

SLOW COOKER MEAL PLAN

MAY 2018

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1. Slow Cooker Honey Mustard Shredded Chicken 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.

Ingredients for Single Meal

- 2 - large boneless chicken breasts
- 1/4 - cup(s) honey
- 3 - Tbsp Dijon mustard
- 1 - tsp vinegar
- 4 - sliced Provolone cheese**
- 4 - sandwich buns**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker. Whisk together honey, Dijon mustard and vinegar in a small bowl and pour over chicken breasts.
2. Set the slow cooker on low and cook for 8 hours.
3. Note: if your slow cooker "runs hot" and has dried out meat in the past, you might want to add 1/2 to 1 cup of water or chicken stock to keep the inside of the slow cooker humid and prevent the meat from drying out.)
4. Once cooked, use 2 forks to shred the chicken before serving on buns with slice of cheese.
5. Serve Slow Cooker Honey Mustard Shredded Chicken Sandwiches with veggies.

Assembly Prep Directions for 2 Meals

Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.

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

- 2 lbs. boneless, skinless chicken breasts
- Salt and pepper
- Half of the prepared marinade into each 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 8 hours.*

Special Notes: *The chicken can also be cooked on the grill and served in large pieces instead of shredded for the sandwiches. The chicken could also be cooked in a saucepan or Dutch oven and then shredded. Cook for about 30 minutes, or until chicken is cooked through. Also, if you prefer darker meat, you can use boneless, skinless chicken thighs in place of the chicken breasts.*

Dairy-Free Modifications: *Omit the Provolone cheese.*

Gluten-Free Modifications: *Use gluten-free buns or large pieces of lettuce to make lettuce wrapped chicken sandwiches. You could also serve the shredded chicken over rice.*

2. Slow Cooker Salsa Verde Beef 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.

Ingredients for Single Meal

- 2 - lb(s) beef roast
- 1 - tsp ground cumin
- - Salt and pepper
- 1 1/2 - cup(s) salsa verde sauce
- 12 - oz. Coleslaw mix with dressing**
- 12 - corn tortillas**
- Garnish: - cotija cheese**
- Garnish: - avocado(s)**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef in the base of the slow cooker and season with the ground cumin, salt and pepper. Pour the salsa verde over the beef. Set on low and cook for 8 hours. Once cooked, shred the beef for the tacos.
2. Before serving, prepare the slaw in a mixing bowl.
3. Assemble tacos by placing some shredded beef in the middle of the tortilla, and top with the slaw and optional garnishes.
4. Prepare fresh fruit.
5. Serve Slow Cooker Salsa Verde Beef Tacos with Coleslaw and fruit.

Assembly Prep Directions for 2 Meals

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

- 2 lbs. beef roast
- 1 tsp ground cumin
- Salt and pepper
- 1 1/2 cups salsa verde

Remove as much as air as possible and seal.

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: *Omit cheese garnish for dairy-free meal.*

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

3. Slow Cooker Shredded Pork with Thai Peanut Sauce

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

- 2 - lb(s) pork roast
- - Salt and pepper
- 1 - red bell pepper(s)
- 1 - small white onion(s)
- 1/2 - cup(s) soy sauce
- 1/4 - cup(s) peanut butter
- 1 - Tbsp vinegar
- 1 - Tbsp lime juice
- 1 - tsp ground ginger
- 1 - tsp garlic powder
- Garnish: - green onions and lime slices**
- Garnish: - chopped peanuts**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and slice the red bell pepper. Thinly slice the onion.
2. In a mixing bowl, whisk together the soy sauce, peanut butter, vinegar, lime juice, ground ginger and garlic powder. Add in a few pinches of salt and pepper.
3. Add the pork roast to the base of the slow cooker and add the bell peppers and onions over the top. Pour the Thai peanut sauce over the top. (If your slow cooker runs hot, add ½ cup of water around the pork roast.)
4. Set on low and cook for 8 hours. Once cooked, use 2 forks and shred the pork meat into the sauce.
5. Cook rice, as directed.
6. Prepare salad.
7. Serve Shredded Pork with Thai Peanut Sauce over rice with side salad.

