

SLOW COOKER MEAL PLAN

APRIL 2018

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1. Slow Cooker Shredded Italian Beef Hoagies

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 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp Italian seasoning
- 1 - Tbsp balsamic vinegar
- 4 - hoagie rolls**
- 8 - slices Provolone cheese**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast into the base of the slow cooker and season with salt and pepper. Add the crushed tomatoes onto the roast and then sprinkle the Italian seasoning and balsamic vinegar over the top.
2. 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.
3. Assemble the hoagies with shredded beef, sauce and slices of Provolone cheese. If preferred, place under the oven broiler to melt the cheese.
4. Prepare salad.
5. Serve Slow Cooker Shredded Italian Beef Hoagies with salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of crushed tomatoes.

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 1 Tbsp balsamic vinegar

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 beef and assemble sandwiches as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when you omit the cheese on the sandwiches.*

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

2. Slow Cooker Pork Carnitas Nachos

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.

Ingredients for Single Meal

- 2 - lb(s) pork roast
- - Salt and pepper
- 1 - packet(s) taco seasoning
- 1/4 - cup(s) lime juice
- 1 - bag(s) corn tortilla chips**
- 2 - cup(s) shredded mozzarella cheese**
- Garnish: - chopped cilantro**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker. Season with salt and pepper. Sprinkle the taco seasoning and lime juice over the top. If your slow cooker "runs hot" and dries out meals, add 1/4 to 1/2 cup of water.
2. Set the slow cooker on low and cook for 8 hours. Shred the pork roast when it's finished cooking.
3. Assemble nachos with corn tortillas chips, shredded pork and shredded cheese. Top with chopped cilantro garnish. If needed, place in the microwave or oven to melt the cheese.
4. Prepare veggies.
5. Serve Slow Cooker Pork Carnitas Nachos with side of veggies.

Assembly Prep Directions for 2 Meals

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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 1/4 to 1/2 cup of water and cooking on low for 8 hours.

Dairy-Free Modifications: Recipe is dairy-free when you omit the shredded cheese.

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

3. Slow Cooker Chicken Ropa Vieja

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

- 12 - boneless chicken thighs
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - green bell pepper(s)
- 1 - small white onion(s)
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - Tbsp apple cider vinegar
- 1 - Tbsp cumin
- 1/2 - cup(s) green olives
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the bell peppers. Slice the onion.
2. Place the chicken thighs into the base of the slow cooker and season with salt and pepper. Add the sliced bell peppers and onions, crushed tomatoes, vinegar, cumin and green olives.
3. 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.
4. Cook the rice, as directed.
5. Spoon the shredded chicken over rice.
6. Prepare the salad.
7. Serve Slow Cooker Chicken Ropa Vieja over rice with salad.

Assembly Prep Directions for 2 Meals

Slice 2 onions.

Seed and slice 2 green bell peppers and 2 red bell peppers.

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

- 12 boneless chicken thighs
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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: Serve with cauli-rice for Paleo/Whole30 meal.

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.

4. Slow Cooker Mushroom Pot 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.

Ingredients for Single Meal

- 2 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 8 - oz. sliced white mushrooms
- 1 - 10 oz can(s) cream of mushroom
- 1 - cup(s) white cooking wine
- 2 - Tbsp Worcestershire sauce
- Side: - veggies**
- Side: - mashed potatoes**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Slice the onion into half-moons.
2. Place the beef roast into the base of the slow cooker and season with salt and pepper.
3. In a large mixing bowl, whisk together the cream of mushroom soup, white cooking wine and Worcestershire sauce. Then fold in the sliced onion and sliced mushrooms. Pour over the beef roast in the slow cooker.
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.
5. Prepare the veggies.
6. Prepare the mashed potatoes.
7. Serve Slow Cooker Mushroom Pot Roast over mashed potatoes with side of veggies.

Assembly Prep Directions for 2 Meals

Slice 2 small onions into half-moons.

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onion
- 8 oz. sliced white mushrooms
- 1 - 10 oz. can cream of mushroom soup
- 1 cup white cooking wine
- 2 Tbsp Worcestershire 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: *Unfortunately, there is not a great dairy-free option for this meal.*

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

5. Slow Cooker Crack 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
- 16 - oz. cream cheese
- 1 - packet(s) ranch dressing mix
- 4 - slices bacon**
- 1 - cup(s) shredded cheese**
- 4 - hamburger buns**
- Side: - chips**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and add the cream cheese and ranch dressing mix.
2. Set on low and cook for 8 hours.
3. Just before your meal, cook the bacon in a skillet and then crumble it.
4. Once cooked, shred the chicken into the sauce and mix in the bacon crumbles and shredded cheese. Mix well and then spoon onto buns to make sandwiches.
5. Serve Slow Cooker Crack Chicken on buns with side of fruit and chips.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 16 oz. cream cheese
- 1 packet ranch dressing mix
- Do NOT add the bacon or cheese to the freezer baggie.

