

# SLOW COOKER MEAL PLAN

**FEBRUARY 2018**

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# 1. Slow Cooker Tomato Basil Tortellini Soup

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 1 hour 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

- 1 - 26 oz. jar(s) spaghetti sauce
- 20 - oz. box(es) of cheese tortellini
- 8 - oz. box(es) sliced mushrooms
- 6 - oz. bag(s) fresh spinach
- 4 - fresh basil leaves
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- 4 - cup(s) vegetable stock
- - Salt and pepper
- Garnish: - shredded Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Place all the ingredients, except the garnish and sides, into the base of the slow cooker and pour in 2 cups of hot water.
2. Set the slow cooker on low and cook for 1 hour, or until tortellini are tender. Once finished cooking, ladle soup into serving bowls immediately to keep the pasta from overcooking.
3. Prepare the salad.
4. Serve Tomato Basil Tortellini Soup with Parmesan cheese garnish and salad.

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## Assembly Prep Directions for 2 Meals

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

- 1 - 26 oz. jar spaghetti sauce
- 1 - 20 oz. box cheese tortellini
- 8 oz. sliced mushrooms
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups vegetable stock
- 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 1 hour.*

**Special Notes:** *Use chicken stock for non-vegetarian meal. Stovetop cooking directions: thaw and cook over medium low heat for 20 to 30 minutes, or until tortellini is cooked and tender.*

**Dairy-Free Modifications:** *Unfortunately, there isn't a great dairy-free alternative for this meal.*

**Gluten-Free Modifications:** *Unfortunately, there isn't a great gluten-free alternative for this meal.*

## 2. 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 - 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 you 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.*

# 3. Slow Cooker Creamy Chicken Tortellini Soup

*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 - large boneless chicken breasts
- 1 - 26 oz. jar(s) spaghetti sauce
- 6 - oz. bag(s) fresh spinach
- 4 - fresh basil leaves
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- 4 - cup(s) chicken stock
- - Salt and pepper
- 20 - oz. box(es) of cheese tortellini\*\*
- 1 - cup(s) whole milk or heavy cream\*\*
- Garnish: - shredded Parmesan cheese\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

## Cooking Directions for Single Meal

1. Cut the chicken breasts into bite-size pieces.
2. Place all the ingredients, EXCEPT the tortellini and milk/heavy cream, into the base of the slow cooker and pour in 2 cups of hot water.
3. Set the slow cooker on low and cook for 8 hours. With 30 minutes left in the cooking cycle, add the tortellini into the soup. Let finish cooking until until tortellini are tender. Just before serving, swirl in the milk or heavy cream into the soup. Once finished cooking, ladle soup into serving bowls immediately to keep the pasta from overcooking.
4. Prepare the salad.
5. Serve Slow Cooker Chicken Tortellini Soup with Parmesan cheese garnish and salad.

## Assembly Prep Directions for 2 Meals

Cut 4 chicken breasts into bite-size pieces.

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

- Half of the chicken pieces into each bag
- 1 - 26 oz. jar spaghetti sauce
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups chicken stock
- Salt and pepper
- Do NOT add water, tortellini or cream to freezer bag. You can add the box or bag of fresh tortellini in the freezer to cook with the soup later.

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, adding 2 cups of water and cooking on low for 8 hours. With 30 minutes left in the cooking cycle, add the tortellini and let cook. Swirl in the cream, just before serving. Ladle into bowls immediately to keep the pasta from overcooking.*

**Special Notes:** *Stovetop cooking directions: thaw, add 2 cups of water, and cook over medium low heat for 20 to 30 minutes, or until tortellini is cooked and tender.*

**Dairy-Free Modifications:** *Unfortunately, there isn't a great dairy-free alternative for this meal.*

**Gluten-Free Modifications:** *Unfortunately, there isn't a*

*great gluten-free alternative for this meal.*

## 4. Slow Cooker Chicken Gyros

*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 - small white onion(s)
- - Salt and pepper
- 1/2 - cup(s) lemon juice
- 1/4 - cup(s) red wine vinegar
- 2 - tsp minced garlic
- 1 - tsp oregano
- Garnish: - red onion(s)\*\*
- Garnish: - cucumber slices\*\*
- Side: - pita bread\*\*
- Side: - tzatziki sauce\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the onions into half-moons.
2. In a small bowl, whisk the lemon juice, red wine vinegar, minced garlic and oregano.
3. Place the chicken breasts in the base of the slow cooker and sprinkle the onions around them. Season with a few pinches of salt and pepper. Pour the lemon juice mixture over the top.
4. Set on low and cook for 8 hours. Once cooked, shred the chicken with the sauce. Strain before adding to the pita bread.
5. Warm the pita bread, to help it soften and roll.
6. Prepare the garnish and tzatziki sauce.
7. Serve Slow Cooker Chicken Gyros on pita, with red onion and/or cucumber garnish and tzatziki sauce.

### Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.

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

- 4 boneless chicken breasts
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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 serve over rice, instead of pita bread.*

## 5. Slow Cooker Shredded Mojo 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.

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### Ingredients for Single Meal

- 2 - lb(s) pork roast
- 1 - small white onion(s)
- - Salt and pepper
- 1 - cup(s) orange juice
- 1/4 - cup(s) lime juice
- 4 - tsp minced garlic
- 1/2 - tsp ground cumin
- Garnish: - sliced oranges\*\*
- Side: - rice\*\*
- Side: - black beans\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion into half-moons.
2. Place the pork roast into the base of the slow cooker and season with salt and pepper. Sprinkle the onion slices on top. Pour the orange juice, lime juice and minced garlic on and around the pork and season with the ground cumin.
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 meat from liquid, before adding the plates.
4. Cook the rice, as directed.
5. Warm the black beans.
6. Peel and slice the orange for garnish.
7. Serve Slow Cooker Shredded Mojo Pork topped with orange slices with rice and black beans.

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### Assembly Prep Directions for 2 Meals

Slice 2 small white onions into half-moons.

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

- 2 lb. pork roast
- Half of the onion slices
- Salt and pepper
- 1 cup orange juice
- 1/4 cup lemon juice
- 4 tsp minced garlic
- 1/2 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. Shred the meat into the sauce, and then strain before serving.*

**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 Tomato Basil Tortellini Soup

- 2x1 - 26 oz. jar(s) spaghetti sauce
- 40 - oz. box(es) of cheese tortellini
- 16 - oz. box(es) sliced mushrooms
- 12 - oz. bag(s) fresh spinach
- 8 - fresh basil leaves
- 2 - Tbsp minced onion
- 2 - tsp minced garlic
- 8 - cup(s) vegetable stock
- Salt and pepper
- shredded Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

## 3. Slow Cooker Creamy Chicken Tortellini Soup

- 4 - large boneless chicken breasts
- 2x1 - 26 oz. jar(s) spaghetti sauce
- 12 - oz. bag(s) fresh spinach
- 8 - fresh basil leaves
- 2 - Tbsp minced onion
- 2 - tsp minced garlic
- 8 - cup(s) chicken stock
- Salt and pepper
- 40 - oz. box(es) of cheese tortellini
- 2 - cup(s) whole milk or heavy cream
- shredded Parmesan cheese
- salad
- 2 - gallon-size freezer baggie(s)

## 5. Slow Cooker Shredded Mojo Pork

- 4 - lb(s) pork roast
- 2 - small white onion(s)
- Salt and pepper
- 2 - cup(s) orange juice
- 1/2 - cup(s) lime juice
- 8 - tsp minced garlic
- 1 - tsp ground cumin
- sliced oranges
- rice

## 2. Slow Cooker Chimichurri Beef Roast

- 4 - lb(s) beef chuck roast
- 2x1 - 7 oz jar(s) chimichurri sauce
- Salt and pepper
- black beans
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken Gyros

- 8 - small boneless chicken breasts
- 2 - small white onion(s)
- Salt and pepper
- 1 - cup(s) lemon juice
- 1/2 - cup(s) red wine vinegar
- 4 - tsp minced garlic
- 2 - tsp oregano
- red onion(s)
- cucumber slices
- pita bread
- tzatziki sauce
- 2 - gallon-size freezer baggie(s)



- black beans
- 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

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

## Pantry Staples - Canned, Boxed

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

## Sauces/Condiments

- 4x1 26 oz. jar(s) spaghetti sauce
- 2x1 7 oz jar(s) chimichurri sauce
- 1/2 cup(s) red wine vinegar
- Side:** tzatziki sauce

## Dairy/Frozen

- 80 oz. box(es) of cheese tortellini
- Garnish:** shredded Parmesan cheese
- 2 cup(s) whole milk or heavy cream
- 2 cup(s) orange juice

