

SLOW COOKER MEAL PLAN

JULY 2017

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1. Sloppy Shredded 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
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) sloppy joe sauce
- 8 - hamburger buns**
- Side: - salad**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion(s) into half moons.
2. Open and drain the diced tomatoes. Open the sloppy joe sauce.
3. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle the sliced onions over the top, then pour the diced tomatoes and sloppy joe sauce over the top.
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. Assemble sandwiches with hamburger buns and meat sauce.
5. Prepare salad and fruit.
6. Serve Sloppy Shredded Beef Sandwiches with salad and fruit.

Assembly Prep Directions for 2 Meals

Slice 2 white onions into half moons.

Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe 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.*

Special Notes: *Search on 5DollarDinners.com for homemade sloppy joe sauce recipe.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served on gluten-free bread.*

2. Balsamic & Brown Sugar 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
- 1/4 - cup(s) brown sugar
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1/4 - cup(s) balsamic vinegar
- Side: - fruit**
- Side: - potato chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small bowl, whisk together the brown sugar, minced onion, garlic powder and balsamic vinegar.
2. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the sauce on and around the pork.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the sauce. Strain before serving.
4. Prepare fruit.
5. Serve Balsamic & Brown Sugar Pulled Pork with chips and fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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: *Substitute balsamic glaze for the balsamic vinegar for a thicker sauce.*

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 Chicken Tacos with Mango Pico de Gallo

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 - small boneless chicken breasts
- 1 - cup(s) red salsa
- 1 - tsp vinegar
- - Salt and pepper
- 8 - flour tortillas**
- 1 - large ripe mango(s)
- Garnish: - pico de gallo
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken into the slow cooker insert. Season with salt and pepper and pour the salsa and vinegar over the top.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken into the sauce, then strain and spoon into tortillas.
3. Dice the mango and toss with the pico de gallo.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Tacos with Mango Pico de Gallo and veggies.

Assembly Prep Directions for 2 Meals

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

- 2 small boneless chicken breasts
- 1 cup red salsa
- 1 tsp vinegar
- 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. Shred the chicken into the sauce, then strain and spoon into the tortillas.*

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 corn tortillas, or serve over rice.*

4. Slow Cooker Santa Fe 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 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 1 - cup(s) red salsa
- 1 - tsp garlic powder
- 1 - tsp ground cumin
- - Salt and pepper
- 4 - oz. cream cheese**
- 8 - flour tortillas**
- Garnish: - cilantro**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the black beans.
2. Open and drain the corn.
3. Place the chicken breasts in the base of the slow cooker and pour the black beans, corn, salsa, garlic powder and ground cumin over the top.
4. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, shred the chicken with forks and stir the cream cheese into the sauce. Cook for 30 more minutes to allow sauce to thicken. Stir again before serving. Season with salt and pepper to taste.
5. Prepare veggies.
6. Serve Slow Cooker Santa Fe Chicken in tortillas with cilantro garnish and side of veggies.

Assembly Prep Directions for 2 Meals

Open and drain 2 cans of corn.

Open, drain and rinse 2 cans of black beans.

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

- 4 boneless chicken breasts
- Half of the black beans
- Half of the corn
- 1 cup red salsa
- 1 tsp garlic powder
- 1 tsp ground cumin
- Do NOT add the cream cheese 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 cream cheese and shred the chicken with 30 minutes left in the cooking cycle.*

Dairy-Free Modifications: *Recipe is dairy-free when served without the cream cheese.*

Gluten-Free Modifications: *Recipe is gluten-free if you serve over rice or in corn tortillas.*

5. Slow Cooker Chicken & Black Bean Taco Salad

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 - 15 oz. can(s) black beans
- 1 - cup(s) red salsa
- 1 - packet(s) taco seasoning
- 1 - Salt and pepper
- Garnish: - guacamole**
- Side: - shredded lettuce**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open, drain and rinse the black beans.
2. Place the chicken breasts in the base of the slow cooker and pour the black beans, salsa, and taco seasoning over the top.
3. Set on low and cook for 8 hours. Once finished cooking, shred the chicken into the sauce. Season with salt and pepper to taste.
4. Prepare the salad with lettuce, shredded chicken and black beans and guacamole topping.
5. Prepare veggies.
6. Serve Slow Cooker Chicken & Black Bean Taco Salad with guacamole and veggies.

Assembly Prep Directions for 2 Meals

Open, drain and rinse 2 cans of black beans.

