

# SLOW COOKER MEAL PLAN

**DECEMBER**

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# 1. Slow Cooker Baja Shredded Chicken Tacos

*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

- 3 - large boneless chicken breasts
- 1/4 - cup(s) brown sugar
- 1 - Tbsp cumin
- 1/3 - cup(s) salsa
- 1 - 4 oz. can(s) green chiles
- - Salt and pepper
- 8 - flour tortillas\*\*
- Garnish: - pico de gallo\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place the chicken breasts into the base of the slow cooker and add the brown sugar, ground cumin, salsa, green chilies, salt and pepper on top of the chicken.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the sauce.
3. Spoon the shredded chicken into tortillas and make tacos.
4. Prepare the salad.
5. Serve Slow Cooker Baja Shredded Chicken Tacos with side salad.

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## Assembly Prep Directions for 2 Meals

Open 2 cans of green chiles.

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

- 3 large boneless chicken breasts
- 1/4 cup brown sugar
- 1 Tbsp cumin
- 1/3 cup salsa
- Half of the canned green chiles
- 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.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free if you use corn tortillas in place of the flour tortillas.*

## 2. Slow Cooker Creamy Taco Soup

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours*

*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 - lb(s) ground beef
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - green bell pepper(s)
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) corn
- 2 - 15 oz. can(s) diced tomatoes
- 2 - cup(s) beef broth\*\*
- 2 - packet(s) taco seasoning \*\*
- 1 - cup(s) sour cream\*\*
- Garnish: - crushed tortilla chips\*\*
- Garnish: - shredded Mexican blend cheese\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain.
2. Seed and chop the green bell pepper.
3. Open, drain and rinse the black beans. Open and drain the can of corn.
4. To a 6 qt or larger slow cooker, add the browned ground beef, chopped bell pepper, drained and rinsed black beans, drained corn, 2 cans of diced tomatoes, and beef broth. Stir in the taco seasoning. Set on low and cook for 8 hours. Just before serving, swirl in the sour cream into the soup.
5. Prepare veggies.
6. Ladle soup into bowls. Top with crushed tortilla chips and cheese.
7. Serve Slow Cooker Creamy Taco Soup with veggies.

### Assembly Prep Directions for 2 Meals

Brown the ground beef with the minced onion and garlic powder. Drain.

Seed and chop the green bell pepper(s).

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

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- Half of the canned black beans
- Half of the canned corn
- Half of the canned diced tomatoes
- Salt and pepper
- Do NOT add the sour cream to the freezer bag

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

**Freeze & Thaw Instructions:** *Place 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, adding 2 cups of beef broth and taco seasoning and cooking on low for 8 hours. Swirl in the sour cream at the end of cooking cycle and just before serving.*

**Special Notes:** *Substitute Greek yogurt for sour cream, if preferred.*

**Dairy-Free Modifications:** *Omit sour cream addition and cheese garnish for dairy-free meal.*

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

# 3. Slow Cooker Puttanesca Sauce with Pasta

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours*

*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 - Tbsp olive oil
- 1 - lb(s) Italian sausage
- 1 - 28 oz. can(s) crushed tomatoes
- 1 - tsp garlic powder
- 1/2 - tsp dried basil
- 1/2 - tsp dried oregano
- 1/2 - tsp onion powder
- - Salt and pepper
- 1 - cup(s) olives
- 3 - Tbsp capers
- 1/2 - cup(s) dry white wine
- 16 - oz. small shell pasta noodles\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. In a large skillet, heat the oil and brown the sausage. Add the crushed tomatoes, garlic powder, basil, oregano, onion powder, salt and pepper to taste. Bring the sauce to a boil, promptly reduce the heat and allow it to simmer for 10 minutes.
2. Add the sauce to the slow cooker insert. Stir in the olives, drained capers, and white wine.
3. (Note: you could substitute a 26 oz. jar spaghetti sauce in place of the homemade tomato sauce listed above. Be sure to update the shopping list if you make this substitution.)
4. Set on low and cook for 8 hours. If your slow cooker runs hot, add 1/2 cup water.
5. Cook pasta as directed. Drain well.
6. Prepare the veggies.
7. Serve Slow Cooker Puttanesca over pasta with side of veggies.

## Assembly Prep Directions for 2 Meals

Brown 2 lbs. Italian sausage.