Assembly Prep Directions for 2 Meals

Seed and slice 2 red bell peppers. Thinly slice 2 onions.

In a mixing bowl, whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.

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

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared soy-peanut sauce into each 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 8 hours.

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

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free soy sauce.

4. Slow Cooker Chicken & Spinach 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.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 2 - cup(s) frozen spinach
- 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)

Cooking Directions for Single Meal

1. To the slow cooker insert, add the chicken breasts, frozen spinach, 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 & Spinach Stroganoff over egg noodles with veggies.

Assembly Prep Directions for 2 Meals

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

- 4 small boneless chicken breasts
- 2 cups frozen spinach
- 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 5dollardinners.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.*

5. Slow Cooker Steak 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

- 2 - lb(s) beef for stirfry
- 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 or naan 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 beef for stir-fry strips 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. Strain before adding to the pita bread.
5. Warm the pita or naan bread, to help it soften and roll.
6. Prepare the garnish and tzatziki sauce.
7. Serve Slow Cooker Steak Gyros on pita or naan bread, 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:

- 2 lbs. beef for stirfry strips
- 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 you skip the tzatziki garnish.

Gluten-Free Modifications: Recipe is gluten-free if you serve over rice, instead of pita or naan bread.

Complete Shopping List by Recipe

1. Slow Cooker Honey Mustard Shredded Chicken

Sandwiches

- 4 - large boneless chicken breasts
- 1/2 - cup(s) honey
- 6 - Tbsp Dijon mustard
- 2 - tsp vinegar
- 8 - sliced Provolone cheese
- 4 - sandwich buns
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Shredded Pork with Thai Peanut

Sauce

- 4 - lb(s) pork roast
- Salt and pepper
- 2 - red bell pepper(s)
- 2 - small white onion(s)
- 1 - cup(s) soy sauce
- 1/2 - cup(s) peanut butter
- 2 - Tbsp vinegar
- 2 - Tbsp lime juice
- 2 - tsp ground ginger
- 2 - tsp garlic powder
- green onions and lime slices
- chopped peanuts
- rice
- salad
- 2 - gallon-size freezer baggie(s)

5. Slow Cooker Steak Gyros

- 4 - lb(s) beef for stirfry
- 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)

2. Slow Cooker Salsa Verde Beef Tacos

- 4 - lb(s) beef roast
- 2 - tsp ground cumin
- Salt and pepper
- 3 - cup(s) salsa verde sauce
- 2x12 - oz. Coleslaw mix with dressing
- 24 - corn tortillas
- cotija cheese
- avocado(s)
- fruit
- 2 - gallon-size freezer baggie(s)

4. Slow Cooker Chicken & Spinach Stroganoff

- 8 - small boneless chicken breasts
- 2x2 - cup(s) frozen spinach
- 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)



- cucumber slices
- pita or naan bread
- tzatziki sauce
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

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

Pantry Staples - Canned, Boxed

- 1/2 cup(s) peanut butter
- Side:** chopped peanuts
- Side:** rice
- 2 cup(s) chicken broth
- 2x1 10 oz can(s) cream of mushroom

Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 3 cup(s) salsa verde sauce
- 1 cup(s) soy sauce
- 2 Tbsp vinegar
- 1/2 cup(s) red wine vinegar
- Side:** tzatziki sauce

Dairy/Frozen

- 8 sliced Provolone cheese
- Garnish:** cotija cheese
- 2x2 cup(s) frozen spinach
- 2 cup(s) sour cream

Produce

- Side:** veggies
- 2x12 oz. Coleslaw mix with dressing
- Garnish:** avocado(s)
- Side:** fruit
- 2 red bell pepper(s)
- 4 small white onion(s)
- 2 Tbsp lime juice
- Side:** green onions and lime slices
- Side:** salad
- 1 cup(s) lemon juice
- Garnish:** red onion(s)
- Garnish:** cucumber slices

