

# **Saving Dinner with**



# **Crock Cooker Twenty for the Freezer Volume 1**

The Menus, Recipes, Instructions,  
and Assembly Guidelines  
for

**20 delicious Dinner Kits**

to

Bring your Family Back to the Dinner Table

**Includes:**

Welcome and Getting Started  
Dinner Kit Shopping List  
Meal Time Shopping List  
Preassembly Prep List  
Dinner Planner Check List  
Assembly Guides and Recipes

# Welcome to Mega Menu-Mailer

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 20 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. So put on some good music and make sure you have on a comfy pair of shoes while you assemble a month's worth of meals at your own pace.

## Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

This document is long, but organized! You'll need all of the details to compile your dinner kits so don't forget to be creative and use your printer's ink and page saving features if necessary. Please check your printer's HELP guide if you are unfamiliar with any of the printing suggestions.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

## Off and Running

Instructions are printed and you're off! To help you keep track of your Mega Menu-Mailer, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

## Let's talk Dollars and Cents

To give you a rough estimate on what our Mega Menu-Mailer's average cost per meal is, we have shopped at stores from North Carolina to Phoenix, Arizona.

We used stores that are relatively high end – definitely not discount grocers. We shopped using the entire shopping list and bought every item on the list as if we were a new Menu-Mailer subscriber just starting out with only salt and pepper in our pantry.

Whenever possible, we bought organic products, as well. The total cost for every item was only \$285 - \$340 for the different Menu-Mailers for the preassembly ingredients. That breaks down to a per meal cost of \$14.50 for 4 people for 20 meals. (You can't take a family of 4 to a fast food burger place for that price.)

We know you can do a lot better than we did by utilizing club stores, discount grocery stores, catching items on sale and using your coupons. We did this so you could see the rough cost on using the Mega Menu-Mailer – but again, this is straight retail, no penny pinching whatsoever!

By taking your shopping list and carefully combing thru your pantry and refrigerator, you should be able to purchase most everything you need to make the recipes for much less! Our staff went thru their pantries and could mark off more than half of the ingredients before they even left home!

Make sure to try to ad match and shop at stores that match competitor sale items and used coupons.

See our website for

**[HMONEY SAVING HINTS](#)**

for great tips on saving while shopping!

## Once begun, half done

Cooking dinner can be exhausting. Preparing 20 dinners can seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping will probably take you an hour or two, and for a reference point, several of our staff have tested the assembly of the kits and had all 20 meals in the freezer in two – three hours. The pre assembly prep list helps cut down on assembly time so be sure to read it and use it!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

## Shopping Lists – Your plan for success

This couldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And Mega Menu-Mailer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List to get started. This one has all of the ingredients that you'll be assembling and freezing.

## Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our Mega Menu-Mailer testers found they could cross off almost half of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace up shoes and head to the market for your remaining ingredients.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

## Supplies and Tools to have on hand:

- Freezer bags in gallon and quart sizes (figure 2 one gallon sized bags per meal)
- 2 plastic storage containers (GladWare®, Ziploc®, etc) in a flat, "casserole" style.
- Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- Measuring cups and spoons (2 sets of each is best!)
- Mixing bowls and other containers for preparation
- Manual or electric food processor, blender or chopper
- Sharp knives
- Cutting boards (1 for veggies, 1 for meats)
- Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

## Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

## Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips! Remember: You should assemble your meals as soon as possible to have the best results.

## Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 20 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 20 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

## General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminate.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

## Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals.. Overnight thawing is the optimum way to defrost dinner.

## Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

### FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 20 kits in a day, try assembling your meals by type of meat! Do all of your fish at one time, take a break, then do the next meat group.

If you stop for the day after assembling one meat group or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

You'll want to get out the Preassembly Prep List as that will have many time saving do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

## Where's the beef?

You'll notice that the menus are broken down into meat categories: beef, chicken, fish, pork/lamb, and turkey. Fish is such a delicate meat, that I strongly recommend you start your meal assembly first with your fresh fish.

Follow this then by your poultry meats, either chicken or turkey. Then move on to your pork and lamb items, and finally your beef items.

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

### Something's Fishy!

Ask anyone in my customer service and FISH is probably the number one ingredient we get complaints on. While fish comes in many different ways, if you've had an ill prepared or overcooked fish dish it's sure to be a turnoff.

The fish recipes included in Mega Menu-Mailer are RAVES – favorites from subscribers to Menu-Mailer. I'd encourage you to take a leap of faith and try them if you "think" you don't like fish. You'll be pleasantly surprised!

