

RECIPE LIST

Two bags of Slow Cooker Hawaiian Pork Chops
Two bags of Balsamic Chicken with Pears and Mushrooms
Two bags of Mexican Chicken Chili with Cornbread Topping

GROCERY LIST FOR ALL 6 MEALS

MEAT

- 4 pounds boneless, skinless chicken breasts
- 2 pounds boneless pork chops

CANNED

- 2, 10.75oz cans of condensed tomato soup

PRODUCE

- 2 whole pineapples (I bought them pre-sliced to save time)
- 4 medium-sized pears
- 2 cups sliced mushrooms
- 2 medium-sized yellow onions
- 2 medium-sized (any color) peppers (I used green peppers)

FROZEN FOOD

- 2 cups of frozen corn

SEASONINGS

- 2 teaspoons salt
- 2 teaspoons black pepper
- 5 tablespoons of [homemade taco seasoning](#) or two packets of store-bought taco seasoning

MISC

- 2 cups balsamic vinegar
- 5 tablespoons light brown sugar
- 4 tablespoons low sodium soy sauce
- 6 gallon-sized plastic freezer bags

SUGGESTED SIDE DISHES

- Enough brown rice to serve with pork chops and balsamic chicken

ITEMS NEEDED FOR DAY-OF COOKING (see Mexican chicken chili recipe below if you want to prep these items on your prep day instead)

- 1/2 pound cheddar cheese (about two cups)
- 2 boxes of Jiffy cornbread mix
- 2 large eggs (to make cornbread topping)
- 2/3 cup milk (to make cornbread topping)

RECIPES

Slow Cooker Hawaiian Pork Chops

Yields: One gallon-sized bag of Hawaiian Pork Chops

Ingredients

- 1lb boneless, pork chops
- 1 fresh pineapple, stalk, skin, and core removed and fruit cut into bite-sized pieces
- 2 tablespoons light brown sugar
- 2 tablespoons low sodium soy sauce

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add pineapple, brown sugar, soy sauce, and pork chops. (Add the pork chops to the bag last, so they're the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 6 hours, or until pork is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice

Slow Cooker Balsamic Chicken with Pears and Mushrooms

Yields: One gallon-sized bag of Balsamic Chicken w/pears & mushrooms

Ingredients:

- 1 pound boneless skinless chicken breasts
- 2 medium-sized pears, peeled and sliced
- 1 cup mushrooms, sliced
- 1 cup balsamic vinegar
- 1 teaspoon salt
- 1 teaspoons black pepper
- 1.5 teaspoons brown sugar

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add all ingredients. (Add the chicken to the bag last, so they're the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 4-6 hours, or until chicken is cooked through and tender.

SUGGESTED SIDE DISH: Brown rice

Slow Cooker Mexican Chicken Chili with Cornbread Topping

Yields: One gallon-sized bag of Mexican Chicken Chili

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 medium-sized yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning mix](#) or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1/4 pound cheese (we use cheddar or pepper jack), shredded (about one cup) – NOT NEEDED UNTIL DAY OF COOKING*
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) – NOT NEEDED UNTIL DAY OF COOKING*

Materials

- 1 gallon-sized plastic freezer bag

Prep

1. Label your freezer bag.
2. To your freezer bag, add onion, pepper, corn, seasoning, tomato soup, and chicken. (Add the chicken to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 4-6 hours, or until chicken is cooked through and tender.
3. Shred chicken with a fork.
4. Top chicken chili with shredded cheese and assembled cornbread batter.
5. Replace lid and cook on "high" setting for one hour or until cornbread topping is cooked through.

*If you want to have everything prepped before the day of cooking, shred the cheese and freeze it separately in a small plastic freezer bag. Assemble the corn muffin batter and bake in a muffin or loaf pan. Cool to room temp, flash freeze, and serve as a side with the chicken chili.

More info can be found on <http://www.NewLeafWellness.biz>