

Slow Cooker Ranch Pork Chops

Adapted from crockingirls.com

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

8 pork chops; about 4 lbs
2 Ranch dressing seasoning packets
2 cans diced tomatoes with green chilies

Materials

2 gallon sized plastic freezer bags

Instructions

1. Salt & pepper pork chops and split between 2 plastic freezer bags, add 1 can of tomatoes and 1 Ranch packet to each bag. Seal and mix. Place in freezer.
2. Label each bag with recipe name, cook setting & time (Low about 8), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook for about 8 hours on LOW

Slow Cooker Taco Chili

Adapted from graceandgoodeats.com

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds cooked ground beef
2 medium onions, chopped
2 16 oz bags frozen corn
4 14oz cans diced tomatoes
2 small cans green chilies
2 8 oz cans tomato sauce (or 1 16 oz can)
2 tablespoons chili powder
2 teaspoons ground cumin
2 teaspoon sea salt
1 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon paprika

*optional desired toppings when served

Materials

2 gallon sized plastic freezer bags

Instructions

1. Place all the spices in a bowl and mix gently with a fork or small whisk. Divide the rest of the ingredients into 2 freezer bags. Divide and add the spice mixture into each bag. Mix well and seal.
2. Label bags with recipe name, cook setting & time (Low 4-6), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook 4-6 hours on LOW

*Optional: Serve with you favorite toppings; shredded cheese, sour cream, etc!

Slow Cooker Honey Dijon Pork with Green Beans

Adapted from newleafwellness.biz
this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds pork sirloins
2 16 oz bags of frozen green beans (you can sub fresh)
1/2 cup honey
4 tablespoons Dijon mustard (or whole grain mustard)
4 teaspoons black pepper
1 teaspoon salt
1 teaspoon ground thyme
1/2 cup water* not needed until day of cooking

Materials

2 gallon sized plastic freezer bags

Instructions

1. Place all the spices in a bowl and mix gently with a fork or small whisk. Divide the rest of the ingredients to 2 freezer bags. Divide and add the spice mixture into each bag. Mix well and seal.
2. Label bags with recipe name, cook setting & time (Low 6-8), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker and add 1/2 cup water (per bag); cover and cook on LOW for 6-8 hours or until pork is tender

*Serves well with rice

Slow Cooker Red Pepper Chicken

Adapted from newleafwellness.biz

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds boneless, skinless chicken breasts; fat trimmed
2 medium-sized red bell pepper, sliced
2 tablespoons extra virgin olive oil
8 large garlic cloves, minced
2 small onions, diced
2 teaspoons crushed red pepper flakes
1 teaspoon black pepper
1/2 teaspoon salt

Materials

2 gallon sized plastic freezer bags

Instructions

1. Place all the spices in a bowl and mix gently with a fork or small whisk. Divide the rest of the ingredients into 2 freezer bags. Divide and add the spice mixture. Mix well and seal.
2. Label bags with recipe name, cook setting & time (Low 3-6), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook on LOW for 3-6 hours or until chicken is cooked through and is tender.

Slow Cooker Lemon Pepper Chicken

Adapted from newleafwellness.biz
this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds boneless, skinless chicken breasts; fat trimmed
2 tablespoons extra virgin olive oil
The juice from 2 lemons (about 6 tablespoons)
1 teaspoon freshly cracked black pepper
1/2 teaspoon salt

Materials

2 gallon sized plastic freezer bags

Instructions

1. Place the salt and pepper in a bowl and mix gently with a fork or small whisk. Juice lemons. Divide the ingredients into 2 freezer bags, including salt/pepper mixture and lemon juice. Mix well and seal.
2. Label bags with recipe name, cook setting & time (Low 3-6), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook on LOW for 3-6 hours or until chicken is cooked through and is tender.

