

# SLOW COOKER MEAL PLAN

SEPTEMBER 2017

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# 1. Slow Cooker Garlic Parmesan 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.

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 2 - lb(s) baby potatoes
- 3 - Tbsp melted butter
- 4 - tsp minced garlic
- 1 - tsp dried thyme
- - Salt and pepper
- Garnish: - shredded Parmesan cheese\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Melt the butter and stir in the minced garlic and thyme.
2. Place the chicken breasts and baby potatoes (do not cut) in the base of the slow cooker and pour the melted butter sauce over the top. Season with salt and pepper.
3. Set on low and cook for 8 hours.
4. Prepare veggies.
5. Serve Slow Cooker Garlic Parmesan Chicken with shredded Parmesan cheese garnish and side of veggies.

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## Assembly Prep Directions for 2 Meals

Melt 6 Tbsp butter and then stir in 8 tsp minced garlic and 2 tsp dried thyme.

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

- 4 boneless chicken breasts
- 1 - 2 lb. bag baby potatoes
- Half of the melted butter 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.*

**Dairy-Free Modifications:** *Recipe is dairy-free when made with dairy-free margarine and you skip the Parmesan garnish.*

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

## 2. Slow Cooker Chicken Tagine

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 20 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.

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### Ingredients for Single Meal

- 8 - bone-in chicken thighs
- - Salt and pepper
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 1 - tsp ground cumin
- 1 - tsp paprika
- 1 - tsp ground ginger
- 1 - cup(s) chicken stock
- 1 - Tbsp honey
- 1 - cup(s) dried apricots
- Side: - veggies\*\*
- Side: - rice\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Finely chop the onion. Chop the dried apricots.
2. In a small mixing bowl, mix together the chopped onion, minced garlic, ground cumin, paprika, ground ginger, chicken stock, honey and chopped apricots.
3. Place the chicken thighs into the base of the slow cooker and season with salt and pepper. Pour the apricot mixture over the chicken. Set on low and cook for 8 hours. Strain off excess liquid and serve chicken with sauce.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Slow Cooker Chicken Tagine with rice and veggies.

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### Assembly Prep Directions for 2 Meals

Chop 2 small white onions. Crush 4 cloves of garlic.

Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable 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 all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes.*

**Dairy-Free Modifications:** *Recipe is dairy-free when the shredded Parmesan cheese garnish is omitted.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free sides like rice or quinoa.*

## 3. Slow Cooker Pepperoni Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 6 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.

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### Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 1/2 - cup(s) pizza sauce
- 20 - pepperonis
- 1 - cup(s) shredded mozzarella cheese
- - Salt and pepper
- Garnish: - grated Parmesan cheese\*\*
- Side: - pasta\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the pizza sauce directly over the chicken. Add the pepperonis around and on top of the chicken.
2. Set on low and cook for 6 hours. With 30 minutes remaining in the cooking cycle, add the shredded mozzarella cheese right onto each piece of chicken and let finish cooking. Use a slotted spoon to remove the chicken and drain the juices from the slow cooker. Garnish with grated Parmesan cheese.
3. Cook the pasta as directed.
4. Prepare veggies.
5. Serve Slow Cooker Pepperoni Chicken over pasta rice with veggies.

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### Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1 1/2 cups pizza sauce
- 20 pepperonis

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.*

**Special Notes:** *Garnish with your favorite pizza toppings like sliced black olives, chopped bell peppers or sliced mushrooms.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free if served with gluten-free pasta.*

## 4. Slow Cooker Chimichurri 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.

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### Ingredients for Single Meal

- 2 - lb(s) beef chuck roast
- 1 x - 7 oz jar(s) chimichurri sauce
- - Salt and pepper
- Side: - black beans\*\*
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Spread the chimichurri sauce directly over the roast. Note: if your slow cooker "runs hot" and overcooks meat, you might want to add a cup of water or beef broth.
2. Set the slow cooker on low and cook for 8 hours.
3. Cook the rice as directed.
4. Prepare the veggies and black beans.
5. Serve Slow Cooker Chimichurri Beef Roast with rice and beans and side of veggies.

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### Assembly Prep Directions for 2 Meals

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 jar of chimichurri 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.*

**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 Caesar Pork Chops and Potatoes

*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.

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## Ingredients for Single Meal

- 4 - boneless pork chops
- - Salt and pepper
- 2 - lb(s) fingerling potatoes
- 1 - cup(s) Caesar salad dressing
- 1 packet - Italian seasoning
- Garnish: - shredded Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Open the Italian seasoning packet and sprinkle into shallow dish or plate. Press both sides of the pork chops into the seasoning and then place into the the base of the slow cooker. Season with a little salt and pepper and then add the fingerling potatoes around the pork chops. Drizzle the Caesar dressing over the pork chops and potatoes.
2. Set the slow cooker on low and cook for 4 hours.
3. Prepare the salad.
4. Serve Slow Cooker Caesar Pork Chops and Potatoes with shredded Parmesan garnish and salad.

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## Assembly Prep Directions for 2 Meals

Open 2 Italian seasoning packets and sprinkle into shallow dish or plate. Press both sides of the pork chops into the seasoning.