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 chicken into the sauce and add the crumbled bacon and shredded cheese, as directed.*

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

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

Complete Shopping List by Recipe

1. Slow Cooker Shredded Italian Beef Hoagies

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2x1 - 15 oz. can(s) crushed tomatoes
- 4 - Tbsp Italian seasoning
- 2 - Tbsp balsamic vinegar
- 8 - hoagie rolls
- 16 - slices Provolone cheese
- salad
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Chicken Ropa Vieja

- 24 - boneless chicken thighs
- Salt and pepper
- 2 - red bell pepper(s)
- 2 - green bell pepper(s)
- 2 - small white onion(s)
- 2x1 - 15 oz. can(s) crushed tomatoes
- 2 - Tbsp apple cider vinegar
- 2 - Tbsp cumin
- 1 - cup(s) green olives
- rice
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Crack Chicken

- 8 - small boneless chicken breasts
- 32 - oz. cream cheese
- 2 - packet(s) ranch dressing mix
- 8 - slices bacon
- 1 - cup(s) shredded cheese
- 8 - hamburger buns
- chips
- fruit
- 2 - gallon-size freezer baggie(s)

2. Slow Cooker Pork Carnitas Nachos

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - packet(s) taco seasoning
- 1/2 - cup(s) lime juice
- 1 - bag(s) corn tortilla chips
- 4 - cup(s) shredded mozzarella cheese
- chopped cilantro
- veggies
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Mushroom Pot Roast

- 4 - lb(s) beef chuck roast
- Salt and pepper
- 2 - small white onion(s)
- 16 - oz. sliced white mushrooms
- 2x1 - 10 oz can(s) cream of mushroom
- 2 - cup(s) white cooking wine
- 4 - Tbsp Worcestershire sauce
- veggies
- mashed potatoes
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 lb(s) beef chuck roast
- 4 lb(s) pork roast
- 24 boneless chicken thighs
- 8 small boneless chicken breasts
- 8 slices bacon

Pantry Staples - Canned, Boxed

- 4x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- Side:** rice
- 2x1 10 oz can(s) cream of mushroom

Sauces/Condiments

- 2 Tbsp balsamic vinegar
- 2 Tbsp apple cider vinegar
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce

Dairy/Frozen

- 16 slices Provolone cheese
- 4 cup(s) shredded mozzarella cheese
- 32 oz. cream cheese
- Side:** 1 cup(s) shredded cheese

Produce

- Side:** salad
- 1/2 cup(s) lime juice
- Garnish:** chopped cilantro
- Side:** veggies
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 16 oz. sliced white mushrooms
- Side:** mashed potatoes
- Side:** fruit

Starchy Sides

- 8 hoagie rolls
- Side:** 1 bag(s) corn tortilla chips
- 8 hamburger buns
- Side:** chips

Spices

- Salt and pepper
- 4 Tbsp Italian seasoning
- 2 packet(s) taco seasoning
- 2 Tbsp cumin
- 2 packet(s) ranch dressing mix

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 Shredded Italian Beef Hoagies

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2x1 15 oz. can(s) crushed tomatoes
- 4 Tbsp Italian seasoning
- 2 Tbsp balsamic vinegar
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Chicken Ropa Vieja

- 24 boneless chicken thighs
- Salt and pepper
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 2 small white onion(s)
- 2x1 15 oz. can(s) crushed tomatoes
- 2 Tbsp apple cider vinegar
- 2 Tbsp cumin
- 1 cup(s) green olives
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Crack Chicken

- 8 small boneless chicken breasts
- 32 oz. cream cheese
- 2 packet(s) ranch dressing mix
- 2 gallon-size freezer baggie(s)

2. Slow Cooker Pork Carnitas Nachos

- 4 lb(s) pork roast
- Salt and pepper
- 2 packet(s) taco seasoning
- 1/2 cup(s) lime juice
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Mushroom Pot Roast

- 4 lb(s) beef chuck roast
- Salt and pepper
- 2 small white onion(s)
- 16 oz. sliced white mushrooms
- 2x1 10 oz can(s) cream of mushroom
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce
- 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

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

Pantry Staples - Canned, Boxed

- 4x1 15 oz. can(s) crushed tomatoes
- 1 cup(s) green olives
- 2x1 10 oz can(s) cream of mushroom

Spices

- Salt and pepper
- 4 Tbsp Italian seasoning
- 2 packet(s) taco seasoning
- 2 Tbsp cumin
- 2 packet(s) ranch dressing mix

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 1/2 cup(s) lime juice
- 2 red bell pepper(s)
- 2 green bell pepper(s)
- 4 small white onion(s)
- 16 oz. sliced white mushrooms

Sauces/Condiments

- 2 Tbsp balsamic vinegar
- 2 Tbsp apple cider vinegar
- 2 cup(s) white cooking wine
- 4 Tbsp Worcestershire sauce

Dairy/Frozen

- 32 oz. cream cheese

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 onions.
- Seed and slice 2 green bell peppers and 2 red bell peppers.
- Slice 2 small onions into half-moons.
- Open 2 cans of crushed 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 Shredded Italian Beef Hoagies

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

- 2 lb. beef chuck roast
- Salt and pepper
- 1 - 15 oz. can crushed tomatoes
- 2 Tbsp Italian seasoning
- 1 Tbsp balsamic vinegar

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

Slow Cooker Chicken Ropa Vieja

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

- 12 boneless chicken thighs
- Salt and pepper
- Half of the sliced green and red bell peppers
- Half of the sliced onions
- 1 - 15 oz. can crushed tomatoes
- 1 Tbsp apple cider vinegar
- 1 Tbsp cumin
- 1/2 cup green olives

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

Slow Cooker Crack Chicken

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

- 4 boneless chicken breasts
- 16 oz. cream cheese
- 1 packet ranch dressing mix
- Do NOT add the bacon or cheese to the freezer baggie.

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

Slow Cooker Pork Carnitas Nachos

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

- 2 lb. pork roast
- Salt and pepper
- 1 packet taco seasoning
- 1/4 cup lime juice

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

Slow Cooker Mushroom Pot Roast

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

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced onion
- 8 oz. sliced white mushrooms
- 1 - 10 oz. can cream of mushroom soup
- 1 cup white cooking wine
- 2 Tbsp Worcestershire sauce

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