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Slow Cooker Vegetable Beef Soup





Serving size: 6

Ingredients:

- 2 pounds ground beef
- 1/2 medium onion, diced.
- 1 16 oz bag of frozen mixed vegetables
- 1 can white beans, drained
- 2 cups of frozen com (or 1 can)
- 2 cups carrots, sliced
- 5 cans of diced tomatoes and green chilies
- 2 cups of water

Directions:

- 1. Chop onion
- 2. Cook ground beef and onions.
- 3. While beef is cooking, chop carrots
- 4. Place all ingredients in Slow Cooker.
- 5. Cook on low for 6-8 hours or high for 3-4 hours.

Freezer Bag Instructions:

- 1. Chop onion.
- 2. Brown ground beef with onion.
- 3. While beef is cooking, chop carrots.
- 4. Place 1st 6 ingredients in a freezer safe bag.
- 5. Label and lay flat to freeze.

Instant Pot Instructions:

- 1. Chop onion
- 2. Place ground beef and onions into Instant Pot
- 3. Turn the Instant Pot to Sauté and brown meat and onions.
- 4. While beef is cooking, slice carrots
- 5. Place the rest of the ingredients into Instant Pot.
- 6. Cook on high for 6 minutes, quick release

Side suggestions: Green salad and Rolls

Slow Cooker Honey Parmesan Pork Roast



Cook time: 8 Hours on Low



Serving size: 6

Ingredients:

- 2/3 cup Parmesan cheese
- 1/2 cup honey
- 3 tablespoons soy sauce
- 2 tablespoons basil
- 2 tablespoons minced garlic
- 1/2 teaspoon salt
- 1 (2-3 pound) boneless pork roast

Directions:

- 1. Mix first 6 ingredients together in a bowl.
- 2. Pour over the top of the pork roast in crockpot.
- 3. If you're home while it's cooking, you may want to flip the roast at some point so that you can recoat the top of the roast with the honey/parmesan mixture.
- 4. Cook on low for 7-8 hours or on high for 4-5 hours.

Freezer Bag Instructions:

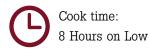
- 1. Mix first 6 ingredients together in gallon sized freezer safe bag.
- 2. If there's enough room, place roast in bag with the seasonings, so that it can marinade a bit.
- 3. Label and get as much air out of the bag as possible, to freeze.

Instant Pot Instructions:

- 1. Place pork roast in Instant Pot
- 2. Mix first 7 ingredients together in a bowl.
- 3. Pour over the top of the pork roast.
- 4. Cook on high for 30 minutes if roast is 2 pounds or 45 minutes if it is 3 pounds. Quick release.

Side suggestions: Macaroni and Cheese and Peas.

Chicken Tacos





Serving size: 6

Ingredients:

- 1 3 pound bag of frozen boneless, skinless chicken breast
- 2 cans diced tomatoes and green chilies
- 1 envelope of taco seasoning
- 2 packages of taco shells

Directions:

- 1. Place all ingredients inside slow cooker and stir around a bit.
- 2. Cook on low for 6-8 hours or high for 3-4 hours.
- 3. When done cooking, remove chicken and shred with 2 forks.

Freezer Bag Instructions:

- 1. Place all ingredients except taco shells into gallon sized freezer safe bags.
- 2. Label and lay flat to freeze.

Instant Pot Instructions:

- 1. Place all ingredients except taco shells inside Instant Pot and stir around a bit.
- 2. Cook on manual/pressure cook, high pressure for 15 minutes, quick release
- 3. Remove chicken and shred with 2 forks. Add to taco shells
- * Top with cheese, sour cream, salsa and guacamole.

Side suggestions: Cheese Dip and Tortilla Chips.

Best Pork (hop Marinade



Cook time: 8 Hours on Low



Serving size: 6

Ingredients:

- 4-6 pork chops
- 1/4 cup extra-virgin olive oil
- 3 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons Dijon mustard
- 5 cloves garlic, chopped
- 2 teaspoons thyme
- 1 teaspoon onion powder
- 2 teaspoons Worcestershire sauce
- 2 teaspoons mesquite-flavored
- seasoning
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions:

- 1. Place all spices and liquid ingredients in a bowl and stir well
- 2. Put pork chops in slow cooker and pour marinade over the top.
- 3. Cook on low for 6-8 hours
- 4. If cooking on grill, place all ingredients in freezer safe bag and let marinade for 6-8 hours before cooking.

Freezer Bag Instructions:

- 1. Place all spices and liquid ingredients in gallon sized freezer safe bag.
- 2. Souish the bag around so that it mixes well.
- 3. Add pork chops to the bag, making sure to coat them with the marinade.
- 4. Label and lay flat to freeze.

