














Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Slow Cooker</p> <p>Ground Beef and Sweet Potato Chili</p> <p><i>Tortilla Chips</i></p>  <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">15m</td> <td style="text-align: center;">6h 10m</td> <td style="text-align: center;">6h 25m</td> </tr> </table>	Prep	Cook	Total	15m	6h 10m	6h 25m	<p>1½ lb ground beef 1 green bell pepper, chopped 1 sweet onion, chopped 4 cloves garlic, minced 2 sweet potatoes, cut into chunks 2 (14.5-oz) cans fire-roasted diced tomatoes 3 Tbsp chili powder ½ tsp salt, ½ tsp pepper 1 (8-oz) pkg shredded Monterey Jack cheese</p> <hr/> <p>1 (11-oz) pkg tortilla chips</p>	<p>Cook ground beef, bell pepper, onion and garlic in a large skillet over medium heat until beef is browned and crumbly; drain and transfer to a 5- to 7-quart slow cooker. Stir in sweet potatoes, tomatoes, chili powder, salt and pepper. Cover and cook on LOW 6 hours. Top servings with cheese.</p> <hr/> <p><i>Serve chips with chili.</i></p>
Prep	Cook	Total						
15m	6h 10m	6h 25m						
<p>Meal 2 Slow Cooker</p> <p>Smoky Brisket</p> <p><i>Hash Brown Casserole and Green Beans</i></p>  <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">0m</td> <td style="text-align: center;">12h</td> <td style="text-align: center;">12h</td> </tr> </table>	Prep	Cook	Total	0m	12h	12h	<p>1 (4-lb) beef brisket, trimmed 1 sweet onion, thinly sliced 1 cup beef broth ½ cup ketchup 1 tsp ancho chile powder 1 tsp smoked paprika 1 tsp ground cumin</p> <hr/> <p>1 (32-oz) pkg frozen hash browns, thawed 1 (10.75-oz) can cream of mushroom soup 1 (8-oz) pkg shredded Cheddar cheese ¾ cup sour cream ½ cup sliced green onion ¼ cup butter, melted ½ tsp pepper 1 (16-oz) bag frozen green beans</p>	<p>Lightly season brisket with salt and pepper; place in a 5- to 7-quart slow cooker. Top with onions. Whisk together broth, ketchup, chile powder, paprika, and cumin; pour over onions. Cover and cook on LOW 10 to 12 hours or until brisket is very tender. Remove from cooking liquid, and let stand 15 minutes before slicing. (Shred and reserve 4 cups brisket for Brisket Tacos recipe.) Skim excess fat from cooking liquid and discard; serve remaining gravy with brisket.</p> <hr/> <p><i>Preheat oven to 350°F. Combine hash browns, soup, cheese, sour cream, green onion, butter, and pepper in a large bowl. Spoon into a lightly greased 13x9-inch baking dish. Bake 45 minutes or until hot and bubbly. Steam green beans according to package directions; season with salt and pepper to taste.</i></p>
Prep	Cook	Total						
0m	12h	12h						
<p>Meal 3 Quick and Easy</p> <p>Brisket and Pinto Bean Tacos</p> <p><i>Spanish Rice</i></p>  <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">20m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">35m</td> </tr> </table>	Prep	Cook	Total	20m	15m	35m	<p>4 cups chopped reserved brisket (from Smoky Brisket recipe) 2 (15-oz) cans pinto beans, rinsed and drained 2 tsp ground cumin 1 tsp kosher salt, 1 tsp pepper 1 Tbsp olive oil 1 (18-oz) pkg corn tortillas 1 (16-oz) pkg angel hair coleslaw 2 avocados, peeled, pitted, and diced 1 (8-oz) carton sour cream</p> <hr/> <p>2 (8.8-oz) pkg Spanish ready rice</p>	<p>Stir together brisket, beans, cumin, salt, and pepper. Heat oil in a large skillet over medium-high heat; add brisket mixture. Cook stirring, 5 to 10 minutes or until heated through. Heat tortillas according to package directions. Spoon brisket mixture into tortillas; top with coleslaw, avocado, and sour cream.</p> <hr/> <p><i>Heat rice according to package directions.</i></p>
Prep	Cook	Total						
20m	15m	35m						
