

SLOW COOKER MEAL PLAN

JUNE 2017

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1. Slow Cooker Marsala Pork Chops

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

- 4 - boneless pork chops
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 8 - oz. sliced white mushrooms
- 1/2 - cup(s) marsala cooking wine
- 1 - 10 oz can(s) cream of mushroom
- Side: - dinner rolls**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the pork chops into the base of the slow cooker and add the sliced onions, minced garlic and sliced mushrooms over the top. Pour the marsala wine around the edges of the slow cooker insert. Spoon and spread the cream of mushroom soup over the top.
3. Set the slow cooker on low and cook for 8 hours.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Slow Cooker Marsala Pork Chops with dinner rolls and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 4 boneless pork chops
- Half of the sliced onions
- 2 tsp minced garlic
- 8 oz. sliced mushrooms
- 1/2 cup marsala cooking wine
- 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.

Special Notes: Search on 5DollarDinners.com for homemade cream of mushroom soup if you need to make it dairy-free or gluten-free.

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. Pacific Foods makes a gluten-free cream of mushroom soup.

2. Slow Cooker Bacon Wrapped 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.

Ingredients for Single Meal

- 2 - lb(s) pork tenderloin
 - 2 - Tbsp brown sugar
 - 2 - tsp minced garlic
 - 1 - tsp salt
 - 4 - slices bacon
 - Side: - salad**
 - Side: - mashed potatoes**
 - 1 - gallon-size freezer baggie(s)
-

Cooking Directions for Single Meal

1. In a small bowl, mix the brown sugar, minced garlic and salt. Press this mixture onto the top of the pork tenderloin. Wrap the pork tenderloin in the bacon slices, either wrapped all the way around, or criss-crossed and laid on top of the pork tenderloin.
2. Carefully place into the slow cooker and set the slow cooker on low and cook for 4 hours. If cooking from partially frozen, cook for 8 hours on low.
3. If needed, turn on the broiler on high and place the pork tenderloin and bacon underneath for 1-2 minutes to 'crisp up' the bacon slices.
4. Prepare the mashed potatoes.
5. Prepare the salad.
6. Serve Slow Cooker Bacon Wrapped Pork Tenderloin with salad and mashed potatoes.

Assembly Prep Directions for 2 Meals

In a small bowl, mix 4 Tbsp brown sugar, 4 tsp minced garlic and 2 tsp salt.

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

- 2 lb. pork tenderloin
- Half of the prepared rub
- 4 slices bacon, wrapped around the tenderloin

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 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.*

3. Slow Cooker Margarita 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) limeade
- 1/2 - cup(s) orange juice
- 4 - tsp minced garlic
- 1/4 - tsp cayenne pepper
- - Salt and pepper
- Garnish: - chopped cilantro**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the limeade, orange juice, minced garlic, cayenne pepper and a few pinches of salt and pepper.
2. Place the chicken breasts in the base of the slow cooker and pour the marinade over the top.
3. Set on low and cook for 8 hours. Once cooked, remove from the sauce and slice or shred the chicken.
4. Cook the rice, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Margarita Chicken with chopped cilantro garnish over rice 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 cup limeade
- 1/2 cup orange juice
- 4 tsp minced garlic
- 1/4 tsp cayenne pepper
- 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.

Special Notes: Serve with cauliflower rice or other side for Paleo 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.

4. Slow Cooker Asian Chicken Lettuce 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

- 4 - small boneless chicken breasts
- 6 - Tbsp soy sauce
- 2 - Tbsp honey
- 1 - Tbsp rice vinegar
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 1/2 - tsp crushed red pepper
- 2 - Tbsp cornstarch**
- 16 - large lettuce leaves**
- Garnish: - sesame seeds**
- Garnish: - sliced green onions**
- Side: - rice**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the soy sauce, honey, rice vinegar, minced garlic, ground ginger and crushed red pepper.
2. Place the chicken breasts in the base of the slow cooker and pour the Asian sauce over the top.
3. Set on low and cook for 8 hours. With 30 minutes left in the cooking cycle, make a slurry with the cornstarch and equal amount of water, and then stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Shred the chicken with 2 forks and mix into the thickened sauce. Spoon the shredded chicken into large lettuce leaves. Add the sesame seed and sliced green onions, and then wrap up the lettuce leaves.
5. Cook the rice, as directed.
6. Serve Slow Cooker Asian Chicken Lettuce Wraps with rice.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 6 Tbsp soy sauce
- 2 Tbsp honey
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1/2 tsp crushed red pepper
- Do NOT add the cornstarch

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. Assemble lettuce wraps as directed.