Open 2 cans of crushed tomatoes.

Drain and rinse 3 Tbsp capers.

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

- 1 Tbsp olive oil
- Half of the browned Italian sausage
- Half of the canned crushed tomatoes
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp onion powder
- Salt and pepper to taste
- 1 cup sliced black olives
- 3 Tbsp capers, drained and rinsed
- 1/2 cup dry white wine
- Note: Do NOT add the dry pasta to the freezer bag.

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 a warm bowl of water for about 20 minutes, before transferring the sauce to reheat in the slow cooker, and then toss with cooked pasta.

**Special Notes:** Substitute a 26 oz. jar of spaghetti sauce in place of the 1 Tbsp olive oil, 28 oz. can crushed tomatoes, 1 tsp garlic powder, 1/2 tsp dried basil, 1/2 tsp dried oregano and 1/2 tsp onion powder.

Also, add 1/2 to 1 cup water to sauce if your slow cooker \\\\"runs hot\\\\" or dries out other meals.

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

*with dairy-free sides.*

**Gluten-Free Modifications:** *Use gluten-free pasta and serve with gluten-free sides.*

## 4. Slow Cooker Thai Peanut 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
- - Salt and pepper
- 1 - small white onion(s)
- 1 - red bell pepper(s)
- 2 - cup(s) Thai peanut sauce
- 1 - Tbsp cornstarch\*\*
- Garnish: - sesame seeds and green onions\*\*
- Garnish: - chopped peanuts\*\*
- Side: - rice\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut up the chicken into 1/2-inch pieces.
2. Dice the onion and red bell pepper into 1-inch pieces.
3. Place the chicken pieces in the base of the slow cooker and add the diced onion and red bell pepper around the chicken. Season with salt and pepper. Pour the Thai peanut sauce over the top.
4. 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 and stir it into the sauce. Cook for 30 more minutes to allow sauce to thicken.
5. Cook the rice as directed.
6. Prepare veggies.
7. Serve Slow Cooker Thai Peanut Chicken with chopped peanuts and sesame seeds garnish, over rice with veggies.

### Assembly Prep Directions for 2 Meals

Cut up 8 chicken breasts into 1/2-inch pieces.

Dice 2 small onions and 2 red bell peppers into 1-inch pieces.

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

- Half of the chicken pieces
- Half of the diced onion
- Half of the diced red bell peppers
- 2 cups Thai peanut sauce
- 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 peanut sauce.

## 5. Slow Cooker Barbacoa Beef

*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) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 1 - small chipotle chili
- 1 - cup(s) beef stock
- 1/4 - cup(s) apple cider vinegar
- 1/4 - cup(s) lime juice
- 1 - tsp dried oregano
- 1 - tsp Adobo seasoning
- 1 - tsp ground cumin
- - Salt and pepper
- Side: - veggies\*\*
- Side: - rice\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Chop the white onion. Slice the chipotle chili and remove seeds.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper. Add the chopped onion and sliced chili over the top. Pour the beef stock, cider vinegar, lime juice around the beef roast. Sprinkle the oregano, adobo, and ground cumin over the top.
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. Season with salt and pepper to taste.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Slow Cooker Barbacoa Beef with rice and veggies.

### Assembly Prep Directions for 2 Meals

Chop 2 white onions. Slice 2 chipotle chiles and remove seeds.

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

- 3 lb. beef chuck roast
- Half of the chopped onion
- Half of the sliced chilis
- 1 cup beef stock
- 1/4 cup apple cider vinegar
- 1/4 cup lime juice
- 1 tsp dried oregano
- 1 tsp adobo seasoning
- 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.

**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 Baja Shredded Chicken Tacos

- ☐ 6 - large boneless chicken breasts
- ☐ 1/2 - cup(s) brown sugar
- ☐ 2 - Tbsp cumin
- ☐ 2/3 - cup(s) salsa
- ☐ 2 - 4 oz. can(s) green chiles
- ☐ - Salt and pepper
- ☐ 16 - flour tortillas
- ☐ - pico de gallo
- ☐ 2 - gallon-size freezer baggie(s)

