

# SLOW COOKER MEAL PLAN

JANUARY 2018

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# 1. Slow Cooker Rosemary Artichoke 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 - 7.5 oz jar(s) artichoke hearts
- 1 - Tbsp olive oil
- 1 - tsp dried rosemary
- 1 - tsp garlic powder
- 1/2 - tsp dried basil
- - Salt and pepper
- Side: - pasta\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Drain the artichoke hearts.
2. Place the chicken breasts into the base of the slow cooker and add the artichoke hearts over the top. Drizzle the olive oil on top and then sprinkle with dried rosemary, garlic powder and dried basil. Season with salt and pepper.
3. Set the slow cooker on low and cook for 6 hours.
4. Cook the pasta, as directed.
5. Prepare veggies.
6. Serve Slow Cooker Rosemary Artichoke Chicken with pasta and veggies.

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## Assembly Prep Directions for 2 Meals

Open and drain 2 jars of artichoke hearts.

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 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 6 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 side, like gluten free pasta. Serve with cauliflower rice for Paleo meal.*

## 2. Slow Cooker French Dip 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.

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### Ingredients for Single Meal

- 3 - lb(s) beef roast
- 1 - small white onion(s)
- 1 packet - dry French onion soup mix
- 1 - cup(s) beef broth
- - Salt and pepper
- 4 - slices Provolone cheese\*\*
- 4 - bolillo or hoagie rolls\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the white onion.
2. Place the beef roast into the base of the slow cooker and add the sliced onions around the beef roast. Sprinkle the dry French onion soup mix around the beef and onions. Pour the beef stock around the edge of the slow cooker. Season with salt and pepper, as desired.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, ladle out about 2 cups of the beef and onions to use as a dipping sauce. Then, slice or shred the beef roast and serve into the hoagie rolls. Add a slice of Provolone cheese to each sandwich.
4. Prepare the salad.
5. Serve Slow Cooker French Dip Sandwiches with salad.

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### Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

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

- 3 lb. beef roast
- Half the sliced onions
- 1 packet dry French onion soup mix
- 1 cup beef broth
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

**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. Assembly sandwiches and dip as directed.*

**Dairy-Free Modifications:** *Omit the Provolone cheese slices for dairy-free meal.*

**Gluten-Free Modifications:** *Unfortunately, there isn't a great gluten-free option for these sandwiches.*

## 3. Slow Cooker Chicken Stroganoff

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
- 1 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - cup(s) chicken broth
- 1 - tsp paprika
- 1 - 10 oz can(s) cream of mushroom
- - Salt and pepper
- 1 - cup(s) sour cream\*\*
- Side: - egg noodles\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, minced onion, garlic powder, chicken broth, paprika, cream of mushroom soup, salt and pepper.
2. Set the slow cooker on low and cook for 8 hours. Just before serving, stir in 1 cup sour cream into the chicken mixture.
3. Cook the egg noodles, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Stroganoff over egg noodles with veggies.

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### Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 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. Just before serving, stir in 1 cup of sour cream.

**Special Notes:** If you wish to make your own cream of mushroom soup, visit [5dollarinnings.com](http://5dollarinnings.com) and search "homemade cream of mushroom sauce."

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

**Gluten-Free Modifications:** Recipe is gluten-free when served over gluten-free pasta and homemade cream of mushroom sauce.

## 4. Slow Cooker Cranberry-Mustard Pork 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) pork roast
- - Salt and pepper
- 1 - tsp cinnamon
- 1 - 15 oz can(s) whole cranberries
- 1/4 - cup(s) spicy mustard
- Side: - mashed potatoes\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker insert. Season with salt, pepper and cinnamon.
2. In a small mixing bowl, combine the whole cranberries with the spicy mustard. Pour the sauce over top of the pork roast and set on low and cook for 8 hours.
3. Prepare the mashed potatoes and veggies.
4. Serve Slow Cranberry-Mustard Pork Roast with a side of mashed potatoes and veggies.

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### Assembly Prep Directions for 2 Meals

Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.

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

- 2 lbs. pork roast
- Pinch of salt and pepper and dashes of cinnamon onto the pork roast
- Half of the prepared cranberry-mustard sauce over the pork chops

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 Creamy Tortellini Soup

*Yield: 4 servings*

*Active Time: 10 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.