Slow Cooker Orange Ginger Chicken

Adapted from newleafwellness.biz

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds boneless, skinless chicken breasts; fat trimmed
2/3 cup orange juice
2-inches of fresh ginger root, peeled and minced (about 6 tablespoons)
4 tablespoons honey
4 tablespoons coconut oil
2 teaspoons crushed red pepper flakes

Materials

2 gallon sized plastic freezer bags

Instructions

1. Divide all of the ingredients into 2 freezer bags. Mix well and seal.
2. Label bags with recipe name, cook setting & time (Low 3-6), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook on LOW for 3-6 hours or until chicken is cooked through and is tender.

Slow Cooker Chicken Chili

Adapted from newleafwellness.biz

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds boneless, skinless chicken breasts; cut into 1-inch pieces
2 medium yellow onions, chopped
8 cloves of garlic, minced
2 15 oz cans black beans, drained and rinsed
2 15 oz cans cannellini beans, drained and rinsed
2 14.5 oz cans diced tomatoes with green chilies; do not drain!
2 14.5oz cans petite diced tomatoes do not drain!
2 cups frozen medley of green & red peppers & onion strips
1 1/3 cups frozen corn
2 tablespoons paprika
6 teaspoons chili powder
4 teaspoons ground cumin
3 teaspoons oregano
1/2 teaspoon crushed red pepper flakes

Materials

2 gallon sized plastic freezer bags

Instructions

1. Place all the spices in a bowl and mix gently with a fork or small whisk. Divide the rest of the ingredients, except the chicken, into 2 freezer bags and mix. Divide and add the spice mixture and chicken into bags. Seal.
2. Label bags with recipe name, cook setting & time (Low 10-12), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook on LOW for 10-12 hours or until chicken is cooked through and is tender.

Slow Cooker Chicken Fajitas

Adapted from newleafwellness.biz

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

- 2 pounds boneless, skinless chicken breasts; sliced
- 2 medium-sized green peppers, sliced
- 2 medium-sized red peppers, sliced
- 2 small yellow onions, sliced
- 4 large cloves of garlic, minced
- 2 tablespoons honey
- The juice from 2 limes
- 2 tablespoons chili powder
- 4 teaspoons cumin
- 2 teaspoons paprika
- 1/2 teaspoon crushed red pepper flakes

Do not need until dish is made to serve:

*tortillas and other preferred add-ons such as cheese, salsa, guacamole, etc

Materials

- 2 gallon sized plastic freezer bags

Instructions

1. Place all the spices in a bowl and mix gently with a fork or small whisk. Divide all of the ingredients, except the chicken, into 2 freezer bags and mix. Divide and add spice mixture and chicken to each bag and seal.
2. Label bags with recipe name, cook setting & time (Low 4-8), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook on LOW for 4-8 hours or until chicken is cooked through.

*Serve with tortillas and other add-ons such as cheese, salsa, guacamole, etc.

Slow Cooker Mexican Chicken Soup

Adapted from newleafwellness.biz

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds boneless, skinless chicken breasts; cut into 1" chunks
2 pounds carrots, peeled and diced
2 medium-sized yellow onions, diced
4 large cloves of garlic, minced
4 roma tomatoes, chopped
2 cups tomato juice
2 teaspoons cumin
2 teaspoons coriander or fennel seeds
2 teaspoons chili powder
2 teaspoons salt
Juice from 1 lime
4 cups (x2; 4 cups for each bagged meal) fat-free, reduced-sodium chicken broth* (This is not needed until day of cooking)

Materials

2 gallon sized plastic freezer bags

Instructions

1. Place all the spices in a bowl and mix gently with a fork or small whisk. Divide all of the ingredients, except the chicken and the broth*, into 2 freezer bags and mix. Divide and add spice mixture and chicken to bags and seal.
2. Label bags with recipe name, cook setting & time (Low 6-8), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker. Add 4 cups of chicken broth (per bag); cover and cook on LOW for 6-8 hours or until chicken is cooked through.