Instant Pot Instructions:

- 1. Place all spices and liquid ingredients in a bowl and stir well
- 2. Put pork chops in Instant Pot and pour marinade over the top.
- 3. Cook on high for 5 minutes, natural release for 10 minutes and then open valve to quick release any remaining pressure after 10 minutes have passed.

Side suggestions: Baked potato, salad and a roll.

Freezer Meat Loaf for the Crock Pot



Cook time: 8 Hours on Low



Serving size: 6

Ingredients:

- 2 eggs
- ½ c milk
- 2/3 c bread crumbs
- ½ chopped onion
- 1 t salt
- ▶ ½ t sage
- 1 ½ pounds ground beef
- BBQ Sauce

Side suggestions: Mashed Potatoes and Green Beans

Directions:

- 1. Chop onion
- 2. Mix together all ingredients except BBQ sauce and then form into 2 individual loaves or one large loaf.
- 3. Place into slow cooker and cover with BBQ sauce.
- 4. Cook on low for 8-10 hours.

Freezer Bag Instructions:

- 1. Chop onion.
- 2. Mix all ingredients except BBQ sauce together in a bowl.
- 3. Place loaves in a gallon sized freezer safe bag.
- 4. Label and lay flat to freeze.

Instant Pot Instructions:

- 1. Chop onion
- 2. Mix together the ingredients for the meatloaf in a large bowl.
- 3. Shape into a loaf.
- 4. Place trivet in bottom of Instant Pot
- 5. Pour 1 cup of water in the bottom of the Instant
- 6. Put 2 pieces of aluminum foil over the top of that to make a make-shift bowl out of the foil for the meatloaf to sit in.
- 7. Set the meatloaf in the foil, on top of the rack.
- 8. Pour BBQ sauce over the top of the meat loaf.
- 9. Seal the "bowl" as much as possible to keep grease from dripping out.
- 10. Replace lid and shut steam valve.
- 11. Cook the meatloaf on Manual mode for 25 minutes.
- 12. Quick release the steam.
- 13. Lift the meat loaf out of the Instant Pot or pressure cooker.
- 14. Optional: broil meatloaf for a couple minutes to make the ends more crispy.

Crockpot Chicken Cacciatore



Cook time: 8 Hours on Low



Serving size: 6

Ingredients:

- 2 cups sliced mushrooms
- 1 cup sliced celery
- 1 cup chopped carrots
- 2 medium onions, chopped
- 1 green pepper, cut into strips
- 4 teaspoons of minced garlic
- 5-6 boneless, skinless chicken breasts
- 1/2 cup chicken broth
- 1/4 cup dry white wine
- 2 bay leaves
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 14.5 oz can of diced tomatoes
- 1 can tomato paste
- Italian Bread Crumbs (optional: to thicken sauce at the end)
- Parmesan Cheese
- Spaghetti noodles (or other favorite pasta)

Side suggestions: Salad and Breadsticks

Directions:

- 1. Combine all ingredients except pasta, Parmesan cheese and bread crumbs.
- 2. Mix it up well so that everything will evenly cook and mix flavors together well. Cook on low for 7-9 hours or on high for 3-4 hours.
- 3. Once cooked, mix in about 1/4 cup of bread crumbs and 1/4 cup of Parmesan cheese to thicken it up just a bit.
- 4. Shred meat with two forks. Leave the lid off and cook for another 30 minutes. Serve over hot cooked spaghetti noodles.

Freezer Bag Instructions:

- 1. Chop mushrooms, celery, carrots, onions, and green peppers.
- 2. Place all ingredients except Parmesan cheese, pasta and bread crumbs into a one gallon sized freezer safe bag.
- 3. Label and lay flat to freeze.

Instant Pot Instructions:

- 1. Place chicken in Instant Pot.
- 2. Mix together oregano, salt, and pepper and sprinkle over the top of the chicken breasts.
- Pour in chicken broth, garlic, chopped onions, green pepper, celery, carrots, mushrooms, bay leaves, dry white wine, diced tomatoes and tomato paste.
- 4. Place lid on Instant Pot and close valve.
- 5. Cook on Manual/Pressure Cook, high pressure for 15 minutes, ouick release.
- 6. Remove lid and chop or shred chicken.
- 7. If it's still seems to be too thin, add Italian bread crumbs to thicken.
- If it's still too thin, let cook on Sauté for a few minutes to thicken a bit.
- 9. Serve over cooked spaghetti noodles and top with Parmesan Cheese.



