

SLOW COOKER FREEZER MEAL LIST

Two bags of slow cooker chicken fajitas
Two bags of slow cooker chicken pot pie
Two bags of spicy Dr. Pepper Shredded Pork (for tacos)
One bag of slow cooker beef roast and carrots

GROCERY LIST

MEAT

- 4 pounds of boneless, skinless chicken breasts
- One 2-pound boneless beef chuck shoulder roast
- Two, 3-5 pound bone-in pork shoulders (sometimes labeled "Boston butts" or "pork butts")

DAIRY

- 1 stick of unsalted butter
- 2 cups of 2% milk (or whatever you have on-hand)

PRODUCE

- 8 small yellow onions
- 2 pounds carrots
- 2 medium-sized green peppers
- 2 medium-sized red peppers
- 4 large cloves of garlic
- 2 limes (I only bought one and split the juice between the two bags of chicken fajitas)

FROZEN FOOD

- 16oz bag of frozen mixed vegetables – carrots, corn, green beans, peas and lima beans
- 30oz bag of tater tots (about 8 cups)

SEASONINGS

- 2 teaspoons salt
- 1.5 teaspoons black pepper
- 1 teaspoon celery seed
- 1/2 teaspoon poultry seasoning
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 2 teaspoons paprika
- 1/2 teaspoon crushed red pepper flakes

- One seasoning packet for beef roast (We love the McCormick mesquite and chipotle seasonings) or 3 tablespoons of your favorite homemade seasoning mix (I used taco)

MISC

- 4 cups fat-free, reduced-sodium chicken broth
- 1/2 cup flour
- 2 tablespoons honey
- 4 tablespoon brown sugar (1/4 cup)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 2, 7oz cans of chipotle peppers in adobo sauce (I bought one 11oz can and split it between my two bags of Dr. Pepper Shredded Pork)
- 6 cups of Dr. Pepper (4 cans) – I think you could also sub root beer or cola *not needed until day of cooking*
- 7 gallon-sized plastic freezer bags

SIDE DISHES

- Tortillas for chicken fajitas and shredded pork tacos (You can wait to buy when you're going to cook the meals or serve with rice instead)
- Taco toppings for chicken fajitas and shredded pork tacos *not needed until day of cooking*
- Brown rice for beef roast and carrots

RECIPES

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!)
- 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 (I used homemade taco seasoning. 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 Chicken Pot Pie Recipe

Yields: One gallon-sized freezer bag of slow cooker chicken pot pie

Ingredients

Sauce

- 1/4 cup unsalted butter (4 tablespoons or 1/2 stick)
- 2 small yellow onions, diced (about 2/3 cup)
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed
- 1/4 teaspoon poultry seasoning
- 1 cup 2% milk (or whatever you have on hand)
- 2 cups fat-free reduced sodium chicken broth

Filling & Topping

- 1 pound boneless chicken breasts, fat trimmed and cut into bite-sized pieces
- 8oz frozen mixed vegetables – carrots, corn, green beans, peas and lima beans (about 2 cups or half of a 16oz bag)
- 15oz tater tots (about 4 cups or half of a 30oz bag)

Directions

1. Create sauce in a pan on your stovetop: Melt butter, add diced onions, and cook until soft and translucent. Add flour and all of the seasonings and mix. Add milk and chicken broth and bring to a boil. Reduce heat and simmer until the sauce starts to thicken (about 5 minutes).
2. Combine sauce, chicken, and vegetables in your slow cooker. Cover with tater tots and add lid.
3. Cook on “low” 6-8 hours or until chicken is cooked through and vegetables are soft.

To Freeze

Prepare the sauce, cool to room temperature, and freeze with raw chicken and mixed vegetables in a gallon-sized plastic freezer bag. Thaw in refrigerator overnight before cooking. Pour into slow cooker and cover with tater tots. Cook on “low” for 6-8 hours or until chicken is cooked through and vegetables are soft.

Slow Cooker Spicy Dr. Pepper Shredded Pork

Yields: One gallon-sized freezer bag of slow cooker spicy pork

Ingredients

- 3-5lb bone-in pork shoulder (sometimes labeled as “Boston butt” or “pork butt roast”)
- 1 small onion, peeled and sliced
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1, 7oz can chipotle peppers in adobo sauce
- 3 cups of Dr Pepper (2 cans) – I think you could also sub root beer or cola **not needed until day of cooking**

Directions

1. Place pork shoulder in your slow cooker and add remaining ingredients.
2. Cover, and cook on “low” setting for 8-12 hours (depending on the size and strength of your slow cooker). You’ll know it’s done when the meat easily falls off the bone.
3. Use a fork and knife to separate meat from the bone and shred meat.
4. Strain remaining juice, onions, and peppers left in your slow cooker. Discard what you catch in the strainer and keep the juice that strains through.
5. Return juice and shredded pork to your slow cooker, and stir to combine.
6. Serve on soft tortillas with your favorite taco toppings.

To Freeze

Combine all ingredients – except Dr. Pepper - 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. Add to slow cooker with Dr. Pepper. Cook on “low” setting for 8-12 hours, or until meat easily pulls apart with a fork. Shred meat and serve!

Slow Cooker Chicken Fajitas

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

Ingredients

- 1 medium-sized green pepper, sliced
- 1 medium-sized red pepper, sliced
- 1 small sweet yellow onion, sliced
- 1 pound boneless skinless chicken breasts
- 2 large cloves of garlic, minced
- 1 tablespoon honey
- 1 lime, juiced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

Directions

- Combine all ingredients in your slow cooker.
- Cover, and cook on "low" for 8 hours.
- Shred chicken and serve with your favorite fajita toppings.

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 4-8 hours, or until chicken is cooked through and easily pulls apart with a fork. Shred chicken and serve!

More info can be found on www.NewLeafWellness.biz