

# 25 EASY CROCKPOT RECIPES FOR BUSY WEEKNIGHTS:

*recipes & grocery list*

## RECIPES

### Slow Cooker Southwestern Pork Chili

Yields: 6 servings

#### Ingredients

- 1 pound lean ground pork (You can sub ground turkey if you don't eat pork)
- 2 onions, peeled and chopped (about two cups)
- 2 ribs of celery, chopped (about one cup)
- 1 large carrot, peeled and diced
- 1 red pepper, chopped
- 14oz can of tomato sauce
- 15.5oz can of black beans, drained and rinsed
- 1 cup frozen corn
- 2 tablespoons light brown sugar
- 1 cup chicken broth (store-bought or homemade)
- 3 cloves of garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon oregano leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

1. Brown the ground pork on your stovetop, and take it off the burner allowing it to cool.
2. Combine all ingredients in your crockpot and cover with lid.
3. Cook on "low" for 6-8 hours.

#### To Freeze

Label a gallon-sized plastic freezer bag. Add all ingredients to the freezer bag. Remove as much air as possible, seal and lay flat in your freezer for up to three months. When ready to eat, thaw and cook in your crockpot on "low" setting for 6-8 hours. Break apart pork and serve.

I like to add chopped cilantro, two teaspoons of chipotle peppers (this is what makes it spicy), and fresh lime juice to the chili right before serving. Serve with sour cream, cheese, and avocado on the side.

FOR MORE INFO, VISIT: [WWW.NEWLEAFWELLNESS.BIZ](http://WWW.NEWLEAFWELLNESS.BIZ)

## Honey Sesame Chicken

modified from <http://damndelicious.net/2013/11/02/slow-cooker-crockpot-honey-sesame-chicken/>

Yields: 6 servings

Simply throw everything in the crockpot and you're set for a family-friendly meal - it doesn't get easier than that!

### Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons vegetable oil
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper, to taste

### Directions

1. In a large bowl, combine onion, garlic, honey, soy sauce, ketchup, vegetable oil and red pepper.
2. Season chicken thighs with salt and pepper, to taste. Place chicken thighs into a slow cooker. Add honey mixture and gently toss to combine. Cover and cook on low heat for 3 hours and 30 minutes.
3. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.
4. Serve immediately, garnished with green onions and sesame seeds, if desired.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator. Cook in slow cooker on Low setting for 3.5 hours or until chicken is cooked through and tender. Remove chicken thighs from slow cooker and shred chicken before returning to pot with juices. Cover and keep warm for additional 30 minutes.

Garnish with 1 green onion (thinly sliced) and sesame seeds. Serve with brown rice and broccoli.

## Crockpot Greens & Beans

Yields: Six servings

### Ingredients

- 8oz dried cannellini beans\*, rinsed
- 32oz chicken broth (4 cups)
- 64oz water (8 cups)
- 1 tablespoon extra virgin olive oil
- 5 cloves of garlic, sliced or minced
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1/2 head of kale, chopped
- Freshly grated Parmesan cheese, for topping

### Directions

1. Place all ingredients except greens and parmesan cheese in the crockpot.
2. Cook on "low" setting for 6-8 hours, or until beans are tender.
3. Add greens, stir, and continue to cook on "low" for 1/2 hour.
4. Serve in soup bowls and top with freshly grated Parmesan cheese.

### To Freeze

Combine all ingredients (except broth, water, and Parmesan cheese) in a gallon-sized plastic freezer bag and freeze for up to three months. To cook, thaw overnight in refrigerator. Add to crockpot with water and broth. Cook for 6-8 hours or until beans are tender. Serve with freshly grated Parmesan cheese.

The only side dish you need is a big loaf of crusty bread...oh, and maybe a nice glass of red wine!

## Slow Cooker Hawaiian Chicken for the Freezer

Yields: 3 servings

### Ingredients

- 1lb boneless, skinless chicken breasts, cut into bite-sized pieces
- 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 chicken breasts. (Add the chicken breasts 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 3-6 hours, or until chicken is cooked through and tender.
3. Serve with brown rice and broccoli, and enjoy!

