



Slow Cooker Menu Plan

Day 1	Day 2	Day 3	Day 4
Slow Cooker Pork Chops with Apples & Carrots	Slow Cooker Pumpkin Chili with Feta Cheese	Slow Cooker Simple Beef Stew	Slow Cooker Tex-Mex Chicken

## Grocery List:

\*meals serve 3-4 people

	Protein	Seasonings/Oils	Produce	Canned Goods/Misc
	4 boneless skinless pork chops	cinnamon	2 granny smith apples	chunky salsa
	2 lbs lean ground beef or turkey	sweetener	1 lemon	steak sauce
	1 1/2 to 2 lbs boneless beef chuck roast	chili powder	2 small bags of baby carrots or 1 large bag divided for 2 meals	24 oz can diced tomatoes
	1 1/2 lbs boneless skinless chicken breast	cumin	1 medium onion, 1 large onion	1 cup tomato juice
	2% shredded cheddar cheese	pumpkin pie spice	3 green bell peppers	1-2 cans black beans *if adding to tex mex chicken
	low-fat crumbled feta cheese	salt & pepper	2 red bell peppers	1 can pumpkin puree
		taco seasoning	green onions	low sugar bbq sauce



## **\*\*Time Saver Tips!**

- Purchase Reynolds Slow Cooker Liner Bags - easy clean up
- Chop all the veggies for the meals at one time and divide them in each slow cooker bag for each meal. *Why? Chopping, cutting and dicing for a meal takes up about 65% of meal preparation time!*
  - Slow Cooker Pork & Carrots: core and slice 2 granny smith apples, squirt lemon juice on them to keep from browning
  - Slow Cooker Pumpkin Chili: chop 1 medium onion and 1 medium green bell pepper
  - Slow Cooker Simple Stew: chop 1 large onion roughly
  - Slow Cooker Tex-Mex Chicken: cut 2 green and 2 red bell peppers into 1 inch wide strips
- Tie bags and place in refrigerator until ready to use
- For the Pumpkin Chili, you will need to brown the meat. Do this the night before, let cool and add to the slow cooker liner bag with the chopped veggies.
- Each morning put the liner with veggies in the slow cooker and add any canned items, seasonings or meats. *\*You can do this the night before if needed, I personally like to put the meat in last, however you have to make time in the morning to get it all together!*
- Cook according to directions - usually 7-8 hours on low if you will be gone for the day



# Slow Cooker Pork with Apples and Carrots

- 4 boneless pork chops
- 2 granny smith apples, cored and sliced \*Add lemon juice if cutting early
- 1 bag baby carrots
- 1 tablespoon cinnamon
- 1 tablespoon (about 4 packets) Splenda (or other sweetener)

1. **Place baby carrots and apple slices in the bottom of a slow cooker.**
2. **Top with boneless pork chops.**
3. **Sprinkle with cinnamon and Splenda (or more if you prefer!)**
4. **Cook on low 4-5 hours; or more depending on thickness of pork.**



# Slow Cooker Pumpkin Chili with Feta Cheese

- 2 lbs. 93% lean ground beef *or ground turkey*
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 (28 oz) can diced tomatoes with juice
- 1 cup tomato juice
- 1 (15 oz) can black beans, drained
- 1 (15 oz) can canned pumpkin purée
- 2 tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. pumpkin pie spice
- ½ tsp. salt
- ½ tsp. pepper
- feta cheese for topping

1. In a medium sauté pan, brown the ground beef, drain.
2. Add the onions and bell pepper and cook until onions are translucent, about 5 minutes.
3. In a slow cooker, combine the diced tomatoes, tomato juice, beans, pumpkin, chili powder, cumin, pumpkin pie spice, salt and pepper.
4. Stir to combine. Add in cooked beef mixture and stir. Cook on low 6 hours or high for 4 hours.
5. Serve with feta cheese on top if desired!



# Slow Cooker Simple Stew

- **1 1/2 to 2** lbs. boneless beef chuck eye roast, trimmed of fat and cut into 1 inch cubes
  - **2** cups water
  - **3/4** cups low sugar bbq sauce
  - **1** bag baby carrots
  - **1** large onion, coarsely chopped
  - **1/4** cup steak sauce
- 1. Add all ingredients except steak sauce to slow cooker.**
  - 2. Cook on high for 3-4 hours or low for 7-8 hours. Stir in steak sauce before serving.**



# Slow Cooker Tex Mex Chicken

- **1 lb.** boneless skinless chicken breast, cut into 1 inch strips
- **2** tbsp. Taco Seasoning
- **2** each green and red bell peppers, cut into 1 inch strips
- **1 1/2** cups Thick & Chunky Salsa
- **1 1/2** cups Shredded 2% cheddar cheese
- **2** green onions, sliced

\*\*Add in black beans as desired

1. Toss chicken with taco seasoning in the slow cooker. Stir in vegetables and salsa; cover with lid.
2. Cook on low 6 to 8 hours (or high 3 to 4 hours)
3. Stir just before serving, top with cheese and onions.