If you still have an aversion to fish, these delicious recipes are also extremely flexible and would be perfect choices to also substitute chicken (or even turkey) in place of any of the fish. Simply remember to adjust cooking times to ensure your chicken is cooked thru and make any needed adjustments to your shopping lists.

## What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 20 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 20 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. |

Some ingredients on the Meal Time Shopping List will be preceded by a “ \* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing a months worth of main courses and some food items are very perishable and only last approximately a week in your pantry or fridge.

Also, you are in control of how you decide to use the meals. You may decide to use these meals for the whole month while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep and then share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pickup the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

## Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

### Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

## Congratulations on Saving Dinner in your home!

# Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits for all 20 recipes.

## MEAT

26 boneless skinless chicken breast halves [R1,R2,R3,R4,R5]  
8 pounds lean beef stew meat, cubed [R6,R7,R8,R9,R10]  
12 tilapia fillets, or other firm-fleshed white fish [R11,R13]  
9 salmon fillets [R12,R15]  
6 salmon steaks [R14]  
*(NOTE: you can substitute boneless skinless chicken breasts for any of the fish recipes)*  
3 pounds boneless pork shoulder roast [R16,R17]  
1 (2- to 3-lb) boneless pork loin [R18]  
12 boneless pork chops [R19,R20]

## PRODUCE

1 large and 12 medium onions [R2,R3,R4,R6,R7,R10,R11,R15,R17,R18,R20]  
4 large sweet onions (Vidalia, if available) [R19]  
1 1/2 pounds pearl onions [R8]  
1 bunch green onions [R8,R16]  
4 heads garlic [R2,R5,R8,R12,R13,R15,R18,R20]  
2 green bell peppers [R7,R20]  
2 red bell peppers [R2,R6]  
2 jalapeno peppers [R15,R18]  
12 ounces plum (Roma) tomatoes [R2]  
2 large and 2 medium tomatoes [R6,R13]  
2 pounds baby carrots [R4,R8]  
6 medium carrots [R6,R7,R20]  
3 cups chopped celery [R17,R20]  
16 ounces small mushrooms [R6,R20]  
1/2 teaspoon grated fresh gingerroot [R20]  
1 bunch parsley [R6,R11,R13]  
2 tablespoons chopped fresh basil [R13]  
4 lemons [R4,R14]  
2 teaspoons grated lemon peel [R11]  
2 teaspoons grated orange peel [R11]  
4 limes [R9,R13]

## CANNED GOODS

3 (14.5-oz) cans low sodium chicken broth [R2,R5,R16,R18,R19]  
1/3 cup low sodium beef broth [R8] (plus 1 cup if not using red wine) [R6]  
2 (16-oz) cans garbanzo beans [R2]  
1 (16-oz) can chili beans [R3]  
1 (16-oz) can black beans [R3]  
1 (15-oz) can whole kernel corn [R3]  
1 (28-oz) can diced tomatoes [R15]  
2 (10-oz) cans diced tomatoes with chilies (Rotel is a good brand) [R3]  
1 (14.5-oz) can diced tomatoes with balsamic vinegar, basil and olive oil [R5]  
1 (8-oz) can tomato sauce [R3]  
4 (6-oz) cans tomato paste [R2,R4,R7,R8,R20]  
1 1/2 cups red grape juice (if not using red wine) [R4,R8]  
2/3 cup white grape juice (if not using white wine) [R19,R20]  
2 (8-oz) cans pineapple chunks [R20]  
1/2 cup clam juice [R15]

## CONDIMENTS

Olive oil [R5,R7,R8,R12,R13,R16]  
1 1/2 cups dry red wine (or use red grape juice and vinegar) [R4,R8]  
Vinegar (if not using wine) [R4,R8]  
1 teaspoon honey [R4]  
2 teaspoons Worcestershire sauce [R7]  
1/4 cup chili sauce [R9]  
Vegetable oil [R11,R15,R17,R18,R19]  
3 tablespoons balsamic vinegar [R12]  
1 tablespoon Dijon mustard [R14]  
2 tablespoons capers [R13]  
6 tablespoons pure maple syrup [R12]  
3 tablespoons apple cider vinegar [R20]  
3 tablespoons low sodium soy sauce [R20]  
3 to 5 drops Tabasco sauce [R20]  
2/3 cup white wine (or use white grape juice and vinegar) [R19,R20]

## DAIRY/DAIRY CASE

1/3 cup plus 3 tablespoons butter [R8,R14]  
1/2 cup orange juice [R18]