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

- 4 seasoned boneless pork chops
- Salt and pepper
- 1 - 2 lb. bag fingerling potatoes
- 1 cup Caesar salad dressing

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

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free dressing and seasoning mix.*

# Complete Shopping List by Recipe

## 1. Slow Cooker Garlic Parmesan Chicken

- 8 - small boneless chicken breasts
- 4 - lb(s) baby potatoes
- 6 - Tbsp melted butter
- 8 - tsp minced garlic
- 2 - tsp dried thyme
- Salt and pepper
- shredded Parmesan cheese
- veggies
- 2 - gallon-size freezer baggie(s)

## 2. Slow Cooker Chicken Tagine

- 16 - bone-in chicken thighs
- Salt and pepper
- 2 - small white onion(s)
- 4 - tsp minced garlic
- 2 - tsp ground cumin
- 2 - tsp paprika
- 2 - tsp ground ginger
- 2 - cup(s) chicken stock
- 2 - Tbsp honey
- 2 - cup(s) dried apricots
- veggies
- rice
- 2 - gallon-size freezer baggie(s)

## 3. Slow Cooker Pepperoni Chicken

- 8 - small boneless chicken breasts
- 3 - cup(s) pizza sauce
- 40 - pepperonis
- 2 - cup(s) shredded mozzarella cheese
- Salt and pepper
- grated Parmesan cheese
- pasta
- veggies
- 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Chimichurri Beef Roast

- 4 - lb(s) beef chuck roast
- 2x - 7 oz jar(s) chimichurri sauce
- Salt and pepper
- black beans
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

## 5. Slow Cooker Caesar Pork Chops and Potatoes

- 8 - boneless pork chops
- Salt and pepper
- 4 - lb(s) fingerling potatoes
- 2 - cup(s) Caesar salad dressing
- 2 - Italian seasoning
- shredded Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

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

## Pantry Staples - Canned, Boxed

- 2 cup(s) chicken stock
- Side:** rice
- Side:** black beans

## Sauces/Condiments

- 2 Tbsp honey
- 3 cup(s) pizza sauce
- 2x 7 oz jar(s) chimichurri sauce

## Dairy/Frozen

- Garnish:** shredded Parmesan cheese
- 2 cup(s) shredded mozzarella cheese
- Garnish:** grated Parmesan cheese

## Produce

- 4 lb(s) baby potatoes
- Side:** veggies
- 2 small white onion(s)
- 4 lb(s) fingerling potatoes
- Side:** salad

## Starchy Sides

- Side:** pasta

## Spices

- 12 tsp minced garlic
- 2 tsp dried thyme
- Salt and pepper
- 2 tsp ground cumin
- 2 tsp paprika
- 2 tsp ground ginger
- 2 cup(s) dried apricots
- 40 pepperonis
- 2 cup(s) Caesar salad dressing
- 2 Italian seasoning

## Supplies

- 6 Tbsp melted butter
- 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 Garlic Parmesan Chicken

- 8 small boneless chicken breasts
- 4 lb(s) baby potatoes
- 6 Tbsp melted butter
- 8 tsp minced garlic
- 2 tsp dried thyme
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Chicken Tagine

- 16 bone-in chicken thighs
- Salt and pepper
- 2 small white onion(s)
- 4 tsp minced garlic
- 2 tsp ground cumin
- 2 tsp paprika
- 2 tsp ground ginger
- 2 cup(s) chicken stock
- 2 Tbsp honey
- 2 cup(s) dried apricots
- 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Pepperoni Chicken

- 8 small boneless chicken breasts
- 3 cup(s) pizza sauce
- 40 pepperonis
- 2 cup(s) shredded mozzarella cheese
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Chimichurri Beef Roast

- 4 lb(s) beef chuck roast
- 2x 7 oz jar(s) chimichurri sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Caesar Pork Chops and Potatoes

- 8 boneless pork chops
- Salt and pepper
- 4 lb(s) fingerling potatoes
- 2 cup(s) Caesar salad dressing
- 2 Italian seasoning
- 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

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

## Pantry Staples - Canned, Boxed

- 2 cup(s) chicken stock

## Spices

- 12 tsp minced garlic
- 2 tsp dried thyme
- Salt and pepper
- 2 tsp ground cumin
- 2 tsp paprika
- 2 tsp ground ginger
- 2 cup(s) dried apricots
- 40 pepperonis
- 2 cup(s) Caesar salad dressing
- 2 Italian seasoning

## Supplies

- 6 Tbsp melted butter
- 10x gallon-size freezer baggie(s)

## Produce

- 4 lb(s) baby potatoes
- 2 small white onion(s)
- 4 lb(s) fingerling potatoes

## Sauces/Condiments

- 2 Tbsp honey
- 3 cup(s) pizza sauce
- 2x 7 oz jar(s) chimichurri sauce

## Dairy/Frozen

- 2 cup(s) shredded mozzarella cheese

## 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 2 small white onions. Crush 4 cloves of garlic.
- Melt 6 Tbsp butter and then stir in 8 tsp minced garlic and 2 tsp dried thyme.
- Open 2 Italian seasoning packets and sprinkle into shallow dish or plate. Press both sides of the pork chops into the seasoning.
- Open, drain and rinse 4 cans of white beans. Open and drain 2 cans of diced tomatoes.

*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 Garlic Parmesan Chicken

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

- 4 boneless chicken breasts
- 1 - 2 lb. bag baby potatoes
- Half of the melted butter sauce

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

### Slow Cooker Pepperoni Chicken

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

- 4 boneless chicken breasts
- 1 1/2 cups pizza sauce
- 20 pepperonis

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

### Slow Cooker Caesar Pork Chops and Potatoes

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

- 4 seasoned boneless pork chops
- Salt and pepper
- 1 - 2 lb. bag fingerling potatoes
- 1 cup Caesar salad dressing

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

### Slow Cooker Chicken Tagine

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

- Half of the chopped white onion
- Half of the crushed garlic
- 2 - 15 oz. cans white beans
- 1 - 15 oz. can diced tomatoes
- 1 - 10 oz. box frozen spinach
- 4 cups vegetable broth

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

### Slow Cooker Chimichurri Beef Roast

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 jar of chimichurri sauce

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