### Ingredients for Single Meal

- 1 - lb(s) ground pork sausage
- 2 - whole carrots
- 2 - celery stalk(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 4 - cup(s) chicken stock\*\*
- 2 - tsp garlic powder
- 1 - tsp Italian seasoning
- 20 - oz. box(es) tortellini\*\*
- 1 - cup(s) heavy cream\*\*
- 1 - cup(s) milk
- 1/2 - cup(s) all purpose flour
- 1 - cup(s) grated Parmesan cheese\*\*
- 1 - cup(s) mozzarella cheese\*\*
- Garnish: - chopped basil\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Brown the pork sausage in skillet and drain.
2. Peel and chop the carrots. Chop the celery. Chop the onion.
3. Open the diced tomatoes.
4. Place the chopped carrots, celery and onion with the browned sausage, diced tomatoes and chicken stock into the base of the slow cooker. Add the garlic powder, Italian seasoning with pinch of salt and pepper. Set the slow cooker on low and cook for 4 hours.
5. With 20 to 30 minutes left in the cooking cycle, whisk together the milk, cream and flour. Stir into the soup and add the tortellini as well. Stir in the Parmesan and mozzarella cheeses. Let the cooking cycle finish and the ladle soup into bowls and garnish with fresh basil. Do not leave tortellini cooking or on warm mode in your slow cooker, so it doesn't overcook.

### Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground pork sausage and drain.

Peel and chop 4 whole carrots. Chop 4 celery stalks. Chop 2 onions.

Open 2 cans of diced tomatoes.

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

- Half of the browned Italian sausage
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 - 15 oz. can diced tomatoes
- 2 tsp garlic powder
- 1 tsp Italian seasoning
- Do NOT freeze the tortellini with other ingredients. It can be frozen in the box it comes in, and thawed the day you wish to make this meal.
- The milk, cream, flour and cheeses will be added at the end of cooking cycle. Do not add to 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 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. With 20 to 30 minutes left in the cooking cycle, stir in the milk, cream, flour, cheeses and tortellini as directed.*

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

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

6. Prepare the salad.
7. Serve Slow Cooker Creamy Tortellini Soup with salad.

# Complete Shopping List by Recipe

## 1. Slow Cooker Rosemary Artichoke Chicken

- 8 - small boneless chicken breasts
- 2x1 - 7.5 oz jar(s) artichoke hearts
- 2 - Tbsp olive oil
- 2 - tsp dried rosemary
- 2 - tsp garlic powder
- 1 - tsp dried basil
- Salt and pepper
- pasta
- veggies
- 2 - gallon-size freezer baggie(s)

## 3. Slow Cooker Chicken Stroganoff

- 8 - small boneless chicken breasts
- 2 - Tbsp minced onion
- 2 - tsp garlic powder
- 2 - cup(s) chicken broth
- 2 - tsp paprika
- 2x1 - 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 - cup(s) sour cream
- egg noodles
- veggies
- 2 - gallon-size freezer baggie(s)

## 5. Slow Cooker Creamy Tortellini Soup

- 2 - lb(s) ground pork sausage
- 4 - whole carrots
- 4 - celery stalk(s)
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 8 - cup(s) chicken stock
- 4 - tsp garlic powder
- 2 - tsp Italian seasoning
- 40 - oz. box(es) tortellini
- 2 - cup(s) heavy cream
- 2 - cup(s) milk
- 1 - cup(s) all purpose flour
- 2 - cup(s) grated Parmesan cheese

## 2. Slow Cooker French Dip Sandwiches

- 6 - lb(s) beef roast
- 2 - small white onion(s)
- 2 - dry French onion soup mix
- 2 - cup(s) beef broth
- Salt and pepper
- 8 - slices Provolone cheese
- 8 - bolillo or hoagie rolls
- salad
- 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Cranberry-Mustard Pork Roast

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - tsp cinnamon
- 2x1 - 15 oz can(s) whole cranberries
- 1/2 - cup(s) spicy mustard
- mashed potatoes
- veggies
- 2 - gallon-size freezer baggie(s)



- 2 - cup(s) mozzarella cheese
- chopped basil
- salad
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- 16 small boneless chicken breasts
- 6 lb(s) beef roast
- 4 lb(s) pork roast
- 2 lb(s) ground pork sausage
- 40 oz. box(es) tortellini

## Pantry Staples - Canned, Boxed

- 2x1 7.5 oz jar(s) artichoke hearts
- 2 dry French onion soup mix
- 2 cup(s) beef broth
- 2 cup(s) chicken broth
- 2x1 10 oz can(s) cream of mushroom
- 2x1 15 oz can(s) whole cranberries
- 2 15 oz. can(s) diced tomatoes
- 8 cup(s) chicken stock

## Sauces/Condiments

- 2 Tbsp olive oil
- 1/2 cup(s) spicy mustard

## Dairy/Frozen

- 8 slices Provolone cheese
- 2 cup(s) sour cream
- 2 cup(s) heavy cream
- 2 cup(s) milk
- 2 cup(s) grated Parmesan cheese
- 2 cup(s) mozzarella cheese

