

## Mediterranean Pork Chops

### Ingredients:

1/4 cup olive oil  
2 cups chick broth  
4 cloves of garlic  
2 tbsp paprika  
2 tbsp poultry seasoning  
2 tsp dried oregano  
2 tsp dried basil  
6-8 thick cut pork chops

### Directions:

1. Toss all ingredients in the your gallon size freezer bag.

### Write on bag:

1. Cook on low for 8 hours.  
2. Serve with salad and rice or noodles.

## Slow Cooker Balsamic Chicken

### Ingredients:

4-6 boneless, skinless, chicken breasts (about 40 ounces)  
2 14.5 oz can diced tomatoes  
1 medium onion thinly sliced (Not chopped)  
4 garlic cloves  
1/2 cup balsamic vinegar  
1 tbsp. olive oil  
1 tsp each: dried oregano, basil, and rosemary  
1/2 tsp thyme  
ground black pepper and salt to taste

### Directions:

1. Pour the olive oil on bottom of bag, add chicken breasts, salt and pepper each breast, put sliced onion on top of chicken then put in all the dried herbs and garlic cloves. Pour in vinegar and top with tomatoes.

### Write on bag:

1. Cook on high 4 hours or low 6-8 hours, serve over angel hair pasta

# Cilantro Lime Chicken

## Ingredients:

1 1/2 pounds chicken breasts  
Juice from 2 limes  
1 bunch fresh cilantro, chopped  
1 tsp cumin  
2 Tablespoons EVOO  
salt and pepper to taste

## Directions:

1. Place all ingredients in a Zip Loc gallon-sized freezer bag. Mix together and zip bag closed.

## Write on bag:

1. When ready to eat, remove from freezer and thaw in fridge for 24 hours. Cook on LOW for 8 hours (or HIGH for 4 hours).  
2. Serve with tortillas and toppings such as with sour cream, guacamole, salsa, and cheese.

# Maple Dijon Glazed Chicken

## Ingredients:

1 1/2 pounds chicken breasts  
1 cup Dijon mustard  
1/2 cup maple syrup  
2 Tablespoons red wine vinegar  
salt and pepper to taste

## Directions:

1. Place all ingredients in a resealable gallon-sized freezer bag. Mix together and zip bag closed.

## Write on bag:

1. Cook on LOW for 8 hours (or HIGH for 4 hours). Sprinkle with fresh or dried rosemary for serving.

# Honey Sesame Chicken

## Ingredients:

- 1 lb chicken tenders
- 3 T olive oil
- 1 cup honey
- 2 T sesame seeds
- 1/2 cup soy sauce
- 1 tablespoon sesame oil
- 1 t. salt
- 1 t. pepper

## Directions:

Place all ingredients in freezer bag, toss to coat and freeze.

## Write on bag:

1. When ready, place in Crockpot and cook on low for 4-5 hours.
2. Remove chicken & shred, and then return to sauce.
3. Can serve over hot cooked rice or serve as lettuce wraps..

# Teriyaki Chicken

## Ingredients:

- 1 lg bag of carrots
- 1 red onion cut in chunks
- 2 lg cans of pineapple (undrained)
- 4 garlic cloves
- 4 chicken breasts
- 1 cup teriyaki sauce

## Instructions:

Mix all items together. Put into Zip Loc bag, lay flat and freeze

## Write on bag: 1/4 cup teriyaki sauce

1. When ready to serve add 1/4 cup teriyaki sauce to crock pot.
2. Cook on low 8 hours-can serve over rice or lettuce

## Crock Pot Beef Stew

### Ingredients:

1 large onion, diced  
1 ½ lb lean stew meat, cut in 1 inch chunks  
2 cups water  
2 tsp beef bouillon or 2 cups beef stock  
1 ½ cups V-8 juice  
⅓ cup barbeque sauce  
3 clove of garlic  
1 lb carrots cut up  
Salt & Pepper to taste

### Directions:

Add onion, meat, water, beef bouillon, V-8 juice, BBQ sauce, and garlic clove into your freezer bag.

**Write on the bag:** 4 medium potatoes (cut in 1 inch cubes-omit for Paleo)

1. Dump contents of the freezer bag into your crock pot.
2. Add 4 medium potatoes, cubed.
3. Cook on high 6-7 hours or low for 8-9 hours.

## Crock Pot SW Flank Steak

### Ingredients:

1-1/2 lbs. flank steak  
1 onion, chopped  
3 cloves garlic, minced  
1-16 oz. jar chunky salsa  
1/2 tsp. dried oregano leaves  
2 tsp. chili powder  
1/2 tsp. salt  
1/4 tsp. pepper  
15 oz. can black beans, drained and rinsed  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
3 cups hot cooked rice

**Directions:** Trim excess fat from steak. Place onions and garlic in bottom of freezer bag and top with steak. Mix salsa, oregano, chili powder, salt, and pepper in small bowl and pour over meat. Top with drained black beans.

