

SLOW COOKER MEAL PLAN

NOVEMBER 2017

Table of Contents

Recipes

1. Slow Cooker Cowboy Chili
2. Sweet & Spicy Slow Cooker Ribs
3. Slow Cooker Dijon Pork Chops
4. Slow Cooker Brown Sugar Chicken
5. Slow Cooker Creamy Tuscan Chicken

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. Slow Cooker Cowboy Chili

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

- 1 1/2 - lb(s) ground beef
- 1 - small white onion(s)
- 1 - tsp minced garlic
- 1 - 15 oz. can(s) red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) tomato sauce
- 1 - cup(s) red salsa
- 1 - cup(s) beef broth
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - veggies**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the small white onion.
2. Open the can of tomato sauce. Open, drain and rinse the cans of red kidney beans and black beans.
3. In a large skillet, brown the ground beef with the chopped onion and minced garlic. Drain, if needed.
4. To the slow cooker, add the browned ground beef with the red kidney beans, black beans, tomato sauce, salsa, beef broth, chili powder, and cumin. Stir it well and then set on low for 8 hours. Once cooked, season with salt and pepper to taste.
5. Prepare veggies.
6. Warm the dinner rolls.
7. Serve Slow Cooker Cowboy Chili with shredded cheese garnish, and side of veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Brown 3 lbs. ground beef with the chopped onion and 2 tsp minced garlic. Drain and let cool.

Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

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

- Half of the browned ground beef
- Half of the chopped onion
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup beef broth
- 1 Tbsp 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 all of the contents of the baggie into slow cooker insert. Set on low and cook for 8 hours.*

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

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

2. Sweet & Spicy Slow Cooker Ribs

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

- 3 - lb(s) baby back pork ribs
- 1 - Tbsp chili powder
- 1 - Tbsp ground cumin
- 1 - Tbsp smoked paprika
- 1 - tsp cayenne pepper
- 1 - tsp salt
- 2 - cup(s) sweet BBQ sauce
- Side: - baked beans**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut up the ribs, as needed, to fit them into the base of the slow cooker.
2. In a small mixing bowl, combine the chili powder, ground cumin, smoked paprika, salt and cayenne pepper. Coat the ribs with the homemade rub. Brush half of the BBQ sauce onto the ribs.
3. Set the slow cooker on low and cook for 8 hours. Brush the remaining BBQ sauce onto the ribs with 30 minutes left in the cooking cycle.
4. If desired, place the slow cooked ribs onto baking sheet and broil for 1-2 minutes to
5. Warm the baked beans.
6. Prepare veggies.
7. Serve Sweet & Spicy BBQ Ribs with baked beans and veggies.

Assembly Prep Directions for 2 Meals

Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.

In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp cayenne pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.

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

- Half of the ribs with half of the rub and BBQ 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 ribs completely in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding to slow cooker and slow cooking for 8 hours on low.*

Special Notes: *Because a rack of ribs is large and awkward to freeze, you could cut them into smaller pieces and use gallon size baggies. You also could purchase the Ziploc 2 gallon or larger baggies. (Most grocery stores don't carry these, but you could get them from Amazon or online.) Or you could wrap the ribs and rub (not the sauce) in plastic wrap and then foil and freeze that way, then brush the BBQ sauce on just before slow cooking. You will need a 6 qt. or larger slow cooker for these ribs.*

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 Dijon Pork Chops

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 6 to 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)
- 1 - 10 oz can(s) cream of mushroom
- 2 - Tbsp milk
- 1/4 - cup(s) Dijon mustard
- 1 - tsp minced garlic
- 1/2 - tsp pepper
- 1/2 - tsp salt
- Side: - mashed potatoes**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the white onion into half-moons.
2. Place the pork chops into the base of the slow cooker.
3. In a small mixing bowl, combine the cream of mushroom soup, milk, Dijon mustard, garlic, salt and pepper. Pour over the pork chops in the slow cooker. Set the slow cooker on low and cook for 6 to 8 hours.
4. Prepare the mashed potatoes.
5. Prepare the salad.
6. Serve Slow Cooker Dijon Pork Chops with mashed potatoes and salad.

Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

Open 2 cans of cream of mushroom soup.

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

- 4 boneless pork chops
- Half of the sliced onions
- 1 - 10 oz. can cream of mushroom soup
- 2 Tbsp milk
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1/2 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 6 to 8 hours.

Dairy-Free Modifications: To make dairy-free, make your own cream of mushroom soup using dairy-free milk. Search 5DollarDinners.com for recipe.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides and made with gluten-free cream of mushroom soup (Pacific brand.)