## 2. Slow Cooker Creamy Taco Soup

- ☐ 2 - lb(s) ground beef
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - green bell pepper(s)
- ☐ 2 - 15 oz. can(s) black beans
- ☐ 2 - 15 oz. can(s) corn
- ☐ 4 - 15 oz. can(s) diced tomatoes
- ☐ 4 - cup(s) beef broth
- ☐ 4 - packet(s) taco seasoning
- ☐ 2 - cup(s) sour cream
- ☐ - crushed tortilla chips
- ☐ - shredded Mexican blend cheese
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

## 3. Slow Cooker Puttanesca Sauce with Pasta

- ☐ 2 - Tbsp olive oil
- ☐ 2 - lb(s) Italian sausage
- ☐ 2x1 - 28 oz. can(s) crushed tomatoes
- ☐ 2 - tsp garlic powder
- ☐ 1 - tsp dried basil
- ☐ 1 - tsp dried oregano
- ☐ 1 - tsp onion powder
- ☐ - Salt and pepper
- ☐ 2x1 - cup(s) olives
- ☐ 6 - Tbsp capers
- ☐ 1 - cup(s) dry white wine
- ☐ 2x16 - oz. small shell pasta noodles
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Thai Peanut Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 2 - red bell pepper(s)
- ☐ 4 - cup(s) Thai peanut sauce
- ☐ 2 - Tbsp cornstarch
- ☐ - sesame seeds and green onions
- ☐ - chopped peanuts
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

## 5. Slow Cooker Barbacoa Beef

- ☐ 6 - lb(s) beef chuck roast
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 2 - small chipotle chili
- ☐ 2 - cup(s) beef stock
- ☐ 1/2 - cup(s) apple cider vinegar



- ☐ 1/2 - cup(s) lime juice
- ☐ 2 - tsp dried oregano
- ☐ 2 - tsp Adobo seasoning
- ☐ 2 - tsp ground cumin
- ☐ - Salt and pepper
- ☐ - veggies
- ☐ - rice
- ☐ 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 6 large boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 2 lb(s) Italian sausage
- ☐ 8 small boneless chicken breasts
- ☐ 6 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- ☐ 2/3 cup(s) salsa
- ☐ 2 4 oz. can(s) green chiles
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 15 oz. can(s) corn
- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 4 cup(s) beef broth
- ☐ 2x1 28 oz. can(s) crushed tomatoes
- ☐ 2x1 cup(s) olives
- ☐ 6 Tbsp capers
- ☐ 2x16 oz. small shell pasta noodles
- ☐ **Side:** chopped peanuts
- ☐ **Side:** rice
- ☐ 2 cup(s) beef stock

## Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) dry white wine
- ☐ 4 cup(s) Thai peanut sauce
- ☐ 1/2 cup(s) apple cider vinegar

## Produce

- ☐ **Garnish:** pico de gallo
- ☐ 2 green bell pepper(s)
- ☐ **Side:** veggies
- ☐ 4 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ **Garnish:** sesame seeds and green onions
- ☐ 2 small chipotle chili
- ☐ 1/2 cup(s) lime juice

## Starchy Sides

- ☐ 16 flour tortillas
- ☐ **Garnish:** crushed tortilla chips

## Spices

- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 4 packet(s) taco seasoning
- ☐ 1 tsp dried basil
- ☐ 3 tsp dried oregano
- ☐ 1 tsp onion powder
- ☐ 2 Tbsp cornstarch
- ☐ 2 tsp Adobo seasoning
- ☐ 2 tsp ground cumin

**Dairy/Frozen**

- ☐ 2 cup(s) sour cream
- ☐ **Garnish:** shredded Mexican blend cheese

**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 Baja Shredded Chicken Tacos

- ☐ 6 large boneless chicken breasts
- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ 2/3 cup(s) salsa
- ☐ 2 4 oz. can(s) green chiles
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Puttanesca Sauce with Pasta

- ☐ 2 Tbsp olive oil
- ☐ 2 lb(s) Italian sausage
- ☐ 2x1 28 oz. can(s) crushed tomatoes
- ☐ 2 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ 1 tsp dried oregano
- ☐ 1 tsp onion powder
- ☐ Salt and pepper
- ☐ 2x1 cup(s) olives
- ☐ 6 Tbsp capers
- ☐ 1 cup(s) dry white wine
- ☐ 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Barbacoa Beef