## Slow Cooker Party Pork Recipe

Yields: 6 servings

### Ingredients

- 2-3lb bone-in pork shoulder (sometimes labeled as a “boston butt” or “pork butt”)
- 1 cup grape jelly
- 1 cup Simply Heinz ketchup
- 1/4 teaspoon ground allspice

### Directions

1. Add pork to your slow cooker.
2. Combine jelly, ketchup, and allspice in a bowl, and then pour over pork.
3. Add lid to slow cooker and cook on “low” for 8 hours.
4. Remove pork from your slow cooker and separate the meat from bone with a fork. (The meat should fall off the bone.)
5. Strain the juice left in your slow cooker and serve as a gravy with the meat.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw in refrigerator overnight before cooking. Add to crockpot and cook on “low” setting for 8 hours or until meat easily separates from bone. Strain juice left in slow cooker and serve as a gravy with the meat.

Serve with mashed potatoes and green beans.

## Salsa Verde Crockpot Chicken Recipe

Yields: 6 servings

### Ingredients

- 2lbs boneless chicken breasts (fresh or frozen)
- 15oz can black beans, drained and rinsed
- 15oz can corn, drained and rinsed
- 16oz jar salsa verde
- 8oz package cream cheese

### Directions

1. Place chicken breasts in crockpot. Add black beans, corn, and salsa verde.
2. Cook in crockpot on “low” for 6 hrs or until chicken is cooked through.
3. Add cream cheese (just throw it on top) and let sit for about 1/2 hour.

### To Freeze

Combine all ingredients (except cream cheese) in a gallon-sized plastic freezer bag, remove as much air as possible, and freeze for up to three months. When ready to cook, thaw and dump into crockpot. Cook on low for 6 hours or until chicken is cooked through. Add cream cheese and let sit for 1/2 hour or until warm.

Serve with Spanish rice and a salad.

## Crockpot Beef Fajitas

Yields: 4 servings

### Ingredients

- 2-lb boneless beef chuck shoulder roast, fat trimmed
- 2 bell peppers, sliced (I used red because they were on sale)
- 1 small onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- The juice from 1 lime
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

### Directions

- Combine all ingredients in your crockpot and cover with lid.
- Cook on “low” setting for 8 hours or until beef shreds easily with a fork.

### To Freeze

Label your freezer bag. Add all ingredients. Remove as much air as possible, seal, and lay flat in your freezer for up to three months. When ready to cook, thaw and cook in crockpot on “low” setting for 8 hours or until beef shreds easily with a fork.

Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.

## Crockpot Turkey White Bean and Kale Soup

Yields: Six servings of soup

### Ingredients

- 1 small onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 1 can cannellini beans (white kidney beans), washed and drained
- 2 tablespoons of Italian seasonings
- 1 pound ground turkey
- 8 cups chicken broth

### Directions

1. Combine all ingredients in crockpot and cook on “low” setting for 8 hours, or until carrots are soft.

### To Freeze

Combine all ingredients (except chicken broth) in a gallon-sized plastic freezer bag. Add the ground turkey to the bag last so it's the first ingredient poured into your crockpot. Remove as much air from the bag as possible, seal, and lay flat in your freezer. Thaw overnight before cooking and then add to crockpot with broth. Cook 8 hours on low. Break apart turkey and serve.

Serve with garlic bread.

## Slow Cooker Ginger Peach Chicken

Yields: 3 servings

### Ingredients

- 1lb boneless, skinless chicken thighs
- 1 cup peach jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated
- 3 cloves garlic, peeled and minced

### Directions

2. Add chicken thighs to your slow cooker.
3. In a medium-sized bowl, create sauce by adding peach jam, soy sauce, grated ginger, and minced garlic. Stir to combine.
4. Spoon sauce over chicken.
5. Add lid and cook on “low” setting for 3-6 hours or until the chicken shreds easily. (The cooking time will depend on the size and strength of your slow cooker).
6. Shred chicken and return to slow cooker to mix with juice.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw in refrigerator overnight before cooking. Add to slow cooker and cook on low setting for 3-6 hours or until chicken shreds easily. Shred chicken and return to slow cooker to mix with juice.