Special Notes: Use coconut aminos and approved thickener for Paleo meal.

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.

5. Slow Cooker Brisket Sliders

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 - lb(s) beef brisket
- - Salt and pepper
- 1 - small red onion(s)
- 2 - tsp minced garlic
- 2 - Tbsp Worcestershire sauce
- 1 - Tbsp red wine vinegar
- 1 - cup(s) beef broth
- 16 - slider buns**
- Garnish: - BBQ sauce**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the red onion into half moons.
2. Place the beef brisket into the base of the slow cooker and season with salt and pepper. Sprinkle the onion pieces over the beef brisket. Add in the minced garlic, Worcestershire sauce, red wine vinegar and beef broth on and around the brisket.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, slice or shred the beef with 2 forks and mix into the sauce. Assemble sliders with beef and BBQ sauce.
4. Prepare salad.
5. Serve Slow Cooker Brisket Sliders with salad.

Assembly Prep Directions for 2 Meals

Slice 2 red onions into half moons.

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

- 4 lb. beef brisket
- Salt and pepper
- Half of the red onion slices
- 2 tsp minced garlic
- 2 Tbsp Worcestershire sauce
- 1 Tbsp red wine vinegar
- 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.

Complete Shopping List by Recipe

1. Slow Cooker Marsala Pork Chops

- ☐ 8 - boneless pork chops
- ☐ 2 - small white onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 16 - oz. sliced white mushrooms
- ☐ 1 - cup(s) marsala cooking wine
- ☐ 2x1 - 10 oz can(s) cream of mushroom
- ☐ - dinner rolls
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Margarita Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) limeade
- ☐ 1 - cup(s) orange juice
- ☐ 8 - tsp minced garlic
- ☐ 1/2 - tsp cayenne pepper
- ☐ - Salt and pepper
- ☐ - chopped cilantro
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Slow Cooker Brisket Sliders

- ☐ 8 - lb(s) beef brisket
- ☐ - Salt and pepper
- ☐ 2 - small red onion(s)
- ☐ 4 - tsp minced garlic
- ☐ 4 - Tbsp Worcestershire sauce
- ☐ 2 - Tbsp red wine vinegar
- ☐ 2 - cup(s) beef broth
- ☐ 32 - slider buns
- ☐ - BBQ sauce
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Bacon Wrapped Pork Tenderloin

- ☐ 4 - lb(s) pork tenderloin
- ☐ 4 - Tbsp brown sugar
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp salt
- ☐ 8 - slices bacon
- ☐ - salad
- ☐ - mashed potatoes
- ☐ 2 - gallon-size freezer baggie(s)

4. Slow Cooker Asian Chicken Lettuce Wraps

- ☐ 8 - small boneless chicken breasts
- ☐ 12 - Tbsp soy sauce
- ☐ 4 - Tbsp honey
- ☐ 2 - Tbsp rice vinegar
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp ground ginger
- ☐ 1 - tsp crushed red pepper
- ☐ 4 - Tbsp cornstarch
- ☐ 32 - large lettuce leaves
- ☐ - sesame seeds
- ☐ - sliced green onions
- ☐ - rice
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 8 boneless pork chops
- ☐ 4 lb(s) pork tenderloin
- ☐ 8 slices bacon
- ☐ 16 small boneless chicken breasts
- ☐ 8 lb(s) beef brisket

Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ **Side:** rice
- ☐ 2 cup(s) beef broth

Sauces/Condiments

- ☐ 12 Tbsp soy sauce
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp rice vinegar
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 2 Tbsp red wine vinegar
- ☐ **Garnish:** BBQ sauce

Dairy/Frozen

- ☐ 1 cup(s) orange juice

Produce

- ☐ 2 small white onion(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ **Side:** salad
- ☐ **Side:** mashed potatoes
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** veggies
- ☐ 32 large lettuce leaves
- ☐ **Garnish:** sliced green onions
- ☐ 2 small red onion(s)

Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ 32 slider buns

Spices

- ☐ 24 tsp minced garlic
- ☐ 4 Tbsp brown sugar
- ☐ 2 tsp salt
- ☐ 1 tsp cayenne pepper
- ☐ Salt and pepper
- ☐ 2 tsp ground ginger
- ☐ 1 tsp crushed red pepper
- ☐ 4 Tbsp cornstarch
- ☐ **Garnish:** sesame seeds

Supplies

- ☐ 1 cup(s) marsala cooking wine
- ☐ **Side:** 10 gallon-size freezer baggie(s)
- ☐ 2 cup(s) limeade

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 Marsala Pork Chops

- ☐ 8 boneless pork chops
- ☐ 2 small white onion(s)
- ☐ 4 tsp minced garlic
- ☐ 16 oz. sliced white mushrooms
- ☐ 1 cup(s) marsala cooking wine
- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Margarita Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) limeade
- ☐ 1 cup(s) orange juice
- ☐ 8 tsp minced garlic
- ☐ 1/2 tsp cayenne pepper
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Slow Cooker Brisket Sliders

- ☐ 8 lb(s) beef brisket
- ☐ Salt and pepper
- ☐ 2 small red onion(s)
- ☐ 4 tsp minced garlic
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 2 Tbsp red wine vinegar
- ☐ 2 cup(s) beef broth
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Bacon Wrapped Pork Tenderloin

- ☐ 4 lb(s) pork tenderloin
- ☐ 4 Tbsp brown sugar
- ☐ 4 tsp minced garlic
- ☐ 2 tsp salt
- ☐ 8 slices bacon
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker Asian Chicken Lettuce Wraps

- ☐ 8 small boneless chicken breasts
- ☐ 12 Tbsp soy sauce
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp rice vinegar
- ☐ 4 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 1 tsp crushed red 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 boneless pork chops
- ☐ 4 lb(s) pork tenderloin
- ☐ 8 slices bacon
- ☐ 16 small boneless chicken breasts
- ☐ 8 lb(s) beef brisket

Pantry Staples - Canned, Boxed

- ☐ 2x1 10 oz can(s) cream of mushroom
- ☐ 2 cup(s) beef broth

Spices

- ☐ 24 tsp minced garlic
- ☐ 4 Tbsp brown sugar
- ☐ 2 tsp salt
- ☐ 1 tsp cayenne pepper
- ☐ Salt and pepper
- ☐ 2 tsp ground ginger
- ☐ 1 tsp crushed red pepper

Supplies

- ☐ 1 cup(s) marsala cooking wine
- ☐ 10x gallon-size freezer baggie(s)
- ☐ 2 cup(s) limeade

Produce

- ☐ 2 small white onion(s)
- ☐ 16 oz. sliced white mushrooms
- ☐ 2 small red onion(s)

Sauces/Condiments

- ☐ 12 Tbsp soy sauce
- ☐ 4 Tbsp honey
- ☐ 2 Tbsp rice vinegar
- ☐ 4 Tbsp Worcestershire sauce
- ☐ 2 Tbsp red wine vinegar

Dairy/Frozen

- ☐ 1 cup(s) orange juice

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, mix 4 Tbsp brown sugar, 4 tsp minced garlic and 2 tsp salt.
- ☐ Slice 2 red onions into half moons.
- ☐ 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 Marsala Pork Chops

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

- 4 boneless pork chops
- Half of the sliced onions
- 2 tsp minced garlic
- 8 oz. sliced mushrooms
- 1/2 cup marsala cooking wine
- 1 - 10 oz. can cream of mushroom soup

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

Slow Cooker Margarita Chicken

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

- 4 small boneless chicken breasts
- 1 cup limeade
- 1/2 cup orange juice
- 4 tsp minced garlic
- 1/4 tsp cayenne pepper
- Salt and pepper

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

Slow Cooker Brisket Sliders

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

- 4 lb. beef brisket
- Salt and pepper
- Half of the red onion slices
- 2 tsp minced garlic
- 2 Tbsp Worcestershire sauce
- 1 Tbsp red wine vinegar
- 1 cup beef broth

Slow Cooker Bacon Wrapped Pork

Tenderloin

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

- 2 lb. pork tenderloin
- Half of the prepared rub
- 4 slices bacon, wrapped around the tenderloin

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

Slow Cooker Asian Chicken Lettuce Wraps

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

- 4 small boneless chicken breasts
- 6 Tbsp soy sauce
- 2 Tbsp honey
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1/2 tsp crushed red pepper
- Do NOT add the cornstarch

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.