



CROCK POT MEAL PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Meal 1 Beef Tips with Mushrooms and Onions Over Rice	2 lbs beef tips (1 t salt) (1 t pepper) 1 (10.5 oz) can condensed French onion soup (1 T Worcestershire sauce) 1 (10.5 oz) can condensed mushroom soup 8 oz pkg fresh sliced mushrooms ¼ c chopped onion Rice	Season beef tips with salt and pepper. Place beef tips, French onion soup, Worcestershire sauce, mushroom soup, mushrooms, and green onions in crockpot. Cover and cook on low 7-8 hours. Cook enough rice for your family. Serve beef tips over rice.
Meal 2 Cheddar Mac 'n Cheese	8 oz elbow macaroni, cooked (Cooking spray) 12 oz can evaporated milk 1 ½ c whole milk (¼ c butter, melted) (1 t salt) (Pepper to taste) (2 eggs, beaten) 20 oz sharp Cheddar cheese, grated (Dash of paprika)	Cook noodles according to pkg instructions. In crockpot sprayed with cooking spray, combine the macaroni, evaporated milk, milk, butter, salt, pepper, eggs, and all but ½ c of the grated cheese. Sprinkle the reserved cheese over the top of the mixture and then sprinkle with paprika. Cover and cook on low 3 hours & 15 minutes. Turn off crockpot and stir before serving. *Note: You can stir in diced, cooked ham for a meaty variation.
Meal 3 Mexican Chicken and Bean Soup	1 rotisserie chicken, shredded, bones & skin removed 3 cloves garlic, chopped 1 medium onion, chopped 1 green bell pepper, chopped (3 T olive oil) 2 (10 oz) cans diced tomatoes w/ green chilies 10 oz bag frozen corn 16 oz can black beans, drained & rinsed 16 oz can chili beans, drained & rinsed 16 oz jar chunky salsa ½ (6 oz) can tomato paste 5 c chicken broth (3 T chili powder) (2 T dried parsley) 8 oz sour cream	Place shredded chicken in crockpot. In a skillet over medium heat, sauté garlic, onion and bell pepper in olive oil until slightly browned, then add to chicken. Add tomatoes, corn, black beans, chili beans, salsa, tomato paste, chicken broth, chili powder and dried parsley. Cover and cook on low 6-8 hours. Add sour cream and heat through. *Note: To make your own chicken broth, boil the skin and leftover pieces from the rotisserie chicken with 5 cups water and 1-2 chicken bouillon cubes.
Meal 4 Easy Italian Chicken Over Noodles	4-6 boneless, skinless chicken breasts 8 oz bottle Italian dressing 1 (10.75 oz) can cream of chicken soup 1 c chicken broth 8 oz cream cheese, softened (½ t dried basil) (½ t dried thyme) (Salt and pepper to taste) Egg noodles	Place chicken in crockpot and pour Italian dressing over chicken. Cover and cook on low 6-8 hours. Drain off most of Italian dressing and discard. Combine soup, broth, cream cheese, basil, thyme, salt and pepper. Pour mixture over chicken and cook on low 45 minutes to 1 hour. Cook enough noodles for your family. Serve chicken over noodles.
Meal 5 BBQ Pork and Slaw Sandwiches	5 lb Boston butt 18 oz bottle BBQ sauce 12 oz cola drink (½ c mayonnaise) (2 t cider vinegar) (2 T sugar) 1 bag slaw Hamburger buns	Place pork in crockpot and pour BBQ sauce and cola over pork. Cover and cook on high 8 hours (or low 12 -16 hours), until pork is tender and meat shreds easily. Combine mayonnaise, vinegar and sugar in a large bowl. Mix well, and toss with slaw. Serve pork and slaw on hamburger buns.



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**To eliminate a particular lunch, cross out each grocery item with that corresponding meal number.*

MEAL #	X	GROCERY ITEM:	OTHER ITEMS I NEED:	X
_____	X	DELI / BAKERY / BREAD		
3		1 rotisserie chicken		
_____	X	PRODUCE		
1		8 oz pkg fresh sliced mushrooms		
1,3		2 onions		
3		Head garlic		
3		1 green bell pepper		
5		16 oz bag slaw		
_____	X	MEAT		
1		2 lbs beef tips		
4		4-6 boneless, skinless chicken breasts		
5		5 lb Boston butt		
_____	X	FROZEN		
3		10 oz bag frozen corn		
_____	X	DAIRY / REFRIGERATED		
2		Pint whole milk		
2		20 oz sharp Cheddar cheese		
3		8 oz sour cream		
4		8 oz cream cheese		
_____	X	CANNED / BOTTLED / PACKAGED		
1		1 (10.5 oz) can condensed French onion soup		
1		1 (10.5 oz) can condensed mushroom soup		
1		1 lb bag white rice		
2		8 oz elbow macaroni		
2		12 oz can evaporated milk		
3		2 (10 oz) cans diced tomatoes w/ green chilies		
3		16 oz can black beans		
3		16 oz can chili beans		
3		16 oz jar chunky salsa		
3		6 oz can tomato paste		
3,4		2 (32 oz) packages chicken broth		
4		8 oz bottle Italian dressing		
4		1 (10.75 oz) can cream of chicken soup		
4		12 oz bag egg noodles		
5		18 oz bottle BBQ sauce		
5		12 oz cola drink		
5		Pkg hamburger buns		

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STAPLES NEEDED FOR EACH LUNCH:

MEAL 1

Worcestershire sauce

MEAL 2

¼ c butter
2 eggs
Paprika

MEAL 3

Olive oil
Chili powder
Dried parsley

MEAL 4

Dried thyme
Dried basil

MEAL 5

½ c mayonnaise
Cider vinegar
Sugar