This ginger peach chicken tastes great with brown rice and roasted green beans. Yum!

## Crockpot Chili Made With Steak Meat

Yields: Four servings

### Ingredients

- 1 pound of sirloin steak, fat trimmed and cut into bite-sized pieces (I used two raw steaks, but you can also use leftover cooked sirloin steaks or a raw or cooked boneless beef chuck shoulder roast.)
- 28oz can of tomato sauce
- 2 cans of black beans (15oz each), drained and rinsed
- 1.25 cups frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1.5 teaspoons oregano leaves
- .25 teaspoon crushed red pepper flakes

### Directions

1. Combine all ingredients in crockpot and cook for 8 hours on “low” setting, or until steak is cooked through and tender.

### To Freeze

Add all ingredients to a gallon-sized plastic freezer bag. Remove as much air as possible, seal, and freeze flat in your freezer for up to three months. When ready to cook, thaw and add to crockpot. Cook for 8 hours on “low” setting, or until steak is cooked through and tender.

Serve with potatoes or chips and cheese. YUM.

## Crockpot Tomato Turkey and Vegetable Soup

Yields: Six servings of soup

### Ingredients

- 3 large carrots, peeled and sliced
- 1 lb zucchini, cut into bite-sized pieces (3-4 small zucchinis)
- 1 small onion, diced (about one cup)
- 1 can of cannellini beans (15oz), drained and rinsed
- 28oz can of tomato sauce (I used two 15oz cans)
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground turkey
- 4 cups of chicken broth \*not needed until day of cooking

### Directions

1. Combine all ingredients in crockpot and cook on “low” setting for 8 hours, or until carrots are soft.
2. Break apart turkey, stir, and serve.

### To Freeze

Combine all ingredients (except chicken broth) in a gallon-sized plastic freezer bags. Add the ground turkey to the bag last so it's the first ingredient poured into your crockpot. Remove as much air from the bag as possible, seal, and lay flat in your freezer. When ready to cook, thaw overnight in the refrigerator or in a bowl of water. Add to crockpot with broth and cook on low for 8 hours or until carrots are soft.

Serve with garlic bread.

## Freezer Crockpot Beef Stew

Modified from: <http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/>

Yields: 6-8 servings

### Ingredients

- 2lb, grass-fed beef chuck roast, fat-trimmed and cut into bite-sized pieces
- 3 carrots, peeled and chopped
- 2 celery ribs, chopped
- ½ onion, chopped
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup pearled barley (not quick-cooking)
- 7 cups beef broth \*not needed until day-of cooking
- 1 gallon-sized plastic freezer bag

### Directions

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Combine all ingredients (except beef broth) in a gallon-sized plastic freezer bag, adding the beef to the bag last so it's the first ingredient poured into the crockpot.
3. Remove as much air as possible, seal, and freeze for up to three months.
4. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
5. Add to crockpot with beef broth and cook on "low" setting for 8 hours or until carrots are soft.
6. Remove the bay leaf and enjoy!

Serve with crusty bread.

## **Crockpot Mexican Chili with Cornbread Topping**

Yields: 3-4 adult sized servings (If you want to double, I would double the filling and keep the cornbread topping the same.)

### **Ingredients**

- 1 pound lean ground beef
- 1 small yellow onion, chopped (about one cup)
- 1 pepper (any color), chopped (about one cup)
- 1 cup frozen corn
- 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)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)

### **Directions**

1. Add ground beef, onion, peppers, corn, seasoning, and tomato soup to crockpot.
2. Cover with lid and cook on “low” setting for 4-6 hours, until beef is cooked through.
3. Break apart beef and mix all ingredients.
4. Top with shredded with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for 60 minutes or until cornbread topping is cooked through.

### **To Freeze**

Combine all ingredients except cheese and corn muffin mix in a gallon-sized plastic freezer bag. Remove as much air from the bag as possible and freeze for up to three months. Thaw overnight before cooking. The morning of cooking, pour contents of freezer bag into your crockpot and cook on “low” setting for 4-6 hours, or until ground beef is cooked through. Break apart beef, and top chili with shredded cheese and cornbread batter. Replace lid and cook for one hour on “high” setting.