## SPICES

1/2 teaspoon marjoram [R1]  
1/4 teaspoon ground nutmeg [R1]  
1/4 teaspoon garlic powder [R1]  
3 1/2 teaspoons ground cumin [R2,R4,R10]  
1 3/4 teaspoons cinnamon [R4,R10,R15]  
1/4 teaspoon crushed red pepper flakes [R6]  
1 3/4 teaspoons rosemary [R8,R16]  
2 bay leaves [R6,R8]  
1 teaspoon curry powder [R17]  
1/4 teaspoon dry mustard [R20]  
1 teaspoon caraway seeds [R10]  
1 teaspoon ground ginger [R10]  
1 teaspoon thyme [R15]  
1/8 teaspoon ground cloves [R15]  
1/2 teaspoon dried sage [R16]

## DRY GOODS

2 (1.25-oz) envelopes taco seasoning mix [R3,R9]  
1/2 cup raisins [R2]  
3 tablespoons flour [R8]  
1 teaspoon sugar [R7]  
1 envelope Italian salad dressing mix [R7]  
1 1/2 teaspoons cornstarch [R20]  
3 tablespoons brown sugar [R20]

## FREEZER

1 (6-oz) can frozen orange juice concentrate [R1]

## OTHER

12 ounces beer (or use ginger ale) [R7]  
14 (1-gallon) zipper-topped plastic freezer bags  
2 (2-gallon) zipper-topped plastic freezer bag  
1 (1-quart) zipper topped plastic freezer bag

## Chicken Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits for all **CHICKEN** recipes.

### MEAT

26 boneless skinless chicken breast halves [R1,R2,R3,R4,R5]

### PRODUCE

1 large and 3 medium onions [R2,R3,R4,]

1 head plus 3 cloves garlic [R2,R5,]

1 red bell pepper [R2]

12 ounces plum (Roma) tomatoes [R2]

8 ounces baby carrots [R4]

1 lemon [R4]

### CANNED GOODS

1 (14.5-oz) can low sodium chicken broth [R2,R5]

2 (16-oz) cans garbanzo beans [R2]

1 (16-oz) can chili beans [R3]

1 (16-oz) can black beans [R3]

1 (15-oz) can whole kernel corn [R3]

2 (10-oz) cans diced tomatoes with chilies (Rotel is a good brand) [R3]

1 (14.5-oz) can diced tomatoes with balsamic vinegar, basil and olive oil [R5]

1 (8-oz) can tomato sauce [R3]

2 (6-oz) cans tomato paste [R2,R4]

1/2 cup red grape juice (if not using red wine) [R4]

### CONDIMENTS

Olive oil [R5]

1/2 cups dry red wine (or use red grape juice and vinegar) [R4]

Vinegar (if not using wine) [R4]

1 teaspoon honey [R4]

### SPICES

1/2 teaspoon marjoram [R1]

1/4 teaspoon ground nutmeg [R1]

1/4 teaspoon garlic powder [R1]

2 1/2 teaspoons ground cumin [R2,R4]

1/2 teaspoon cinnamon [R4]

### DRY GOODS

1 (1.25-oz) envelope taco seasoning mix [R3]

1/2 cup raisins [R2]

### FREEZER

1 (6-oz) can frozen orange juice concentrate [R1]

### OTHER

4 (1-gallon) zipper-topped plastic freezer bags

1 (2-gallon) zipper-topped plastic freezer bag

## Beef Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits for all **BEEF** recipes.

### MEAT

8 pounds lean beef stew meat, cubed [R6,R7,R8,R9,R10]

### PRODUCE

1 large and 3 medium onions [R6,R7,R10]

1 1/2 pounds pearl onions [R8]

6 green onions [R8]

3 cloves garlic [R8]

1 green bell pepper [R7]

1 red bell pepper [R6]

2 medium tomatoes [R6]

8 ounces mushrooms [R6]

1 1/2 pounds baby carrots [R8]

4 medium carrots [R6,R7]

1 bunch parsley [R6]

2 limes [R9]

### CANNED GOODS

1/3 cup low sodium beef broth [R8] (plus 1 cup if not using red wine) [R6]

2 (6-oz) cans tomato paste [R7,R8]

1 cup red grape juice (if not using red wine) [R8]

### DAIRY/DAIRY CASE

3 tablespoons butter [R8]

### CONDIMENTS

Olive oil [R7,R8]

2 cups dry red wine (or use red grape juice and vinegar) [R6,R8]

Vinegar (if not using wine or beer) [R7,R8]

2 teaspoons Worcestershire sauce [R7]

1/4 cup chili sauce [R9]

### SPICES

1 teaspoon ground cumin [R10]

1 teaspoon cinnamon [R10]

1/4 teaspoon crushed red pepper flakes [R6]