Starchy Sides

- Side:** 4 sandwich buns
- 24 corn tortillas
- Side:** egg noodles
- Side:** pita or naan bread

Spices

- 2 tsp ground cumin
- Salt and pepper
- 2 tsp ground ginger
- 4 tsp garlic powder
- 2 Tbsp minced onion
- 2 tsp paprika
- 4 tsp minced garlic
- 2 tsp oregano

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 Honey Mustard Shredded Chicken Sandwiches

- 4 large boneless chicken breasts
- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Shredded Pork with Thai Peanut Sauce

- 4 lb(s) pork roast
- Salt and pepper
- 2 red bell pepper(s)
- 2 small white onion(s)
- 1 cup(s) soy sauce
- 1/2 cup(s) peanut butter
- 2 Tbsp vinegar
- 2 Tbsp lime juice
- 2 tsp ground ginger
- 2 tsp garlic powder
- 2 gallon-size freezer baggie(s)

5. Slow Cooker Steak Gyros

- 4 lb(s) beef for stirfry
- 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)

2. Slow Cooker Salsa Verde Beef Tacos

- 4 lb(s) beef roast
- 2 tsp ground cumin
- Salt and pepper
- 3 cup(s) salsa verde sauce
- 2 gallon-size freezer baggie(s)

4. Slow Cooker Chicken & Spinach Stroganoff

- 8 small boneless chicken breasts
- 2x2 cup(s) frozen spinach
- 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)

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

Pantry Staples - Canned, Boxed

- 1/2 cup(s) peanut butter
- 2 cup(s) chicken broth
- 2x1 10 oz can(s) cream of mushroom

Spices

- 2 tsp ground cumin
- Salt and pepper
- 2 tsp ground ginger
- 4 tsp garlic powder
- 2 Tbsp minced onion
- 2 tsp paprika
- 4 tsp minced garlic
- 2 tsp oregano

Supplies

- 10x gallon-size freezer baggie(s)

Produce

- 2 red bell pepper(s)
- 4 small white onion(s)
- 2 Tbsp lime juice
- 1 cup(s) lemon juice

Sauces/Condiments

- 1/2 cup(s) honey
- 6 Tbsp Dijon mustard
- 2 tsp vinegar
- 3 cup(s) salsa verde sauce
- 1 cup(s) soy sauce
- 2 Tbsp vinegar
- 1/2 cup(s) red wine vinegar

Dairy/Frozen

- 2x2 cup(s) frozen spinach

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

- Seed and slice 2 red bell peppers. Thinly slice 2 onions.
- Slice 2 small white onions into half-moons.
- In a mixing bowl, whisk together 1 cup soy sauce, 1/2 cup peanut butter, 2 Tbsp vinegar, 2 Tbsp lime juice, 2 tsp ground ginger and 2 tsp garlic powder. Add in a few pinches of salt and pepper.
- Whisk together 1/2 cup honey, 6 Tbsp Dijon mustard and 2 tsp vinegar.
- 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 Honey Mustard Shredded

Chicken Sandwiches

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

- 2 lbs. boneless, skinless chicken breasts
- Salt and pepper
- Half of the prepared marinade into each bag

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

Slow Cooker Shredded Pork with Thai

Peanut Sauce

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

- 2 lb. pork roast
- Half of the sliced red bell peppers
- Half of the sliced onions
- Salt and pepper
- Half of the prepared soy-peanut sauce into each bag

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

Slow Cooker Steak Gyros

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

- 2 lbs. beef for stirfry strips
- 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.

Slow Cooker Salsa Verde Beef Tacos

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

- 2 lbs. beef roast
- 1 tsp ground cumin
- Salt and pepper
- 1 1/2 cups salsa verde

Remove as much as air as possible and seal.

Slow Cooker Chicken & Spinach

Stroganoff

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

- 4 small boneless chicken breasts
- 2 cups frozen spinach
- 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.