## Freezer-to-Slow Cooker Chicken Chili

Yields: 6 servings

### Ingredients

- 1 medium yellow onion (one cup), chopped
- 1 red bell pepper, chopped
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans (white kidney beans), drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can petite diced tomatoes, undrained
- 1.25 cups frozen corn
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

### Prep

1. Place onion, pepper, beans, canned tomatoes, and corn into a gallon-sized plastic freezer bag.
2. Add garlic and seasonings.
3. Add chicken. (It's important to add the meat last so it's the first ingredient to go into your slow cooker.)
4. Remove as much air as you can, and lay bag flat in your freezer. (If you have a standard freezer, the "use by" date will be 3 months from now.)

Note: If you want to skip the freezing step, you can combine all ingredients in your slow cooker and cook for 6-8 hours on "low" setting or until chicken is cooked through and tender.

### Cook

1. Thaw overnight in your refrigerator.
2. Add to slow cooker and cook on low for 8 hrs or until chicken is tender.

Serve with crushed tortilla chips and shredded cheddar cheese.

## Slow Cooker Chicken Curry

Yields: 8 servings

### Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 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

1. In a bowl, combine tomato sauce, garlic, honey, and seasonings. Set aside.
2. Add the rest of the ingredients to your slow cooker. Cover with the tomato sauce/seasoning mixture.
3. 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 hours on low. Since the Slow Cooker Chicken Curry cooks for the first time in your slow cooker, it won't taste like leftovers!

Serve with white or brown rice, and enjoy!

## Slow Cooker Beef Roast and Carrot Recipe

Yields: 4 servings

### Ingredients

- 2-pound boneless beef chuck shoulder roast (No substitutions! This is the best cut of meat for the slow cooker!)
- 2 pounds of carrots, peeled and chopped into bite-sized pieces
- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- One packet of McCormick mesquite seasoning (or other seasoning packet that you like)

### Directions

1. Combine all ingredients in your slow cooker.
2. 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!

Serve with rice, biscuits, or a big side salad. YUM.

## Slow Cooker Guinness Honey Pork Roast

Yields: 6-9 servings, depending on size of pork roast

### Ingredients

- 2-3lb bone-in pork shoulder, fat trimmed
- 1 bottle Guinness beer (11.2fl oz)
- 1/4 cup honey
- 1 tablespoon light brown sugar
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

### Directions

1. Combine all ingredients in your slow cooker and cook on “low” setting or until pork is tender and falls off bone.
2. Remove bones, shred meat, and serve with juice in slow cooker. (If you’re extra motivated, you can thicken the sauce to a gravy consistency on your stovetop with a bit of flour or cornstarch.)

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag, seal, and freeze for up to three months. When ready to eat, thaw and cook in your slow cooker for 6-8 hours on “low.” Remove bones and serve pork with juice in slow cooker. (I’ve never frozen beer before, but according to my research it’s perfectly safe to use in freezer meals. It will lose its carbonation and go “flat,” but that shouldn’t matter since you’re cooking with it.)

Serve with smashed red potatoes and roasted Brussels sprouts. YUM.

## Slow Cooker Orange Shredded Beef

Yields: 5 servings

### Ingredients

- 2.5 pound boneless beef chuck shoulder roast
- The juice from one navel orange (about 1/4 cup), pulp removed
- The zest from one orange (about 1 tablespoon)
- 2 tablespoons white sugar
- 2 tablespoons rice wine vinegar or apple cider vinegar
- 1 tablespoon soy sauce
- 3 cloves garlic, minced
- 1-inch ginger root, peeled and grated (about 1 tablespoon)

### Directions

1. In a bowl, create sauce: Add orange juice, orange zest, sugar, vinegar, soy sauce, garlic, and ginger. Stir to combine.
2. Place beef roast in your slow cooker.
3. Pour sauce over beef roast and cover. Cook on “low” setting for 8-12 hours, or until meat easily pulls apart with a fork.
4. Shred beef with a fork and return to slow cooker to mix with sauce.

### To Freeze

Add all ingredients to 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 mix with remaining sauce in slow cooker.