## Produce

- 16 oz. box(es) sliced mushrooms
- 24 oz. bag(s) fresh spinach
- 16 fresh basil leaves
- Side:** salad
- Side:** veggies
- 4 small white onion(s)
- 1 cup(s) lemon juice
- Garnish:** red onion(s)
- Garnish:** cucumber slices
- 1/2 cup(s) lime juice
- Garnish:** sliced oranges

## Starchy Sides

- Side:** pita bread

## Spices

- 4 Tbsp minced onion
- 16 tsp minced garlic
- Salt and pepper
- 2 tsp oregano
- 1 tsp ground cumin

## 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 Tomato Basil Tortellini Soup

- 2x1 26 oz. jar(s) spaghetti sauce
- 40 oz. box(es) of cheese tortellini
- 16 oz. box(es) sliced mushrooms
- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 8 cup(s) vegetable stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 3. Slow Cooker Creamy Chicken Tortellini Soup

- 4 large boneless chicken breasts
- 2x1 26 oz. jar(s) spaghetti sauce
- 12 oz. bag(s) fresh spinach
- 8 fresh basil leaves
- 2 Tbsp minced onion
- 2 tsp minced garlic
- 8 cup(s) chicken stock
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 5. Slow Cooker Shredded Mojo Pork

- 4 lb(s) pork roast
- 2 small white onion(s)
- Salt and pepper
- 2 cup(s) orange juice
- 1/2 cup(s) lime juice
- 8 tsp minced garlic
- 1 tsp ground cumin
- 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Chimichurri Beef Roast

- 4 lb(s) beef chuck roast
- 2x1 7 oz jar(s) chimichurri sauce
- Salt and pepper
- 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Chicken Gyros

- 8 small boneless chicken breasts
- 2 small white onion(s)
- Salt and pepper
- 1 cup(s) lemon juice
- 1/2 cup(s) red wine vinegar
- 4 tsp minced garlic
- 2 tsp oregano
- 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 large boneless chicken breasts
- 8 small boneless chicken breasts
- 4 lb(s) pork roast

## Pantry Staples - Canned, Boxed

- 8 cup(s) vegetable stock
- 8 cup(s) chicken stock

## Spices

- 4 Tbsp minced onion
- 16 tsp minced garlic
- Salt and pepper
- 2 tsp oregano
- 1 tsp ground cumin

## Supplies

- 10x gallon-size freezer baggie(s)

## Produce

- 16 oz. box(es) sliced mushrooms
- 24 oz. bag(s) fresh spinach
- 16 fresh basil leaves
- 4 small white onion(s)
- 1 cup(s) lemon juice
- 1/2 cup(s) lime juice

## Sauces/Condiments

- 4x1 26 oz. jar(s) spaghetti sauce
- 2x1 7 oz jar(s) chimichurri sauce
- 1/2 cup(s) red wine vinegar

## Dairy/Frozen

- 40 oz. box(es) of cheese tortellini
- 2 cup(s) orange juice

## 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 4 chicken breasts into bite-size pieces.
- Slice 2 small white onions into half-moons.
- Slice 2 small white onions into half-moons.
- In a small bowl, whisk 1 cup lemon juice, 1/2 cup red wine vinegar, 4 tsp minced garlic and 2 tsp oregano.

*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 Tomato Basil Tortellini Soup

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

- 1 - 26 oz. jar spaghetti sauce
- 1 - 20 oz. box cheese tortellini
- 8 oz. sliced mushrooms
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups vegetable stock
- Salt and pepper

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

### Slow Cooker Creamy Chicken Tortellini Soup

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

- Half of the chicken pieces into each bag
- 1 - 26 oz. jar spaghetti sauce
- 6 oz. fresh spinach
- 4 fresh basil leaves
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 4 cups chicken stock
- Salt and pepper
- Do NOT add water, tortellini or cream to freezer bag. You can add the box or bag of fresh tortellini in the freezer to cook with the soup later.

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

### Slow Cooker Shredded Mojo Pork

To each gallon-size plastic freezer baggie, add the

### 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.

### Slow Cooker Chicken Gyros

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

- 4 boneless chicken breasts
- Salt and pepper
- Half of the onion slices
- Half of the prepared lemon juice marinade

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

following ingredients:

- 2 lb. pork roast
- Half of the onion slices
- Salt and pepper
- 1 cup orange juice
- 1/4 cup lemon juice
- 4 tsp minced garlic
- 1/2 tsp ground cumin

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