

GROCERY LIST

MEAT

- 4 pounds boneless, skinless chicken breasts
- Two, 2-pound boneless beef chuck shoulder roasts

CANNED

- 2, 6oz cans of tomato paste
- 2, 14.5oz cans of tomato sauce (about 3.5 cups) (You can sub one, 24oz can)
- 24oz jar of pasta sauce (about 2.5 cups)
- 4 cups low sodium chicken broth
- 2, 13.5oz cans of coconut milk

PRODUCE

- 3 small-medium sized onions
- 4 large cloves of garlic
- 5 pounds carrots
- 3 cups green beans
- 1 medium-sized zucchini

FROZEN FOOD

- 4 cups of frozen peas
- 1 bag of frozen small meatballs (if you have more time you can make your own instead)

SEASONINGS

- 4 tablespoons curry powder (1/4 cup)
- 2 teaspoons salt
- 2 teaspoons crushed red pepper
- Two seasoning packets for beef roast (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (Like taco. Yum!)

MISC

- 6 tablespoons honey
- 6 tablespoons extra virgin olive oil
- 4 tablespoons red wine vinegar
- 5 gallon-sized plastic freezer bags

SIDE DISHES

- 5 bags of brown rice

RECIPES

Slow Cooker Chicken Curry

Yields: One gallon-sized bag of slow cooker chicken curry

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 1, 6oz can of tomato paste
- 1, 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 1, 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

Directions

- In a bowl, combine tomato sauce, garlic, honey, and seasonings. Set aside.
- Add the rest of the ingredients to your slow cooker. Cover with the tomato sauce/seasoning mixture.
- Cook on low 8 hours.

To Freeze

Combine all of the ingredients in a gallon-sized freezer bag and freeze for up to three months. When ready to cook, thaw overnight in your refrigerator and cook in your slow cooker for 8-12 hours on low.

Slow Cooker Beef Roast and Carrot Recipe

Yields: One gallon-sized bag of beef roast and carrots

Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 1-2 pounds carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- one seasoning packet (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (Like taco. Yum!)

Directions

- Combine all ingredients in your slow cooker.
- Add lid, and cook on “low” setting for 8-10 hours until beef shreds easily with a fork.

To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag. Remove as much air as possible and freeze for up to three months. When ready to eat, thaw overnight in refrigerator. Cook on “low” setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred meat and serve!

Slow Cooker Meatball Veggie Soup

Yields: One bag of slow cooker meatball veggie soup

Ingredients

- 1 pound small meatballs (store bought or homemade)
- 24oz jar of pasta sauce (about 2.5 cups)
- 4 cups low sodium chicken broth
- 1 pound carrots, peeled and chopped
- 3 cups green beans, ends cut off and cut into bite-sized pieces
- 1 medium-sized zucchini, ends cut off and cut into bite-sized pieces
- 1 medium-sized yellow onion, diced (about 1 cup)

Directions

- Combine all ingredients in slow cooker.
- Cover, and cook on low for 8 hours or until veggies are soft.

To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag. Remove as much air as possible and freeze for up to three months. When ready to eat, thaw overnight in refrigerator. Cook on "low" setting for 8-12 hours, or until carrots and onions are soft. Serve!

More info can be found on www.NewLeafWellness.biz