Serve with rice and green beans.

## Slow Cooker Cranberry Pork Roast

Yields: 5 servings

### Ingredients

- 2 1/2 lb bone-in pork shoulder (sometimes labeled “Boston butts” or “pork butts.”)
- 1 can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion

### Directions

1. Add pork roast to your slow cooker.
2. In a medium-sized bowl, combine the cranberry sauce, honey, and minced onion. Pour over pork roast.
3. Cook on low for 8-10 hours or until pork falls off the bone.
4. Remove the bones, shred meat, and serve with cranberry sauce mixture.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator and dump into slow cooker. Cook on low setting for 8 hours or until pork is tender and falls off bone. Remove bones and serve with cranberry sauce.

Serve with brown rice and roasted green beans.

## Mississippi Roast

Modified from: <http://www.tablefortwoblog.com/mississippi-roast/>

Yields: 6 servings

### Ingredients

- 3 pound chuck roast
- 1 ounce packet of dry ranch seasoning mix
- 1 ounce packet of dry au jus gravy mix
- 6 tbsp. unsalted butter
- ¼ cup water
- 5-6 pepperoncini

### Directions

1. Add ¼ cup of water into the insert of your slow cooker then place the chuck roast on top.
2. Sprinkle the dry ranch seasoning mix on top of the chuck roast, then sprinkle the dry au jus mix on top, then place 6 tbsp. of butter on top of the roast, and finally 56 pepperoncini around the roast.
3. Cook on low for 8 hours.
4. Shred and serve with gravy.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to 3 months. Thaw overnight in refrigerator. Add to slow cooker and cook on low setting for 8 hours. Shred meat and serve with gravy.

Serve this with a side of mashed potatoes and carrots.

## Slow Cooker Turkey Black Bean Chili

### Ingredients

- 1 pound of ground turkey
- 2 cans of tomato sauce (14.5oz each)
- 2 cans black beans (15oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 and 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1.5 teaspoons ground oregano
- 1/4 teaspoon crushed red pepper flakes

### Directions

1. Brown ground turkey in a pan.
2. Pour 2 cans of tomato sauce into a bowl and add garlic and seasonings. Stir to combine.
3. Add cooked turkey, seasoned tomato sauce, black beans, petite diced tomatoes, and corn to your slow cooker.
4. Cook on low 4-8 hours (depending on the size/strength of your slow cooker).

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator and cook on low setting for 6 hours or until turkey is cooked through and corn is tender. Break apart turkey.

Serve with shredded cheese and chips!

## Crockpot Chicken Soup with Mexican Seasonings

Yields: Enough soup to feed 3-4 adults

### Ingredients

- 1 pound carrots, peeled and diced
- 1 medium-sized yellow onion, diced
- 2 large cloves of garlic, minced
- 2 roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoons cumin
- 1 teaspoon fennel seeds
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1 lime (about 1/4 cup)
- 1 pound boneless skinless chicken breasts
- 4 cups fat-free, reduced-sodium chicken broth (If freezing, this is not needed until day of cooking)

### Directions

1. Combine all ingredients in crockpot and cook for 4-8 hours, or until carrots are soft and chicken is cooked through.
2. Shred chicken with a fork and serve.

### To Freeze

Combine all ingredients (except chicken broth) in a gallon-sized plastic freezer bag. Remove as much air as possible and freeze for up to three months. To cook, thaw and add to crockpot with chicken broth. Cook on “low” setting for 4-8 hours, or until carrots are soft and chicken is cooked through. Shred chicken with a fork and serve.

We love eating our soup with a big piece of crusty French bread or garlic bread. Enjoy!

## Slow Cooker Coconut Chickpea Curry

Yields: 4 servings

### Ingredients

- 2 cans of chickpeas (15oz each), drained and rinsed
- 1 small onion, chopped (about one cup)
- 2 large cloves of garlic, minced
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 6oz can of tomato paste
- 13.5oz can of coconut milk
- 2 cups of frozen peas
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

### Directions

Add all ingredients to your slow cooker and cook on “low” setting for 8 hours or until onions are soft.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. When you're ready to eat, thaw overnight in the refrigerator and cook on “low” setting for 8 hours or until onions are soft.

