pepper
- Garnish: - cilantro**
- Garnish: - shredded cheese**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the red salsa and cream of chicken soup over and around the chicken. Season with taco seasoning. (Note: Do not add the sour cream before slow cooking.)
2. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, stir in the sour cream and let finish cooking. Season with salt and pepper to taste.
3. Cook the rice as directed.
4. Prepare the salad.
5. Serve Slow Cooker Creamy Salsa Chicken with cilantro and shredded cheese garnish over rice with salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of cream of chicken soup. Do not dilute it as directed on the can.

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 1 - 10 oz. can cream of chicken soup
- 1 Tbsp taco seasoning
- Do NOT add the sour cream 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. Stir in the sour cream at the end of the cooking cycle as directed.

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

Gluten-Free Modifications: Use a cream of chicken soup brand that doesn't contain gluten.

3. Slow Cooker Seasoned Pork Chops

Yield: 4 servings

Active Time: 5 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

- 4 - boneless pork chops
- 1 - tsp olive oil
- 1 - tsp garlic powder
- 1 - tsp pepper
- 1/2 - tsp salt
- Side: - mashed potatoes**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork chops into the base of the slow cooker and drizzle the olive oil on top. Sprinkle the garlic powder, pepper and salt on top.
2. Set the slow cooker on low and cook for 4 hours.
3. Prepare the mashed potatoes.
4. Prepare the salad.
5. Serve Slow Cooker Seasoned Pork Chops with mashed potatoes and salad.

Assembly Prep Directions for 2 Meals

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

- 4 boneless pork chops
- 1 tsp olive oil
- 1 tsp garlic powder
- 1 tsp pepper
- 1/2 tsp salt

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 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.*

4. Cranberry-BBQ Pork Chops

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 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.

Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 1 - 15 oz. can(s) cranberries
- 1 - cup(s) BBQ sauce
- Side: - dinner rolls**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat the oven to 375 F. Lightly spray a 9x13-inch baking dish with non-stick cooking spray.
2. Place coated pork chops into the prepared baking dish. Open the can of cranberries.
3. In a small bowl, combine the cranberries and BBQ sauce. Spoon onto the pork chops in the baking dish and spread until they pork chops are covered.
4. Bake in the preheated oven for 30 to 40 minutes, or until pork chops reach 145 F. Let rest for 5 minutes before serving or slicing. Cooking time may vary depending on thickness of the pork chops.
5. Prepare the salad
6. Warm the dinner rolls.
7. Serve Cranberry-BBQ Pork Chops with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Open 2 cans of whole cranberries.

In a small bowl, combine 2 cans of whole cranberries and 2 cups of BBQ sauce.

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared cranberry-BBQ sauce

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray 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 shallow dish of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

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 North Carolina Pulled Pork

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
- 2 - cup(s) BBQ sauce
- 1 - tsp vinegar
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1 - bag(s) Coleslaw mix**
- 4 - hamburger buns**
- Side: - fruit**
- Side: - 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. Pour the BBQ sauce and vinegar on and around the pork and season with the garlic powder and onion powder.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the BBQ sauce. Strain before adding the pork to the sandwiches.
3. Prepare the Coleslaw mix as directed.
4. Assemble sandwiches by adding the shredded pork and Coleslaw to the hamburger buns.
5. Prepare fruit.
6. Serve Slow Cooker North Carolina Pulled Pork Sandwiches with fruit and chips.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 2 cups BBQ sauce
- 1 tsp vinegar
- 1 tsp garlic powder
- 1 tsp onion 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. Assemble North Carolina Pulled Pork Sandwiches as directed.

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

Gluten-Free Modifications: Use gluten-free buns or sandwich bread for gluten-free meal.

Complete Shopping List by Recipe

1. Slow Cooker Southwest Shredded Beef Wraps

- ☐ 4 - lb(s) beef chuck roast
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 10 oz. can(s) diced tomatoes
- ☐ 2 - tsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ 16 - large flour tortillas
- ☐ - shredded cheese
- ☐ - shredded lettuce
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Seasoned Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 2 - tsp olive oil
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp pepper
- ☐ 1 - tsp salt
- ☐ - mashed potatoes
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

5. Slow Cooker North Carolina Pulled Pork

- ☐ 4 - lb(s) pork roast
- ☐ - Salt and pepper
- ☐ 4 - cup(s) BBQ sauce
- ☐ 2 - tsp vinegar
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp onion powder
- ☐ 2 - bag(s) Coleslaw mix
- ☐ 8 - hamburger buns
- ☐ - fruit
- ☐ - chips
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Creamy Salsa Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) red salsa
- ☐ 2x1 - 10 oz can(s) cream of chicken
- ☐ 2 - Tbsp taco seasoning
- ☐ 1 - cup(s) sour cream
- ☐ - Salt and pepper
- ☐ - cilantro
- ☐ - shredded cheese
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