3/4 teaspoon rosemary [R8]

2 bay leaves [R6,R8]

1 teaspoon caraway seeds [R10]

1 teaspoon ground ginger [R10]

### DRY GOODS

1 (1.25-oz) envelope taco seasoning mix [R9]

3 tablespoons flour [R8]

1 teaspoon sugar [R7]

1 envelope Italian salad dressing mix [R7]

### OTHER

12 ounces beer (or use ginger ale) [R7]

5 (1-gallon) zipper-topped plastic freezer bags



## Fish Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits for all **FISH** recipes.

### MEAT

12 tilapia fillets, or other firm-fleshed white fish [R11,R13]  
9 salmon fillets [R12,R15]  
6 salmon steaks [R14]  
*(NOTE: you can substitute boneless skinless chicken breasts for any of the fish recipes)*

### PRODUCE

1 large and 1 medium onions [R11,R15]  
6 cloves garlic [R12,R13,R15]  
1 jalapeno pepper [R15]  
2 large tomatoes [R13]  
1 bunch parsley [R11,R13]  
2 tablespoons chopped fresh basil [R13]  
1 lemon [R14]  
2 teaspoons grated lemon peel [R11]  
2 teaspoons grated orange peel [R11]  
2 limes [R13]

### CANNED GOODS

1 (28-oz) can diced tomatoes [R15]  
1/2 cup clam juice [R15]

### CONDIMENTS

Olive oil [R12,R13]  
Vegetable oil [R11,R15]  
3 tablespoons balsamic vinegar [R12]  
1 tablespoon Dijon mustard [R14]  
2 tablespoons capers [R13]  
6 tablespoons pure maple syrup [R12]

### DAIRY/DAIRY CASE

3 tablespoons butter [R14]

### SPICES

1/4 teaspoon cinnamon [R15]  
1 teaspoon thyme [R15]  
1/8 teaspoon ground cloves [R15]

### OTHER

5 (1-gallon) zipper-topped plastic freezer bags  
1 (2-gallon) zipper-topped plastic freezer bag  
1 (1-quart) zipper topped plastic freezer bag

## Pork Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits for all **PORK** recipes.

### MEAT

3 pounds boneless pork shoulder roast [R16,R17]  
1 (2- to 3-lb) boneless pork loin [R18]  
12 boneless pork chops [R19,R20]

### PRODUCE

5 medium onions [R17,R18,R20]  
4 large sweet onions (Vidalia, if available) [R19]  
1 bunch green onions [R16]  
4 cloves garlic [R18,R20]  
1 green bell pepper [R20]  
1 jalapeno pepper [R18]  
2 medium carrots [R20]  
3 cups chopped celery [R17,R20]  
8 ounces small mushrooms [R20]  
1/2 teaspoon grated fresh gingerroot [R20]

### CANNED GOODS

3 (14.5-oz) cans low sodium chicken broth [R16,R18,R19]  
4 (6-oz) cans tomato paste [R20]  
2/3 cup white grape juice (if not using white wine) [R19,R20]  
2 (8-oz) cans pineapple chunks [R20]

### CONDIMENTS

Olive oil [R16]  
Vegetable oil [R17,R18,R19]  
3 tablespoons apple cider vinegar [R20]  
3 tablespoons low sodium soy sauce [R20]  
3 to 5 drops Tabasco sauce [R20]  
2/3 cup white wine (or use white grape juice and vinegar) [R19,R20]

### DAIRY/DAIRY CASE

1/2 cup orange juice [R18]

### SPICES

1 teaspoons rosemary [R16]  
1/2 teaspoon dried sage [R16]  
1 teaspoon curry powder [R17]  
1/4 teaspoon dry mustard [R20]

### DRY GOODS

1 1/2 teaspoons cornstarch [R20]  
3 tablespoons brown sugar [R20]

### OTHER

5 (1-gallon) zipper-topped plastic freezer bags

# Dinner Kit Shopping List

Ingredients needed on actual cooking day  
(some of these are non-perishable and can be purchased in advance).