<p>Meal 4 Slow Cooker</p> <p>Lemony Chicken and Peas</p> <p><i>Hot Cooked Pasta</i></p>  <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">8h</td> <td style="text-align: center;">8h 10m</td> </tr> </table>	Prep	Cook	Total	10m	8h	8h 10m	<p>2 lemons, thinly sliced 1½ lb boneless skinless chicken breasts, cut into 1-inch pieces 1 sweet onion, sliced 1 (16-oz) pkg frozen peas 1 (10.75-oz) can cream of chicken soup 1 cup chicken broth ½ cup heavy whipping cream</p> <hr/> <p>1 (16-oz) pkg rotini pasta</p>	<p>Place lemon slices in a single layer on bottom of 5- or 6-quart slow cooker. Top with chicken, onion and peas. Spread soup and broth over peas. Layer remaining lemon slices over soup. Cover and cook on LOW 6 to 8 hours. Stir in cream; cook 10 minutes or until heated through. Remove and discard lemon slices. Serve over pasta.</p> <hr/> <p><i>Cook pasta according to package directions.</i></p>
Prep	Cook	Total						
10m	8h	8h 10m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 5 Slow Cooker</p> <p>Chicken and Black-Eyed Pea Stew</p> <p><i>Honey Cornbread</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">8h</td> <td style="text-align: center;">8h 15m</td> </tr> </table>		Prep	Cook	Total		15m	8h	8h 15m	<p>2 lb boneless skinless chicken breasts, cut into ½-inch pieces</p> <p>1 (12-oz) pkg frozen seasoning blend</p> <p>4 (15.5-oz) cans black-eyed peas, rinsed and drained</p> <p>1 (14.5-oz) can fire-roasted diced tomatoes, drained</p> <p>1 (32-oz) carton chicken broth</p> <p>2 bay leaves</p> <p>2 tsp smoked paprika</p> <p>1 tsp dried thyme</p> <p>1 tsp hot sauce</p> <hr/> <p><i>1 (14.5-oz) box honey cornbread mix</i></p> <p><i>¼ cup butter, softened</i></p> <p><i>2 Tbsp honey</i></p>	<p>Combine all ingredients except hot sauce in a 5- to 7-quart slow cooker . Cover and cook on LOW 8 hours or until chicken is very tender. Remove and discard bay leaves; stir in hot sauce. Season to taste with salt and pepper.</p> <hr/> <p><i>Prepare cornbread mix according to package directions. Stir together softened butter and honey; serve with cornbread.</i></p>
	Prep	Cook	Total							
	15m	8h	8h 15m							
<p>Meal 6 Slow Cooker</p> <p>Italian Pork Roast with Peppers and Onions</p> <p><i>Creamy Parmesan Polenta and Crunchy French Bread</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">10m</td> <td style="text-align: center;">10h</td> <td style="text-align: center;">10h 10m</td> </tr> </table>		Prep	Cook	Total		10m	10h	10h 10m	<p>4 lb boneless pork loin roast</p> <p>1 red bell pepper, sliced</p> <p>1 green bell pepper, sliced</p> <p>1 sweet onion, sliced</p> <p>1 (.7-oz) packet Italian dressing mix</p> <p>2 cups chicken broth</p> <hr/> <p><i>4½ cups chicken broth</i></p> <p><i>1½ cups uncooked quick-cooking polenta</i></p> <p><i>1 (5-oz) pkg shredded Parmesan cheese</i></p> <p><i>½ cup sour cream</i></p> <p><i>1 (16-oz) loaf French bread</i></p> <p><i>¼ cup butter, softened</i></p>	<p>Lightly season pork with salt and pepper. Place half of peppers and onion in bottom of a 5-to 7-quart slow cooker. Place pork over peppers; top with remaining peppers and onion. Whisk together Italian dressing and broth; pour over vegetables. Cover and cook on LOW 8 to 10 hours or until pork is very tender. Slice pork (Reserve half of pork for Pork Sandwiches with Asian Slaw recipe.)Serve remaining pork and peppers over polenta.</p> <hr/> <p><i>Bring broth and 1½ cups water to a boil in a saucepan; gradually stir in polenta. Cook 5 minutes or until thickened, whisking constantly. Stir in cheese, sour cream, and salt and pepper to taste. Preheat oven to 400°F. Bake bread directly on oven rack 10 minutes or until toasted; serve with butter.</i></p>
	Prep	Cook	Total							
	10m	10h	10h 10m							
