

DINNER COOKS ITSELF PARTY

SLOW COOKER RECIPES

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1. Slow Cooker Mississippi Beef Roast

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
 - 1 - packet(s) ranch dressing mix
 - 8 - pepperoncini peppers
 - 1 - tsp pepper
 - Side: - dinner rolls**
 - Side: - veggies**
 - 1 - gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Place the beef roast in the base of the slow cooker and season with Ranch dressing mix. Add the pepperoncini peppers directly on the roast and sprinkle the pepper on top. Set slow cooker on low and cook for 8 hours.
2. Warm the dinner rolls.
3. Prepare veggies.
4. Serve Slow Cooker Mississippi Mud Beef Roast with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

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

- 2 lb. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp 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 you use a dairy-free Ranch dressing mix.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides, such as rice.*

2. Slow Cooker Spinach Artichoke 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
- 1 - tsp garlic powder
- - Salt and pepper
- 1 - cup(s) grated Parmesan cheese
- 2 - cup(s) shredded mozzarella cheese
- 10 - oz. frozen spinach
- 8 - oz. cream cheese
- 1 - 15 oz. can(s) artichoke hearts
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Warm and drain the spinach. Cut the cream cheese into small cubes.
2. Open and drain the quartered artichoke hearts.
3. Place the chicken breasts into the base of the slow cooker and season with garlic powder, salt and pepper.
4. In a small mixing bowl, combine the Parmesan cheese, mozzarella cheese, drained spinach, cream cheese cubes, and quartered artichokes. Spread the cheesy mixture over the chicken in the slow cooker.
5. Set the slow cooker on low and cook for 8 hours.
6. Prepare the salad.
7. Serve Slow Cooker Spinach Artichoke Chicken with side salad.

Assembly Prep Directions for 2 Meals

Warm and drain 20 oz. of spinach.

Cut up 2 - 8 oz. blocks cream cheese into small cubes.

Open and drain 2 cans of quartered artichoke hearts.

In a small mixing bowl, combine 2 cups Parmesan cheese, 4 cups mozzarella cheese, the drained spinach, the cream cheese cubes, and the quartered artichoke hearts.

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

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- Half of the cheesy mixture 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: Unfortunately, there is not a great dairy-free option for this meal.

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

3. Slow Cooker Cheesy Salsa 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
- 1 - cup(s) red salsa
- 2 - Tbsp taco seasoning
- 1/2 - cup(s) sour cream**
- 2 - cup(s) shredded cheese**
- - Salt and pepper
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the red salsa and taco seasoning over and around the chicken. (Note: Do not add the sour cream before slow cooking.)
2. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, stir in the sour cream and let finish cooking. Once finished cooking, add the shredded cheese on top and let melt. Season with salt and pepper to taste.
3. Cook the rice as directed.
4. Prepare the salad.
5. Serve Slow Cooker Cheesy Salsa Chicken with shredded cheese garnish over rice with salad.

Assembly Prep Directions for 2 Meals

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 2 Tbsp taco seasoning
- Do NOT add the sour cream or shredded cheese before freezing.

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. Stir in the sour cream at the end of the cooking cycle as directed. Top with shredded cheese, once finished cooking.*

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

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

Complete Shopping List by Recipe

1. Slow Cooker Mississippi Beef Roast

- ☐ 4 - lb(s) beef chuck roast
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 16 - pepperoncini peppers
- ☐ 2 - tsp pepper
- ☐ - dinner rolls
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Spinach Artichoke Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - tsp garlic powder
- ☐ - Salt and pepper
- ☐ 2 - cup(s) grated Parmesan cheese
- ☐ 4 - cup(s) shredded mozzarella cheese
- ☐ 20 - oz. frozen spinach
- ☐ 16 - oz. cream cheese
- ☐ 2 - 15 oz. can(s) artichoke hearts
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Cheesy Salsa Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) red salsa
- ☐ 4 - Tbsp taco seasoning
- ☐ 1 - cup(s) sour cream
- ☐ 2 - cup(s) shredded cheese
- ☐ - Salt and pepper
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)



Complete Shopping List by Store Section/Category

Meat

- ☐ 4 lb(s) beef chuck roast
- ☐ 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) artichoke hearts
- ☐ 2 cup(s) red salsa
- ☐ **Side:** rice

Spices

- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp pepper
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 4 Tbsp taco seasoning

Supplies

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

Produce

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

Starchy Sides

- ☐ **Side:** dinner rolls

Dairy/Frozen

- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 20 oz. frozen spinach
- ☐ 16 oz. cream cheese
- ☐ 1 cup(s) sour cream
- ☐ **Side:** 2 cup(s) shredded cheese



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 Mississippi Beef Roast

- ☐ 4 lb(s) beef chuck roast
- ☐ 2 packet(s) ranch dressing mix
- ☐ 16 pepperoncini peppers
- ☐ 2 tsp pepper
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Spinach Artichoke Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 20 oz. frozen spinach
- ☐ 16 oz. cream cheese
- ☐ 2 15 oz. can(s) artichoke hearts
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Cheesy Salsa Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) red salsa
- ☐ 4 Tbsp taco seasoning
- ☐ 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 lb(s) beef chuck roast
- ☐ 16 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) artichoke hearts
- ☐ 2 cup(s) red salsa

Dairy/Frozen

- ☐ 2 cup(s) grated Parmesan cheese
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ 20 oz. frozen spinach
- ☐ 16 oz. cream cheese

Produce

- ☐ 16 pepperoncini peppers

Spices

- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp pepper
- ☐ 2 tsp garlic powder
- ☐ Salt and pepper
- ☐ 4 Tbsp taco seasoning



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

- ☐ Warm and drain 20 oz. of spinach.
- ☐ Cut up 2 - 8 oz. blocks cream cheese into small cubes.
- ☐ Open and drain 2 cans of quartered artichoke hearts.
- ☐ In a small mixing bowl, combine 2 cups Parmesan cheese, 4 cups mozzarella cheese, the drained spinach, the cream cheese cubes, and the quartered 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 Mississippi Beef Roast

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

- 2 lb. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp pepper

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

Slow Cooker Spinach Artichoke Chicken

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

- 4 small boneless chicken breasts
- 1 tsp garlic powder
- Salt and pepper
- Half of the cheesy mixture into each bag

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

Slow Cooker Cheesy Salsa Chicken

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

- 4 boneless chicken breasts
- 1 cup red salsa
- 2 Tbsp taco seasoning
- Do NOT add the sour cream or shredded cheese before freezing.

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