- ☐ 6 lb(s) beef chuck roast
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2 small chipotle chili
- ☐ 2 cup(s) beef stock
- ☐ 1/2 cup(s) apple cider vinegar
- ☐ 1/2 cup(s) lime juice
- ☐ 2 tsp dried oregano
- ☐ 2 tsp Adobo seasoning
- ☐ 2 tsp ground cumin
- ☐ Salt and pepper

## 2. Slow Cooker Creamy Taco Soup

- ☐ 2 lb(s) ground beef
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 green bell pepper(s)
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 15 oz. can(s) corn
- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Thai Peanut Chicken

- ☐ 8 small boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 4 cup(s) Thai peanut sauce
- ☐ 2 gallon-size freezer baggie(s)

☐ 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

- ☐ 6 large boneless chicken breasts
- ☐ 2 lb(s) ground beef
- ☐ 2 lb(s) Italian sausage
- ☐ 8 small boneless chicken breasts
- ☐ 6 lb(s) beef chuck roast

## Pantry Staples - Canned, Boxed

- ☐ 2/3 cup(s) salsa
- ☐ 2 4 oz. can(s) green chiles
- ☐ 2 15 oz. can(s) black beans
- ☐ 2 15 oz. can(s) corn
- ☐ 4 15 oz. can(s) diced tomatoes
- ☐ 2x1 28 oz. can(s) crushed tomatoes
- ☐ 2x1 cup(s) olives
- ☐ 6 Tbsp capers
- ☐ 2 cup(s) beef stock

## Spices

- ☐ 1/2 cup(s) brown sugar
- ☐ 2 Tbsp cumin
- ☐ Salt and pepper
- ☐ 2 Tbsp minced onion
- ☐ 4 tsp garlic powder
- ☐ 1 tsp dried basil
- ☐ 3 tsp dried oregano
- ☐ 1 tsp onion powder
- ☐ 2 tsp Adobo seasoning
- ☐ 2 tsp ground cumin

## Produce

- ☐ 2 green bell pepper(s)
- ☐ 4 small white onion(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 small chipotle chili
- ☐ 1/2 cup(s) lime juice

## Sauces/Condiments

- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) dry white wine
- ☐ 4 cup(s) Thai peanut sauce
- ☐ 1/2 cup(s) apple cider 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

- ☐ Brown the ground beef with the minced onion and garlic powder. Drain.
- ☐ Brown 2 lbs. Italian sausage.
- ☐ Cut up 8 chicken breasts into 1/2-inch pieces.
- ☐ Seed and chop the green bell pepper(s).
- ☐ Dice 2 small onions and 2 red bell peppers into 1-inch pieces.
- ☐ Chop 2 white onions. Slice 2 chipotle chiles and remove seeds.
- ☐ Open, drain and rinse 2 cans of black beans. Open and drain 2 cans of corn. Open 4 cans of diced tomatoes.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Drain and rinse 3 Tbsp capers.
- ☐ Open 2 cans of green chiles.

*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 Baja Shredded Chicken Tacos

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

- 3 large boneless chicken breasts
- 1/4 cup brown sugar
- 1 Tbsp cumin
- 1/3 cup salsa
- Half of the canned green chiles
- Salt and pepper

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

### Slow Cooker Creamy Taco Soup

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

- Half of the browned ground beef
- Half of the chopped bell peppers
- Half of the canned black beans
- Half of the canned corn
- Half of the canned diced tomatoes
- Salt and pepper
- Do NOT add the sour cream to the freezer bag

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

### Slow Cooker Puttanesca Sauce with Pasta

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

- 1 Tbsp olive oil
- Half of the browned Italian sausage
- Half of the canned crushed tomatoes
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp onion powder
- Salt and pepper to taste
- 1 cup sliced black olives
- 3 Tbsp capers, drained and rinsed
- 1/2 cup dry white wine
- Note: Do NOT add the dry pasta to the freezer bag.

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

### Slow Cooker Thai Peanut Chicken

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

- Half of the chicken pieces
- Half of the diced onion
- Half of the diced red bell peppers
- 2 cups Thai peanut sauce
- Do NOT add the cornstarch before freezing.

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

### Slow Cooker Barbacoa Beef

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

- 3 lb. beef chuck roast



- Half of the chopped onion
- Half of the sliced chilis
- 1 cup beef stock
- 1/4 cup apple cider vinegar
- 1/4 cup lime juice
- 1 tsp dried oregano
- 1 tsp adobo seasoning
- 1 tsp ground cumin

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