4. Slow Cooker Brown Sugar 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
- 1/3 - cup(s) cider vinegar
- 1/2 - cup(s) brown sugar
- 3 - Tbsp soy sauce
- 2 - tsp minced garlic
- - Salt and pepper
- 2 - Tbsp cornstarch**
- Garnish: - crushed red pepper**
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small bowl, whisk together the cider vinegar, brown sugar, soy sauce and minced garlic.
2. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Then pour the brown sugar sauce around and on top of the chicken.
3. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, swirl the cornstarch with a few Tbsp of water to make a slurry, and then stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
4. Cook the rice as directed.
5. Prepare veggies.
6. Serve Slow Cooker Brown Sugar Chicken with rice and veggies.

Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 2/3 cup cider vinegar, 1 cup brown sugar, 6 Tbsp soy sauce and 4 tsp minced garlic.

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

- 4 boneless chicken breasts
- Half of the prepared brown sugar-soy sauce mixture
- Do NOT add the cornstarch 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. Thicken with cornstarch at the end of the cooking cycle, as directed.*

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 Creamy Tuscan Chicken

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 25 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 - small boneless chicken breasts
- 24 - oz. jar(s) Alfredo sauce
- 7 - oz. jar sun-dried tomatoes
- 10 - oz. box(es) frozen spinach
- 1 - tsp minced garlic
- - Salt and pepper
- Garnish: - grated Parmesan cheese**
- Side: - pasta**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Thaw and drain the spinach. Slice the sun-dried tomatoes into strips, if needed.
2. In a large mixing bowl, combine the alfredo sauce, sun-dried tomatoes, spinach and minced garlic. Mix well.
3. Place the chicken breasts in the base of the slow cooker and season with salt and pepper. Then pour the alfredo sauce mixture over the chicken. Set on low and cook for 8 hours.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Slow Cooker Creamy Tuscan Chicken over pasta with side salad.

Assembly Prep Directions for 2 Meals

Thaw and drain 2 boxes of spinach. Slice 2 jars of sun-dried tomatoes into strips, if needed.

In a large mixing bowl, combine 2 jars of alfredo sauce with the sun-dried tomatoes strips and drained spinach with 2 tsp minced garlic. Mix well.

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

- 4 boneless chicken breasts
- Half of the prepared alfredo-sun dried tomato combo

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

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

Complete Shopping List by Recipe

1. Slow Cooker Cowboy Chili

- 3 - lb(s) ground beef
- 2 - small white onion(s)
- 2 - tsp minced garlic
- 2x1 - 15 oz. can(s) red kidney beans
- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) tomato sauce
- 2 - cup(s) red salsa
- 2 - cup(s) beef broth
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- Salt and pepper
- shredded cheddar cheese
- veggies
- dinner rolls
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Dijon Pork Chops

- 8 - boneless pork chops
- 2 - small white onion(s)
- 2x1 - 10 oz can(s) cream of mushroom
- 4 - Tbsp milk
- 1/2 - cup(s) Dijon mustard
- 2 - tsp minced garlic
- 1 - tsp pepper
- 1 - tsp salt
- mashed potatoes
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Creamy Tuscan Chicken

- 8 - small boneless chicken breasts
- 2x24 - oz. jar(s) Alfredo sauce
- 14 - oz. jar sun-dried tomatoes
- 2x10 - oz. box(es) frozen spinach
- 2 - tsp minced garlic
- Salt and pepper
- grated Parmesan cheese
- pasta

2. Sweet & Spicy Slow Cooker Ribs

- 6 - lb(s) baby back pork ribs
- 2 - Tbsp chili powder
- 2 - Tbsp ground cumin
- 2 - Tbsp smoked paprika
- 2 - tsp cayenne pepper
- 2 - tsp salt
- 4 - cup(s) sweet BBQ sauce
- baked beans
- veggies
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Brown Sugar Chicken

- 8 - small boneless chicken breasts
- 2/3 - cup(s) cider vinegar
- 1 - cup(s) brown sugar
- 6 - Tbsp soy sauce
- 4 - tsp minced garlic
- Salt and pepper
- 4 - Tbsp cornstarch
- crushed red pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

- salad

2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 3 lb(s) ground beef
- 6 lb(s) baby back pork ribs
- 8 boneless pork chops
- 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) beef broth
- Side:** baked beans
- 2x1 10 oz can(s) cream of mushroom
- Side:** rice
- 14 oz. jar sun-dried tomatoes

Sauces/Condiments

- 4 cup(s) sweet BBQ sauce
- 1/2 cup(s) Dijon mustard
- 2/3 cup(s) cider vinegar
- 6 Tbsp soy sauce
- 2x24 oz. jar(s) Alfredo sauce

Dairy/Frozen

- Garnish:** shredded cheddar cheese
- 4 Tbsp milk
- 2x10 oz. box(es) frozen spinach
- Garnish:** grated Parmesan cheese

