

BACK TO SCHOOL EDITION 2020

DINNER COOKS ITSELF - SLOW COOKER

Table of Contents

Recipes

1. Slow Cooker Rosemary Artichoke Chicken {Keto}
2. Slow Cooker Mississippi Beef Roast {Keto}
3. Slow Cooker Ranchero Chicken

Shopping Lists

- Complete Shopping List by Recipe
- Complete Shopping List by Store Section/Category
- Freezer Meal Prep Day Shopping List by Recipe
- Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

- Assembly Prep Instructions
- Meal Assembly Instructions

1. Slow Cooker Rosemary Artichoke Chicken {Keto}

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.

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: - salad**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

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. Prepare the salad.
5. Prepare veggies.
6. Serve Slow Cooker Rosemary Artichoke Chicken with salad and veggies.

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 sides.

2. Slow Cooker Mississippi Beef Roast {Keto}

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) beef chuck roast
- 2 - Tbsp dried parsley
- 1 - tsp dried dill
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1/2 - tsp dried basil
- 1/4 - cup(s) butter
- 8 - pepperoncini peppers
- 1 - tsp pepper
- Side: - cauliflower rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast in the base of the slow cooker and season with NEW. Add the pepperoncini peppers directly on the roast and sprinkle the pepper on top. Slice the butter into 1 Tbsp pieces and add on top of other ingredients.
2. Set slow cooker on low and cook for 8 hours.
3. Cook the cauliflower rice, as directed.
4. Prepare veggies.
5. Serve Slow Cooker Mississippi Mud Beef Roast with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

Slice 1/2 cup butter into 1 Tbsp slices.

In a small bowl, combine 4 Tbsp dried parsley, 2 tsp dried dill, 2 tsp garlic powder, 2 tsp onion powder, and 1 tsp dried basil.

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

- 2 lb. beef chuck roast
- Half of the spice mixture
- 8 pepperoncini peppers
- 1 tsp pepper
- Half of the sliced butter, 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 you use a dairy-free margarine.

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

3. Slow Cooker Ranchero 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

- 1 - 15 oz. can(s) diced tomatoes
- 1 - 6 oz. can(s) tomato paste
- 3 - Tbsp taco seasoning
- 2 - boneless chicken breasts
- 4 - boneless chicken thighs
- - Salt and pepper
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Whisk together the diced tomatoes with their juices and the tomato paste in the base of the slow cooker. Stir in the taco seasoning.
2. Add the chicken breast and thighs to sauce and spoon the sauce over the top. Set the slow cooker on low and cook for 8 hours.
3. Once cooked, pull apart the chicken with 2 forks.
4. Cook rice, as directed.
5. Prepare veggies.
6. Serve Ranchero Chicken over rice with side of veggies.

Assembly Prep Directions for 2 Meals

Open 2 cans of diced tomatoes.

Open 2 cans of tomato paste.

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

- Half of the canned diced tomatoes
- Half of the canned tomato paste
- 3 Tbsp taco seasoning
- 2 boneless chicken breasts
- 4 boneless chicken thighs
- 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.*

Special Notes: *This shredded chicken-tomato mixture could also be used for enchiladas, on tostadas, in burritos or hard shell tacos. Also, the extra cooked and shredded chicken can be cooled and frozen to use again in the future.*

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 Rosemary Artichoke Chicken {Keto}

- 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
- salad
- veggies
- 2 - gallon-size freezer baggie(s)

2. Slow Cooker Mississippi Beef Roast {Keto}

- 4 - lb(s) beef chuck roast
- 4 - Tbsp dried parsley
- 2 - tsp dried dill
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 1 - tsp dried basil
- 1/2 - cup(s) butter
- 16 - pepperoncini peppers
- 2 - tsp pepper
- cauliflower rice
- veggies
- 2 - gallon-size freezer baggie(s)

3. Slow Cooker Ranchero Chicken

- 2 - 15 oz. can(s) diced tomatoes
- 2x1 - 6 oz. can(s) tomato paste
- 6 - Tbsp taco seasoning
- 4 - boneless chicken breasts
- 8 - boneless chicken thighs
- Salt and pepper
- rice
- veggies
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

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

Pantry Staples - Canned, Boxed

- 2x1 7.5 oz jar(s) artichoke hearts
- Side:** cauliflower rice
- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- Side:** rice

Spices

- 2 tsp dried rosemary
- 4 tsp garlic powder
- 2 tsp dried basil
- Salt and pepper
- 4 Tbsp dried parsley
- 2 tsp dried dill
- 2 tsp onion powder
- 2 tsp pepper
- 6 Tbsp taco seasoning

Supplies

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

Produce

- Side:** salad
- Side:** veggies
- 16 pepperoncini peppers

Sauces/Condiments

- 2 Tbsp olive oil

Dairy/Frozen

- 1/2 cup(s) butter

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 {Keto}

- 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)

2. Slow Cooker Mississippi Beef Roast {Keto}

- 4 lb(s) beef chuck roast
- 4 Tbsp dried parsley
- 2 tsp dried dill
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp dried basil
- 1/2 cup(s) butter
- 16 pepperoncini peppers
- 2 tsp pepper
- 2 gallon-size freezer baggie(s)

3. Slow Cooker Ranchero Chicken

- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste
- 6 Tbsp taco seasoning
- 4 boneless chicken breasts
- 8 boneless chicken thighs
- 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

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

Pantry Staples - Canned, Boxed

- 2x1 7.5 oz jar(s) artichoke hearts
- 2 15 oz. can(s) diced tomatoes
- 2x1 6 oz. can(s) tomato paste

Spices

- 2 tsp dried rosemary
- 4 tsp garlic powder
- 2 tsp dried basil
- Salt and pepper
- 4 Tbsp dried parsley
- 2 tsp dried dill
- 2 tsp onion powder
- 2 tsp pepper
- 6 Tbsp taco seasoning

Produce

- 16 pepperoncini peppers

Sauces/Condiments

- 2 Tbsp olive oil

Dairy/Frozen

- 1/2 cup(s) butter

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 1/2 cup butter into 1 Tbsp slices.
- In a small bowl, combine 4 Tbsp dried parsley, 2 tsp dried dill, 2 tsp garlic powder, 2 tsp onion powder, and 1 tsp dried basil.
- Open 2 cans of diced tomatoes.
- Open 2 cans of tomato paste.
- Open and drain 2 jars of artichoke hearts.

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

{Keto}

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 Ranchero Chicken

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

- Half of the canned diced tomatoes
- Half of the canned tomato paste
- 3 Tbsp taco seasoning
- 2 boneless chicken breasts
- 4 boneless chicken thighs
- Salt and pepper

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

Slow Cooker Mississippi Beef Roast {Keto}

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

- 2 lb. beef chuck roast
- Half of the spice mixture
- 8 pepperoncini peppers
- 1 tsp pepper
- Half of the sliced butter, into each bag

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