

# DUMP DINNERS - MEAL PLAN 1

**FEBRUARY 2018**

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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. Sloppy Shredded Beef 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

- 2 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 1 - 15 oz. can(s) diced tomatoes
- 1 - 15 oz. can(s) sloppy joe sauce
- 8 - hamburger buns\*\*
- Side: - salad\*\*
- Side: - fruit\*\*
- 1 - gallon-size freezer baggie(s)

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### Cooking Directions for Single Meal

1. Slice the onion(s) into half moons.
2. Open and drain the diced tomatoes. Open the sloppy joe sauce.
3. Place the beef roast into the base of the slow cooker and season with salt and pepper. Sprinkle the sliced onions over the top, then pour the diced tomatoes and sloppy joe sauce over the top.
4. 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. Assemble sandwiches with hamburger buns and meat sauce.
5. Prepare salad and fruit.
6. Serve Sloppy Shredded Beef Sandwiches with salad and fruit.

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### Assembly Prep Directions for 2 Meals

Slice 2 white onions into half moons.

Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe 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.*

**Special Notes:** *Search on 5DollarDinners.com for homemade sloppy joe sauce recipe.*

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

**Gluten-Free Modifications:** *Recipe is gluten-free when served on gluten-free bread.*

## 3. 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.*

# 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. Sloppy Shredded Beef Sandwiches

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 15 oz. can(s) sloppy joe sauce
- 16 - hamburger buns
- salad
- fruit
- 2 - gallon-size freezer baggie(s)

## 3. 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)

# Complete Shopping List by Store Section/Category

## Meat

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

## Pantry Staples - Canned, Boxed

- 2/3 cup(s) salsa
- 2 4 oz. can(s) green chiles
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2x1 15 oz can(s) whole cranberries

## Sauces/Condiments

- 1/2 cup(s) spicy mustard

## Supplies

- Side:** 6 gallon-size freezer baggie(s)

## Produce

- Garnish:** pico de gallo
- 2 small white onion(s)
- Side:** salad
- Side:** fruit
- Side:** mashed potatoes
- Side:** veggies

## Starchy Sides

- 16 flour tortillas
- 16 hamburger buns

## Spices

- 1/2 cup(s) brown sugar
- 2 Tbsp cumin
- Salt and pepper
- 2 tsp cinnamon

# 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)

## 2. Sloppy Shredded Beef Sandwiches

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2 gallon-size freezer baggie(s)

## 3. 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

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

## Pantry Staples - Canned, Boxed

- 2/3 cup(s) salsa
- 2 4 oz. can(s) green chiles
- 2 15 oz. can(s) diced tomatoes
- 2x1 15 oz. can(s) sloppy joe sauce
- 2x1 15 oz can(s) whole cranberries

## Spices

- 1/2 cup(s) brown sugar
- 2 Tbsp cumin
- Salt and pepper
- 2 tsp cinnamon

## Produce

- 2 small white onion(s)

## Sauces/Condiments

- 1/2 cup(s) spicy mustard

## Supplies

- 6x 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

- Slice 2 white onions into half moons.
- Whisk together 2 - 15 oz. cans whole cranberries sauce & 1/2 cup spicy mustard.
- Open and drain 2 cans of diced tomatoes. Open 2 cans of sloppy joe sauce.
- 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.

### Sloppy Shredded Beef Sandwiches

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onions
- Half of the drained diced tomatoes
- Half of the sloppy joe sauce

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

### 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.