1. Cook on low 6 – 8 hours or high 4 - 6

## Slow Cooker Mongolian Beef

### Ingredients:

1 1/2 pounds beef flank steak, cut into stir-fry sized strips  
1/4 cup cornstarch  
2 tablespoons olive oil  
1/2 teaspoon minced ginger  
2 cloves garlic, minced  
3/4 cup soy sauce  
3/4 cup water  
3/4 cup brown sugar  
1/2 cup shredded carrots  
3 medium green onions, chopped

### Directions:

Spray slow cooker with non-stick cooking spray. Place cornstarch in a bowl. Coat each piece of steak in cornstarch and place in crock pot. Discard any remaining cornstarch. Combine remaining ingredients in a bowl and pour over beef in crock pot. Cook in crockpot on high for 2-3 hours or low for 4-5 hours. Serve over rice, topped with additional sliced green onions.

## Chicken Ranch Tacos

### Ingredients

1. 2 -3 lbs skinless, boneless chicken breasts
2. 1 packet taco seasoning mix
3. 1 packet ranch mix
4. 1 cup chicken broth

### Instructions

1. Pour both of the dried mixes into the crock pot.
2. Add broth and whisk until combined.
3. Add chicken breasts.
4. Cook on low for 4 – 6 hours depending on amount and thickness of chicken breasts.
5. When chicken starts to fall apart, it's done.
6. Remove chicken from crock pot and shred then put it back in the crock pot to absorb all the juices.

# Greek Lemon Slow Cooker Chicken

## Ingredients:

2 pounds of chicken drumsticks (Use drums or thighs for this, as breasts seem to get too dry.)

1/2 cup olive or coconut oil.

1/2 cup chicken or vegetable stock (no sugar)

2 lemons

1 onion slice

2 cloves garlic

1/2 tsp rosemary

1/2 tsp paprika

salt and pepper to taste

## Instructions:

**Step 1:** Combine all ingredients in a ziplock freezer bag. Squeeze the juice from the lemons in the bag and then just leave the whole lemon peel in the bag to marinate. Make sure all the air is out of the bag before zipping and freezing.

**Step 2:** Take the bag from the freezer the night before serving and defrost in the fridge.

**Step 3:** Place the entire bag of contents in the crockpot and cook on high for 4 hours.

# Southern Style Pulled Pork BBQ

## Ingredients

- Pork Roast (approximately 5 pounds)
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 1/2 cups cider vinegar
- 2 tablespoons brown sugar
- 1 teaspoon crushed red pepper flakes

## Instructions

1. Put roast in slow cooker and sprinkle salt and pepper over. Pour cider vinegar over. Cover with lid and cook on low for twelve hours (I cook it overnight). Remove pork roast and shred with forks (this will be very easy). Drain juices from slow cooker, reserving two cups of liquid. Return pork to slow cooker. To the reserved liquid add: Brown sugar, and crushed pepper flakes. Stir well. Pour over shredded pork and place lid back on. Place on low or warm setting until ready to serve.
2. Serve on a bun and top with Cole Slaw.

## Grocery List

### Meats:

Chicken Breasts- 16 – 18?? (depends on portions and family size)

Chicken Thighs – 2 lbs

Stew Meat- 2 lbs

Chicken tenders- 2 lbs

Flank steak- 4 lbs.

Pork Chops – 6 - 8

Pork Roast or Shoulder – 5 lbs. (I prefer the shoulder... seriously more tender)

### Produce:

3 Onions

1 red pepper

1 yellow pepper

2 bags of carrots

2 Lemons

Bunch of Cilantro

3 Green Onions

Garlic – Fresh – 16 cloves (2 heads)

1 Red Onion

**Canned:**

2 14.5 oz. cans of diced tomatoes  
2 lg. cans of pineapple  
1 cans of black beans

**Other:**

1 Pkg taco seasoning (2 tbsp homemade taco seasoning)  
1 Pkg Ranch Mix  
1 16oz Jar chunky salsa  
1 Cup Dijon Mustard  
Chicken Broth – 3 1/2 cups (try to use homemade)  
Beef Stock – 2 Cups (try to use homemade)  
Soy sauce  
Sesame oil  
Sesame seeds  
Teriyaki sauce  
Rice  
Angel Hair Pasta  
Maple Syrup  
BBQ sauce of your choice  
V-8 juice (1 1/2 c)  
Lime juice – 2 limes  
Honey  
EVOO  
Cider Vinegar  
Balsamic Vinegar  
Red Wine Vinegar

**Spices you need:**

Poultry Seasoning  
Red Pepper Flakes  
Brown Sugar  
Oregano  
Rosemary  
Basil  
Thyme  
Garlic powder  
Onion powder  
Ginger  
Cumin  
Chili powder  
Salt  
Pepper  
Paprika

\*\*\*\*\*2 Boxes of Gallon Zip lock freezer bags