<p>Meal 7 Kid-Friendly</p> <p>Pork Sandwiches with Asian Slaw</p> <p><i>Spicy Sweet Potato Fries</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">5m</td> <td style="text-align: center;">25m</td> </tr> </table>		Prep	Cook	Total		20m	5m	25m	<p>Reserved cooked sliced pork (from Italian Pork Roast with Peppers and Onions recipe)</p> <p>½ cup mayonnaise</p> <p>4 Tbsp chopped fresh basil, divided</p> <p>1 Tbsp Sriracha Asian hot chile sauce</p> <p>6 sub rolls, split and toasted</p> <p>1 (16-oz) pkg angel hair coleslaw mix</p> <p>1 cup thinly sliced seedless cucumber</p> <p>½ cup sliced green onion</p> <p>2 Tbsp olive oil</p> <p>2 Tbsp fresh lemon juice</p> <p>1 tsp salt, ½ tsp pepper</p> <hr/> <p><i>1 (20-oz) pkg frozen sweet potato fries</i></p> <p><i>2 tsp smoked paprika</i></p> <p><i>1 tsp kosher salt, 1 tsp pepper</i></p> <p><i>½ tsp garlic powder</i></p> <p><i>½ tsp ground cumin</i></p>	<p>Heat pork, if desired. Stir together mayonnaise, 2 Tbsp basil, and Sriracha; spread over cut sides of sub rolls and top with heated pork. Stir together coleslaw mix, cucumber, green onion, oil, lemon juice, salt, pepper, and remaining 2 Tbsp basil; serve mixture over pork.</p> <hr/> <p><i>Cook fries according to package directions. Stir together paprika, salt, pepper, garlic powder, and cumin. Sprinkle over fries.</i></p>
	Prep	Cook	Total							
	20m	5m	25m							



Slow Cooker Classic Family Plan

Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1		2 sweet potatoes (about 2 lb)	1.96
1,2,4,6		4 sweet onions (about 2 lb)	1.96
1,6		2 green AND 1 red bell peppers	2.84
2,7		1 bunch green onion, need about 1 cup sliced	1.18
3		2 avocados	1.36
3,7		2 (16-oz) pkg angel hair coleslaw	3.50
4,7		3 lemons	1.74
7		1 seedless cucumber, need 1 cup sliced	1.98
7		1 (1-oz) pkg fresh basil, need 4 Tbsp chopped	1.99
Meat & Seafood			
1		1½ lb ground beef	5.97
2,3		1 (4-lb) beef brisket	19.12
4,5		3½ lb boneless skinless chicken breasts	9.91
6,7		4 lb boneless pork loin roast	8.96
Refrigerated			
1		1 (8-oz) pkg shredded Monterey Jack cheese	2.48
2		1 (8-oz) pkg shredded Cheddar cheese	2.48
2,3,6		1 (16-oz) carton AND 1 (8-oz) carton sour cream, need about 2¼ cups	1.68
4		1 (8-oz) carton heavy whipping cream, need ½ cup	2.34
6		1 (5-oz) pkg shredded Parmesan cheese	2.44
Frozen			
2		1 (16-oz) bag frozen green beans	0.98
2		1 (32-oz) pkg frozen hash browns	2.24
4		1 (16-oz) pkg frozen peas	0.98
5		1 (12-oz) pkg frozen seasoning blend	1.28
7		1 (20-oz) pkg frozen sweet potato fries	2.00
Canned & Packaged			
1		1 (11-oz) pkg tortilla chips	1.78
1,5		3 (14.5-oz) cans fire-roasted diced tomatoes	2.94
2		1 (14.5-oz) can beef broth, need 1 cup	0.78
2,4		1 (10.75-oz) can cream of mushroom AND 1 (10.75-oz) can cream of chicken soup	1.96
3		2 (8.8-oz) pkg Spanish ready rice	3.68
3		2 (15-oz) cans pinto beans	1.36
3		1 (18-oz) pkg corn tortillas	1.18
4		1 (16-oz) pkg rotini pasta	1.00
4,5,6		3 (32-oz) cartons chicken broth, need 11½ cups	5.58
5		4 (15.5-oz) cans black-eyed peas	3.68
5		1 (14.5-oz) box honey cornbread mix	1.52
6		1 (9.2-oz) pkg quick-cooking polenta, need 1½ cups	1.41
6		1 (7-oz) packet Italian dressing mix	1.38
7		1 (6-count) pkg sub rolls	2.74
7		1 (15-oz) jar mayonnaise, need ½ cup	2.36
Bakery & Deli			
6		1 (16-oz) loaf French bread	1.00
Approximate Total			\$115.72

Necessary Staples
Meal 1
4 cloves garlic 3 Tbsp chili powder
Meal 2
1 tsp smoked paprika 1 tsp ground cumin ½ cup ketchup ¼ cup butter 1 tsp ancho chile powder
Meal 3
1 Tbsp olive oil 2 tsp ground cumin
Meal 4
No staples for this meal
Meal 5
2 bay leaves 2 Tbsp honey 1 tsp dried thyme ¼ cup butter 2 tsp smoked paprika 1 tsp hot sauce
Meal 6
¼ cup butter
Meal 7
2 tsp smoked paprika 1 Tbsp Sriracha Asian hot chile sauce ½ tsp garlic powder 2 Tbsp olive oil ½ tsp ground cumin