## Produce

- Side:** veggies
- 4 small white onion(s)
- Side:** salad
- Side:** mashed potatoes
- 4 whole carrots
- 4 celery stalk(s)

## Starchy Sides

- Side:** pasta
- 8 bolillo or hoagie rolls
- Side:** egg noodles

## Spices

- 2 tsp dried rosemary
- 8 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp paprika
- 2 tsp cinnamon
- 2 tsp Italian seasoning
- 1 cup(s) all purpose flour
- Garnish:** chopped basil

## 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 Rosemary Artichoke Chicken

- 8 small boneless chicken breasts
- 2x1 7.5 oz jar(s) artichoke hearts
- 2 Tbsp olive oil
- 2 tsp dried rosemary
- 2 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Chicken Stroganoff

- 8 small boneless chicken breasts
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 cup(s) chicken broth
- 2 tsp paprika
- 2x1 10 oz can(s) cream of mushroom
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Creamy Tortellini Soup

- 2 lb(s) ground pork sausage
- 4 whole carrots
- 4 celery stalk(s)
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 4 tsp garlic powder
- 2 tsp Italian seasoning
- 2 cup(s) milk
- 1 cup(s) all purpose flour
- 2 gallon-size freezer baggie(s)

## 2. Slow Cooker French Dip Sandwiches

- 6 lb(s) beef roast
- 2 small white onion(s)
- 2 dry French onion soup mix
- 2 cup(s) beef broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Cranberry-Mustard Pork Roast

- 4 lb(s) pork roast
- Salt and pepper
- 2 tsp cinnamon
- 2x1 15 oz can(s) whole cranberries
- 1/2 cup(s) spicy mustard
- 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
- 6 lb(s) beef roast
- 4 lb(s) pork roast
- 2 lb(s) ground pork sausage

## Pantry Staples - Canned, Boxed

- 2x1 7.5 oz jar(s) artichoke hearts
- 2 dry French onion soup mix
- 2 cup(s) beef broth
- 2 cup(s) chicken broth
- 2x1 10 oz can(s) cream of mushroom
- 2x1 15 oz can(s) whole cranberries
- 2 15 oz. can(s) diced tomatoes

## Spices

- 2 tsp dried rosemary
- 8 tsp garlic powder
- 1 tsp dried basil
- Salt and pepper
- 2 Tbsp minced onion
- 2 tsp paprika
- 2 tsp cinnamon
- 2 tsp Italian seasoning
- 1 cup(s) all purpose flour

## Supplies

- 10x gallon-size freezer baggie(s)

## Produce

- 4 small white onion(s)
- 4 whole carrots
- 4 celery stalk(s)

## Sauces/Condiments

- 2 Tbsp olive oil
- 1/2 cup(s) spicy mustard

## Dairy/Frozen

- 2 cup(s) milk

## 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 2 lbs. ground pork sausage and drain.
- Slice 2 small white onions.
- Peel and chop 4 whole carrots. Chop 4 celery stalks. Chop 2 onions.
- Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.
- Open and drain 2 jars of artichoke hearts.
- Open 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 Rosemary Artichoke Chicken

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

- 4 small boneless chicken breasts
- Half of the drained artichoke hearts
- 1 Tbsp olive oil
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1/2 tsp dried basil
- Salt and pepper

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

### Slow Cooker Chicken Stroganoff

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

- 4 small boneless chicken breasts
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 cup chicken broth
- 1 tsp paprika
- Salt and pepper, to taste
- 1 - 10 oz. can cream of mushroom soup

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

### Slow Cooker Creamy Tortellini Soup

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

- Half of the browned Italian sausage
- Half of the chopped carrots
- Half of the chopped celery
- Half of the chopped onion
- 1 - 15 oz. can diced tomatoes
- 2 tsp garlic powder
- 1 tsp Italian seasoning

### Slow Cooker French Dip Sandwiches

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

- 3 lb. beef roast
- Half the sliced onions
- 1 packet dry French onion soup mix
- 1 cup beef broth
- Salt and pepper

Remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.

### Slow Cooker Cranberry-Mustard Pork Roast

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

- 2 lbs. pork roast
- Pinch of salt and pepper and dashes of cinnamon onto the pork roast
- Half of the prepared cranberry-mustard sauce over the pork chops

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

- Do NOT freeze the tortellini with other ingredients. It can be frozen in the box it comes in, and thawed the day you wish to make this meal.
- The milk, cream, flour and cheeses will be added at the end of cooking cycle. Do not add to freezer bag.

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