Slow Cooker Garden Veggie Soup

Adapted from newleafwellness.biz

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

- 2 pounds carrots, peeled and sliced
- 4 medium-sized tomatoes, cored, seeds and juiced removed, and chopped
- 2 medium-sized zucchini, chopped
- 2 medium-sized yellow squash, chopped
- 2 medium-sized yellow onion, diced
- 2 15 oz cans of cannellini beans, rinsed and drained
- 2 24 oz jars of pasta sauce
- 2 pounds lean ground beef, optional**
- 4 cups (x2; 4 cups for each bagged meal) fat-free, reduced-sodium chicken broth* (This is not needed until day of cooking)

Materials

- 2 gallon sized plastic freezer bags

Instructions

1. Divide all of the ingredients, except the ground beef and the broth*, into 2 freezer bags and mix. Divide and add ground beef and seal.
2. Label bags with recipe name, cook setting & time (Low 6-8), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker. Add 4 cups of chicken broth (per bag); cover and cook on LOW for 6-8 hours or until beef is thoroughly cooked and carrots are tender.

**Note: Some people prefer browning the ground beef prior to freezing, but this is not necessary. Adding raw will save prep time and still taste good.

PEPPERED STEAK

Adapted from ringaroundtherosies.net

this recipe is doubled

Ingredients

(make sure to follow splitting instructions after gathering ingredients)

2 pounds beef round steak, sliced against the grain
2 cans of tomatoes with garlic and onion
2 green peppers, sliced
1 large onion, sliced
2 cloves garlic, minced
¼ cup soy sauce
2 teaspoons sugar
1 teaspoon ground ginger
salt & pepper to taste

Do not need until dish is made to serve:

*rice

Materials

2 gallon sized plastic freezer bags

Instructions

1. Divide all of the ingredients, except the ground beef, into 2 freezer bags and mix. Divide and add beef and seal.
2. Label bags with recipe name, cook setting & time (Low 5-6), and date. Place in freezer.
3. Thaw in your refrigerator the night before making.
4. Empty the contents into slow cooker; cover and cook on LOW for 5-6 hours.

*Serve over rice.

Meat:

- 2 packages of assorted pork chops
- 2 pounds pork sirloins
- 4 pounds of ground beef (2 pounds optional for Garden Veggie Soup)
- 2 pounds beef round steak
- 12 pounds boneless, skinless chicken breasts

Produce:

- 13 onions
- 4 medium red bell peppers
- 4 medium green bell peppers
- 3-4 heads of garlic (26 large garlic cloves)
- 2" fresh ginger root
- 4 Roma tomatoes
- 4 medium tomatoes
- 1 pint cherry/pearl tomatoes
- 2 medium zucchini
- 2 medium yellow squash
- 4 lbs carrots (baby or regular)
- 2 lemons
- 2 oranges
- 3 limes

Frozen:

- 2 16 oz bag of frozen green beans (you can sub fresh)
- 16 oz (2 cups) frozen medley green & red peppers & onion strips
- 12 oz frozen corn (needed: 1 1/3 cup; just over 10 oz)

Canned:

- 4 14.5 oz cans diced tomatoes and green chilies
- 2 cans corn
- 1 16 oz can tomato sauce
- 2 14 oz cans diced tomatoes
- 2 14.5 cans petite diced tomatoes
- 2 small cans green chilies
- 2 15 oz cans black beans
- 4 15 oz cans cannellini beans (white kidney beans)

Spices:

2 packages Ranch dressing seasoning
chili powder
garlic powder
onion powder
crushed red pepper flakes
paprika
ground cumin
ground thyme
oregano
ground ginger
coriander OR fennel seeds
sea salt
salt
black pepper
fresh cracked black pepper
sugar

Condiments:

Dijon mustard (or whole grain mustard)
Soy Sauce
Honey

Oils:

Extra Virgin Olive Oil
Coconut Oil

Other:

16 oz Tomato Juice
16 cups fat-free, reduced-sodium chicken broth
2 24 oz jars of pasta sauce
24 gallon-sized plastic freezer bags