Labels

Slow Cooker Vegetable Beef Soup

Add 2 cups of water and 5 cans of diced tomatoes and green chilies to slow cooker with this bag.



Cook time: 8 Hours on Low

Best Pork (hop Marinade



Cook time: 8 Hours on Low

Slow (ooker Honey Parmesan Pork Roast



Cook time: 8 Hours on Low

Freezer Meat Loaf for the Crock Pot



Cook time: 8 Hours on Low

Chicken Tacos



Cook time: 8 Hours on Low

(rockpot (hicken Cacciatore



Cook time: 8 Hours on Low



Shopping List

Baking Aisle:

	items	meals
•	honey (only need 1/2 cup) brown sugar (3 table-spoon)	2

Bottled:

items	meals
soy sauce	2
Worcestershire sauce	4
dry white wine	6
lemon juice	4
minced garlic	2
Dijon mustard	4
olive oil	4
BBQ Sauce	5

Spices:

items	meals
mesquite-flavored sea-	4
soning salt	2 4 5 6
Sait	2, 4, 5, 6
black pepper	4, 6
thyme	4
onion powder	4
parsley flakes	4
envelope of taco sea-	3
soning	
basil	2, 6
bay leaves	6
oregano	6
sage	5

Meat:

quantity	items	meals
2 3 pound	bags of frozen, boneless, skin- less chicken breasts	3, 6
$3 \frac{1}{2}$ pounds	Ground Beef	1, 5
1 (2-3 pound)	boneless pork roast	2
4-6	pork chops (enough for your family)	4

Produce:

quantity	items	meals
3	onions	1, 5, 6
1.5 pounds	carrots	1, 6
9	cloves garlic	4, 6
1	sliced mushrooms	6
1	celery	6
1	green pepper	6

Refrigerator/Freezer:

quantity	items	meals
	Parmesan cheese	2, 6
1 16 oz	bag of frozen mixed vegetables	1
1 16 oz	bag frozen com	1
	Eggs (2)	5
	Milk (1/2 c)	5

Cans/Jars/Boxed:

quantity	items	meals
7 10 oz	cans of diced tomatoes and green chilies	1, 3
1 14.5 oz	can of diced tomatoes	6
1 can	tomato paste	6
1 can	white beans, drained	1
4 oz	chicken broth	6
	Spaghetti noodles	6
	Italian Bread Crumbs	5, 6
2	boxes taco shells	3

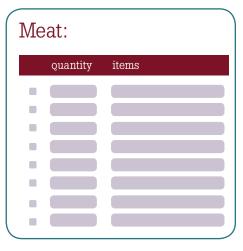


Shopping List

This extra shopping list is provided for you, in case you would like to additional shopping or substitute a recipe for another recipe.

Ba	king A	isle:	
	quantity	items	

Cans/Jars/Boxed:		
	quantity	items

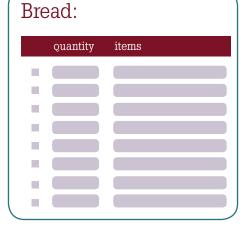








Ref	rigerat	tor/Freezer:
	quantity	items



Ot]	Other:		
	quantity	items	



Assembly Instructions

- Chop the following:
 - 3 onions
 - 1.5 pounds carrots
 - 9 cloves garlic
 - 2 cups of mushrooms
 - 1 cup of celery
 - 1 green pepper
- Brown 2 pounds of ground beef with 1/2 of an onion.
- Place 1st 6 ingredients of "Slow Cooker Vegetable Beef Soup" in a gallon sized freezer safe bag.
- Label and lay flat to freeze.
- Mix first 6 ingredients of "Honey Parmesan Pork Roast" together in gallon sized freezer safe bag.
- If there's enough room, place roast in bag with the seasonings, so that it can marinade a bit.
- Label and get as much air out of the bag as possible, and place in the freezer.
- Place all ingredients for "Chicken Tacos" except taco shells into gallon sized freezer safe bag.
- Label and lay flat to freeze.
- Place all spices and liquid ingredients for "Pork Chop Marinade" in gallon sized freezer safe bag.
- Squish the bag around so that it mixes well.
- Add pork chops to the bag, making sure to coat them with the marinade.
- Label and lay flat to freeze.
- Mix all ingredients for "Meatloaf" except BBQ sauce together in a bowl.
- Form into loves and place loaves in a gallon sized freezer safe bag.
- Label and lay flat to freeze. (Alternatively, you could cook them and then freeze the cooked loaves instead.)
- Place all ingredients for "Chicken Cacciatore" except Parmesan cheese, pasta and bread crumbs into a one
- gallon sized freezer safe bag.
- Label and lay flat to freeze.