Serve with brown rice or naan bread.

## Slow Cooker Beef, Lime & Cilantro Chili

Yields: 4 servings

### Ingredients

- 1 pound lean ground beef
- 14.5oz can of tomato sauce
- 14.5oz can of petite diced tomatoes, undrained
- 2 cans black beans (15oz each), drained and rinsed
- 1 small onion, chopped (about one cup)
- 1 lime, zest and juice added to recipe
- 2 large cloves of garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin

### Directions

1. Add all ingredients to slow cooker and cook on “low” setting for 8 hours or until beef is cooked through.
2. Break apart beef and serve.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw overnight in refrigerator and cook on low setting for 8 hours or until beef is cooked through. Break apart beef and serve.

Serve with fresh cilantro and shredded cheddar cheese

## Slow Cooker Shredded BBQ Chicken

Yields: 7 servings (1/3 cup each)

### Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1.5 teaspoons hot sauce
- 1.5 teaspoons curry powder

### Directions

1. Create homemade BBQ sauce by combining ketchup, Worcestershire sauce, brown sugar, chili powder, hot sauce, and curry powder.
2. Add chicken breasts to your slow cooker and top with BBQ sauce.
3. Cover, and cook on “low” for 8 hours.
4. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

### To Freeze

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. Thaw before cooking and add to slow cooker. Cook on “low” setting for 8 hours or until chicken is cooked through and tender. Shred chicken and return to slow cooker to mix with BBQ sauce.

Serve on hamburger buns with a side salad.

## GROCERY LIST FOR ALL 25 RECIPES

### PRODUCE

- 12.5 small-medium sized onions
- 4 ribs of celery
- 4 pounds of carrots plus 4 more carrots (I would buy 5 pounds)
- 2 red peppers
- 3 bell peppers (any color)
- 4 bulbs of garlic (you need 36 cloves)
- 1 head of escarole
- 1 head of kale
- 1 fresh pineapple
- 2-inches fresh ginger root
- 1 pound zucchini (3-4 small zucchinis)
- 1 navel orange
- 3 limes
- 2 roma tomatoes

### MEAT

- 1 pound lean ground pork (You can sub ground turkey if you don't eat pork)
- 3 pounds ground turkey
- 2 pounds lean ground beef
- 8 pounds boneless, skinless chicken breasts
- 3 pounds boneless, skinless chicken thighs
- 1 pound of sirloin steak, fat trimmed and cut into bite-sized pieces
- 5 boneless beef chuck shoulder roasts (2-3 pounds each)
- 3 bone-in pork shoulders (2-3 pounds each - sometimes these are labeled "Boston butts" or "pork butts")

### FROZEN

- 2 bags of frozen corn (16oz each)
- 2 bags of frozen peas (16oz each – you only need 4 cups so you'll have some leftover)

### COLD

- 8oz package cream cheese
- 6 tbsp. unsalted butter

### CANNED

- 9 cans of black beans (15oz each)
- 3 cans cannellini beans (15oz each)
- 2 cans of chickpeas (15oz each)
- 1 can whole berry cranberry sauce
- 15oz can corn

- 5 cans of tomato sauce (28oz each) –the recipes vary from 14oz-28oz, but I buy these bigger ones and split them to save money because adding or subtracting an ounce or two from a recipe doesn't make a difference in taste.)
- 14.5oz can diced tomatoes with green chilies
- 3 cans petite diced tomatoes (14.5oz each)
- 2 cans of tomato paste (6oz each)
- 2 cans of coconut milk (13.5oz each)
- 10.75oz can of condensed tomato soup

#### BAKING

- 6 tablespoons plus 1 teaspoon light brown sugar
- 2 tablespoons vegetable oil
- 5 tablespoons extra virgin olive oil
- 2 tablespoons plus 1 pinch of granulated white sugar (literally a pinch)