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

- 4 small boneless chicken breasts
- 1 - 15 oz. can black beans
- 1 cup red salsa
- 1 packet taco seasoning
- 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: *Use homemade taco seasoning - recipe on 5DollarDinners.com.*

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. Sloppy Shredded Beef Sandwiches

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 16 - hamburger buns
- salad
- fruit
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Chicken Tacos with Mango Pico de Gallo

- 4 - small boneless chicken breasts
- 2 - cup(s) red salsa
- 2 - tsp vinegar
- Salt and pepper
- 16 - flour tortillas
- 2 - large ripe mango(s)
- pico de gallo
- veggies
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Chicken & Black Bean Taco Salad

- 8 - small boneless chicken breasts
- 2 - 15 oz. can(s) black beans
- 2 - cup(s) red salsa
- 2 - packet(s) taco seasoning
- 2 - Salt and pepper
- guacamole
- shredded lettuce
- veggies
- 2 - gallon-size freezer baggie(s)

2. Balsamic & Brown Sugar Pulled Pork

- 4 - lb(s) pork roast
- Salt and pepper
- 1/2 - cup(s) brown sugar
- 4 - Tbsp minced onion
- 2 - tsp garlic powder
- 1/2 - cup(s) balsamic vinegar
- fruit
- potato chips
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Santa Fe Chicken

- 8 - small boneless chicken breasts
- 2 - 15 oz. can(s) black beans
- 2 - 15 oz. can(s) corn
- 2 - cup(s) red salsa
- 2 - tsp garlic powder
- 2 - tsp ground cumin
- Salt and pepper
- 8 - oz. cream cheese
- 16 - flour tortillas
- cilantro
- veggies
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 4 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 20 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 6 cup(s) red salsa
- 4 15 oz. can(s) black beans
- 2 15 oz. can(s) corn

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 2 tsp vinegar

Dairy/Frozen

- 8 oz. cream cheese

Produce

- 2 small white onion(s)
- Side:** salad
- Side:** fruit
- 2 large ripe mango(s)
- Garnish:** pico de gallo
- Side:** veggies
- Garnish:** cilantro
- Side:** guacamole
- Side:** shredded lettuce

Starchy Sides

- 16 hamburger buns
- Side:** potato chips
- 32 flour tortillas

Spices

- 2 Salt and pepper
- 1 cup(s) brown sugar
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp ground cumin
- Salt and pepper
- 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. Sloppy Shredded Beef Sandwiches

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Chicken Tacos with Mango Pico de Gallo

- 4 small boneless chicken breasts
- 2 cup(s) red salsa
- 2 tsp vinegar
- Salt and pepper
- 2 large ripe mango(s)
- pico de gallo
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Chicken & Black Bean Taco Salad

- 8 small boneless chicken breasts
- 2 15 oz. can(s) black beans
- 2 cup(s) red salsa
- 2 packet(s) taco seasoning
- 2 Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Balsamic & Brown Sugar Pulled Pork

- 4 lb(s) pork roast
- Salt and pepper
- 1/2 cup(s) brown sugar
- 4 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup(s) balsamic vinegar
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Santa Fe Chicken

- 8 small boneless chicken breasts
- 2 15 oz. can(s) black beans
- 2 15 oz. can(s) corn
- 2 cup(s) red salsa
- 2 tsp garlic powder
- 2 tsp ground cumin
- 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 chuck roast
- 4 lb(s) pork roast
- 20 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 6 cup(s) red salsa
- 4 15 oz. can(s) black beans
- 2 15 oz. can(s) corn

Spices

- 2 Salt and pepper
- 1 cup(s) brown sugar
- 4 Tbsp minced onion
- 4 tsp garlic powder
- 2 tsp ground cumin
- Salt and pepper
- 2 packet(s) taco seasoning

Produce

- 2 small white onion(s)
- 2 large ripe mango(s)
- pico de gallo

Sauces/Condiments

- 1 cup(s) balsamic vinegar
- 2 tsp vinegar

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 and drain 2 cans of corn.
- Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.
- Open, drain and rinse 2 cans of black beans.
- Open, drain and rinse 2 cans of black beans.
- Slice 2 white onions into half moons.

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.

Sloppy Shredded Beef Sandwiches

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe sauce

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

Balsamic & Brown Sugar Pulled Pork

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

- 2 lb. pork roast
- Salt and pepper
- 1/4 cup brown sugar
- 2 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup balsamic vinegar

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

Slow Cooker Chicken Tacos with Mango

Pico de Gallo

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

- 2 small boneless chicken breasts
- 1 cup red salsa
- 1 tsp vinegar
- Salt and pepper

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

Slow Cooker Santa Fe Chicken

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

- 4 boneless chicken breasts
- Half of the black beans
- Half of the corn
- 1 cup red salsa
- 1 tsp garlic powder
- 1 tsp ground cumin
- Do NOT add the cream cheese before freezing.

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

Slow Cooker Chicken & Black Bean Taco

Salad

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

- 4 small boneless chicken breasts
- 1 - 15 oz. can black beans
- 1 cup red salsa
- 1 packet taco seasoning
- Salt and pepper

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