Produce

- 4 small white onion(s)
- Side:** veggies
- Side:** mashed potatoes
- Side:** salad

Starchy Sides

- Side:** dinner rolls
- Side:** pasta

Spices

- 10 tsp minced garlic
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp cayenne pepper
- 3 tsp salt
- 1 tsp pepper
- 1 cup(s) brown sugar
- 4 Tbsp cornstarch
- Garnish:** crushed red pepper

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 Cowboy Chili

- 3 lb(s) ground beef
- 2 small white onion(s)
- 2 tsp minced garlic
- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) beef broth
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Dijon Pork Chops

- 8 boneless pork chops
- 2 small white onion(s)
- 2x1 10 oz can(s) cream of mushroom
- 4 Tbsp milk
- 1/2 cup(s) Dijon mustard
- 2 tsp minced garlic
- 1 tsp pepper
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Creamy Tuscan Chicken

- 8 small boneless chicken breasts
- 2x24 oz. jar(s) Alfredo sauce
- 14 oz. jar sun-dried tomatoes
- 2x10 oz. box(es) frozen spinach
- 2 tsp minced garlic
- Salt and pepper
- 2 gallon-size freezer baggie(s)

2. Sweet & Spicy Slow Cooker Ribs

- 6 lb(s) baby back pork ribs
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp cayenne pepper
- 2 tsp salt
- 4 cup(s) sweet BBQ sauce
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Brown Sugar Chicken

- 8 small boneless chicken breasts
- 2/3 cup(s) cider vinegar
- 1 cup(s) brown sugar
- 6 Tbsp soy sauce
- 4 tsp minced garlic
- 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

- 3 lb(s) ground beef
- 6 lb(s) baby back pork ribs
- 8 boneless pork chops
- 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- 2x1 15 oz. can(s) red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) beef broth
- 2x1 10 oz can(s) cream of mushroom
- 14 oz. jar sun-dried tomatoes

Spices

- 10 tsp minced garlic
- 4 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 Tbsp ground cumin
- 2 Tbsp smoked paprika
- 2 tsp cayenne pepper
- 3 tsp salt
- 1 tsp pepper
- 1 cup(s) brown sugar

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 4 small white onion(s)

Sauces/Condiments

- 4 cup(s) sweet BBQ sauce
- 1/2 cup(s) Dijon mustard
- 2/3 cup(s) cider vinegar
- 6 Tbsp soy sauce
- 2x24 oz. jar(s) Alfredo sauce

Dairy/Frozen

- 4 Tbsp milk
- 2x10 oz. box(es) frozen spinach

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

- Cut ribs into smaller sections so they will fit in smaller bag. See special notes for alternative packaging ideas.
- Chop 2 small white onions.
- Thaw and drain 2 boxes of spinach. Slice 2 jars of sun-dried tomatoes into strips, if needed.
- Slice 2 small white onions into half-moons.
- Brown 3 lbs. ground beef with the chopped onion and 2 tsp minced garlic. Drain and let cool.
- In a small mixing bowl, combine 2 Tbsp chili powder, 2 Tbsp ground cumin, 2 Tbsp smoked paprika, 2 tsp salt and 2 tsp cayenne pepper. Coat each rack of ribs with the homemade rub. Brush 1 cup of BBQ sauce onto each rack of ribs.
- In a small bowl, whisk together 2/3 cup cider vinegar, 1 cup brown sugar, 6 Tbsp soy sauce and 4 tsp minced garlic.
- In a large mixing bowl, combine 2 jars of alfredo sauce with the sun-dried tomatoes strips and drained spinach with 2 tsp minced garlic. Mix well.
- Open 2 cans of cream of mushroom soup.
- Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

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 Cowboy Chili

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

- Half of the browned ground beef
- Half of the chopped onion
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup beef broth
- 1 Tbsp chili powder
- 1 tsp ground cumin

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

Slow Cooker Dijon Pork Chops

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

- 4 boneless pork chops
- Half of the sliced onions
- 1 - 10 oz. can cream of mushroom soup
- 2 Tbsp milk
- 1/4 cup Dijon mustard
- 1 tsp minced garlic
- 1/2 tsp pepper
- 1/2 tsp salt

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

Slow Cooker Creamy Tuscan Chicken

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

- 4 boneless chicken breasts
- Half of the prepared alfredo-sun dried tomato combo

Sweet & Spicy Slow Cooker Ribs

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

- Half of the ribs with half of the rub and BBQ sauce

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

Slow Cooker Brown Sugar Chicken

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

- 4 boneless chicken breasts
- Half of the prepared brown sugar-soy sauce mixture
- Do NOT add the cornstarch before freezing

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.