#### SPICES

- 1/4 teaspoon ground allspice
- 1 bay leaf
- 7 tablespoons chili powder
- 4 tablespoons ground cumin
- 4 tablespoons plus 1.5 teaspoons curry powder
- 1 teaspoon fennel seeds
- 3 tablespoons Italian seasonings
- 1/4 cup dried minced onion
- 5.5 teaspoons oregano leaves
- 3 tablespoons plus 1 teaspoon paprika
- 3.5 teaspoons crushed red pepper flakes
- 1 teaspoon dried rosemary
- 2 teaspoons dried thyme
- lots of salt and pepper
- 1 package of taco seasoning
- 1 package of McCormick mesquite seasoning
- 1 ounce packet of dry ranch seasoning mix
- 1 ounce packet of dry au jus gravy mix

#### SAUCES

- 1.5 cups honey
- 3/4 cup soy sauce (I buy low sodium)
- 2.25 cups ketchup (I like Simply Heinz)
- 1 cup grape jelly
- 16oz jar salsa verde
- 1 cup peach jam
- 2 tablespoons Worcestershire Sauce
- 1.5 teaspoons hot sauce

## MISC

- 25 gallon-sized plastic freezer bags
- 8oz dried cannellini beans
- ½ cup medium pearled barley (not quick-cooking)
- 1 bottle Guinness beer (11.2 fl oz)
- 2 tablespoons red wine vinegar
- 2 tablespoons apple cider vinegar
- 2 tablespoons rice wine vinegar or apple cider vinegar
- 5-6 pepperoncini
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)

## NOT NEEDED UNTIL DAY OF COOKING

- 21 cups of chicken broth – you can buy cans or cartons or substitute 1 teaspoon of chicken bullion granules and one cup water per cup of broth (If I use bullion, I add the granules right to the freezer bags and add water to the crockpot the day of cooking)
- 7 cups of beef broth (you can substitute beef bullion granules and water)
- 1 box of Jiffy corn muffin mix plus ingredients listed on box (one egg and 1/3 cup milk)
- 4oz cheddar or pepper jack cheese (.25 pound or about one cup shredded)

## NOT NEEDED UNTIL DAY OF COOKING – SUGGESTED SIDE DISHES

1. Pork chili- I like to add chopped cilantro, two teaspoons of chipotle peppers (this is what makes it spicy), and fresh lime juice to the chili right before serving. Serve with sour cream, cheese, and avocado on the side.
2. Honey sesame chicken- Garnish with 1 green onion (thinly sliced) and sesame seeds. Serve with brown rice and broccoli.
3. Greens & beans- Freshly grated Parmesan cheese, for topping, big loaf of crusty bread.
4. Hawaiian chicken- Serve with brown rice and broccoli.
5. Party pork- Serve with mashed potatoes and green beans.
6. Salsa verde chicken- Serve with Spanish rice and a salad.
7. Beef fajitas- Serve with tortillas or rice and top with guacamole, salsa, and shredded cheese.
8. Turkey white bean and kale soup – Serve with garlic bread.
9. Ginger peach chicken – Serve with brown rice and green beans.
10. Chili with steak meat – Serve with potatoes or chips and cheese.
11. Tomato turkey and vegetable soup – Serve with garlic bread.
12. Freezer crockpot beef stew – Serve with crusty bread.
13. Mexican chili with cornbread topping – No side dishes needed.
14. Freezer to slow cooker chicken chili – Serve with crushed tortilla chips and shredded cheddar cheese.
15. Chicken curry- Serve with white or brown rice.
16. Beef roast and carrots- Serve with rice, biscuits, or a big side salad.

17. Guinness honey pork roast- Serve with smashed red potatoes and roasted Brussels sprouts.
18. Orange shredded beef- Serve with rice and green beans.
19. Cranberry pork roast- Serve with brown rice and roasted green beans.
20. Mississippi roast- Serve with mashed potatoes and carrots.
21. Turkey black bean chili- Serve with crushed tortilla chips and shredded cheddar cheese.
22. Chicken soup with Mexican seasonings- Serve with crusty French bread or garlic bread.
23. Coconut chickpea curry- Serve with brown rice or naan bread.
24. Beef lime cilantro chili- Serve with fresh cilantro and shredded cheddar cheese.
25. Shredded BBQ chicken – Serve on hamburger buns with a side salad