4. Cranberry-BBQ Pork Chops

- ☐ 8 - boneless pork chops
- ☐ - Salt and pepper
- ☐ 2x1 - 15 oz. can(s) cranberries
- ☐ 2 - cup(s) BBQ sauce
- ☐ - dinner rolls
- ☐ - salad
- ☐ 2 - 9x13 disposable foil tray(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 4 lb(s) beef chuck roast
- ☐ 8 small boneless chicken breasts
- ☐ 16 boneless pork chops
- ☐ 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz. can(s) diced tomatoes
- ☐ 2 cup(s) red salsa
- ☐ 2x1 10 oz can(s) cream of chicken
- ☐ **Side:** rice
- ☐ 2x1 15 oz. can(s) cranberries

Sauces/Condiments

- ☐ 2 tsp olive oil
- ☐ 6 cup(s) BBQ sauce
- ☐ 2 tsp vinegar

Dairy/Frozen

- ☐ **Side:** shredded cheese
- ☐ 1 cup(s) sour cream

Produce

- ☐ 2 small white onion(s)
- ☐ **Garnish:** shredded lettuce
- ☐ **Side:** veggies
- ☐ **Garnish:** cilantro
- ☐ **Side:** salad
- ☐ **Side:** mashed potatoes
- ☐ **Side:** fruit

Starchy Sides

- ☐ 16 large flour tortillas
- ☐ **Side:** dinner rolls
- ☐ 8 hamburger buns
- ☐ **Side:** chips

Spices

- ☐ Salt and pepper
- ☐ 2 tsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 Tbsp taco seasoning
- ☐ 4 tsp garlic powder
- ☐ 2 tsp pepper
- ☐ 1 tsp salt
- ☐ 2 tsp onion powder
- ☐ 2 bag(s) Coleslaw mix

Supplies

- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ **Side:** 2 9x13 disposable foil tray(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 Southwest Shredded Beef Wraps

- ☐ 4 lb(s) beef chuck roast
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2x1 10 oz. can(s) diced tomatoes
- ☐ 2 tsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Seasoned Pork Chops

- ☐ 8 boneless pork chops
- ☐ 2 tsp olive oil
- ☐ 2 tsp garlic powder
- ☐ 2 tsp pepper
- ☐ 1 tsp salt
- ☐ 2 gallon-size freezer baggie(s)

5. Slow Cooker North Carolina Pulled Pork

- ☐ 4 lb(s) pork roast
- ☐ Salt and pepper
- ☐ 4 cup(s) BBQ sauce
- ☐ 2 tsp vinegar
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Creamy Salsa Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) red salsa
- ☐ 2x1 10 oz can(s) cream of chicken
- ☐ 2 Tbsp taco seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Cranberry-BBQ Pork Chops

- ☐ 8 boneless pork chops
- ☐ Salt and pepper
- ☐ 2x1 15 oz. can(s) cranberries
- ☐ 2 cup(s) BBQ sauce
- ☐ 2 9x13 disposable foil tray(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 chuck roast
- ☐ 8 small boneless chicken breasts
- ☐ 16 boneless pork chops
- ☐ 4 lb(s) pork roast

Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz. can(s) diced tomatoes
- ☐ 2 cup(s) red salsa
- ☐ 2x1 10 oz can(s) cream of chicken
- ☐ 2x1 15 oz. can(s) cranberries

Spices

- ☐ Salt and pepper
- ☐ 2 tsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 Tbsp taco seasoning
- ☐ 4 tsp garlic powder
- ☐ 2 tsp pepper
- ☐ 1 tsp salt
- ☐ 2 tsp onion powder

Produce

- ☐ 2 small white onion(s)

Sauces/Condiments

- ☐ 2 tsp olive oil
- ☐ 6 cup(s) BBQ sauce
- ☐ 2 tsp vinegar

Supplies

- ☐ 8x gallon-size freezer baggie(s)
- ☐ 2x 9x13 disposable foil tray(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 small bowl, combine 2 cans of whole cranberries and 2 cups of BBQ sauce.
- ☐ Open 2 cans of cream of chicken soup. Do not dilute it as directed on the can.
- ☐ Open 2 cans of diced tomatoes with green chiles.
- ☐ Open 2 cans of whole cranberries.
- ☐ 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 Southwest Shredded Beef Wraps

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced white onions
- 1 - 10 oz. can diced tomatoes green chilies
- 1 tsp chili powder
- 1 tsp ground cumin

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

Slow Cooker Seasoned Pork Chops

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

- 4 boneless pork chops
- 1 tsp olive oil
- 1 tsp garlic powder
- 1 tsp pepper
- 1/2 tsp salt

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

Slow Cooker North Carolina Pulled Pork

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

- 2 lb. pork roast
- Salt and pepper
- 2 cups BBQ sauce
- 1 tsp vinegar
- 1 tsp garlic powder
- 1 tsp onion powder

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

Slow Cooker Creamy Salsa Chicken

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 1 - 10 oz. can cream of chicken soup
- 1 Tbsp taco seasoning
- Do NOT add the sour cream before freezing.

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

Cranberry-BBQ Pork Chops

To each disposable tray, add the following ingredients:

- 4 boneless pork chops
- Salt and pepper
- Half of the prepared cranberry-BBQ sauce

Cover with foil or lid, add label and freeze.

baggie and freeze.