## PRODUCE

1 pound white mushrooms [R8]  
3/4 cup sliced green onions [R9]  
1/2 cup chopped cilantro [R9]  
Parsley sprigs, for garnish [R11]  
4 1/2 cups cauliflower florets [R17]  
1/4 cup lemon juice [R18]  
1 orange [R18]  
Orange and lemon slices, for garnish [R11]  
4 pears [R10]

## CANNED GOODS

1 (15-oz) can whole berry cranberry sauce [R9]

## CONDIMENTS

2 tablespoons peanut butter [R2]  
1/4 cup basil pesto [R5]  
1 tablespoon capers (optional) [R15]  
10 Kalamata olives [R15]

## DAIRY/DAIRY CASE

Low fat Cheddar cheese, shredded [R3]  
Low fat sour cream [R3]  
1/3 cup crumbled Feta cheese [R4]  
3/4 cup half and half [R16]

## DRY GOODS

3 tablespoons cornstarch [R1,R18]  
Baked tortilla chips [R3]  
1/2 cup raisins [R10]  
1/2 cup slivered almonds [R10]  
3 tablespoons flour [R16]  
7 large pitted prunes [R17]

## FREEZER

1 cup frozen petite or baby peas [R6]

## BAKERY

6 flour OR whole wheat flour tortillas [R9]

## OTHER

1 (12-oz) bottle beer (or non alcoholic beer) (optional) [R3]



## SHOPPING LIST LEGEND

[R1] – [R6] = Recipe 1, Recipe 2, Recipe 3, etc...  
Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

## Serving Suggestion Shopping List

### 1. Crock Glazed Chicken

- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice
- \*Baby carrots

### 2. Moroccan Crock Chicken

- \*Brown rice
- \*Snow peas
- \*Red bell peppers
- \*Kale
- \*Olive oil
- \*Clove of garlic

### 3. Slow Cooker Chicken Tortilla Soup

- \*Baked tortilla chips
- \*Guacamole

### 4. Greek Crock k Chicken

- \*Russet potatoes
- \*Baked potato toppings
- \*Broccoli
- \*Cauliflower
- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice

### 5. Crock Garlic Basil Chicken Breast

- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice
- \*Broccoli

### 6. Easy Beef Stew a la Crock Pot

- \*Loaf of French bread
- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice

### 7. Crock Beef and Ale

- \*Snow peas
- \*Mushrooms
- \*Olive oil
- \*Clove of garlic
- \*Wild rice pilaf

### 8. Beef Bourguignon

- \*Brown rice
- \*Spinach

### 9. Crock Cranberry Beef

- \*Brown rice
- \*Zucchini
- \*Yellow squash
- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice

### 10. Beef Tajine

- \*Orzo
- \*Baby spinach (about 6 cups)
- \*Garlic powder
- \*Lemons (need juice, to taste)

### 11. Slow Cooker Citrus Fish

- \*Asparagus
- \*Baby carrots
- \*Red potatoes

### 12. Crocked Maple Salmon

- \*Russet potatoes
- \*Baked potato toppings
- \*Kale
- \*Baby carrots

### 13. Tilapia with Tapenade

- \*Sweet potatoes
- \*Spinach

### 14. Lemoned Salmon Steaks

- \*Red potatoes
- \*Green beans

### 15. Exotic Crock Salmon

- \*Brown rice
- \*Zucchini
- \*Yellow squash

### 16. Savory Crock Pot Pork Stew

- \*Loaf of French bread
- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice

### 17. Marengo Crock Pork

- \*Red potatoes
- \*Broccoli

### 18. Slow Cooker Pork in Spicy Orange Sauce

- \*Brown rice
- \*Zucchini
- \*Yellow squash
- \*Lettuce, your choice
- \*Salad toppings
- \*Salad dressing, your choice

### 19. Sweet Onion Pork Chops

- \*Brown rice
- \*Spinach

### 20. Sweet and Sour Pork Chops

- \*Snow peas
- \*Mushrooms
- \*Oil
- \*Garlic
- \*Wild rice pilaf

## Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

\*\* Remember: You will need to carefully read the assembly instructions and process your vegetables before you start assembling your meals. To save you time, all of your slicing, chopping, mincing, juicing and grating should be accomplished before you start putting your meals together.

\*\* All meat should be kept in the refrigerator until ready to assemble a meal.

\*\*Once you have prepped your items you will need to place the food in plastic bags or containers and place in your refrigerator overnight.

### Chicken

- ❑ Slice 10 chicken breast halves into 1-inch cubes
- ❑ Chop 4 chicken breast halves into bite-sized pieces

### Beef

- ❑ Cube meat, if not using pre-cut meat.

### Fish

- ❑ Cut 3 salmon fillets into fourths.

### Pork

- ❑ Cut 3 pounds boneless pork shoulder roast into 1-inch cubes.

**Lemons & Limes** - Rinse lemons and limes under running water to wash.

- ❑ Using your palm, press and roll the lemon on your countertop a few times to help release the juice from the pulp. (Tip: Lemons and limes stored at room temperature release more juice than lemons stored in your refrigerator.)
- ❑ Cut lemon in half and juice.
- ❑ Cut limes in half and juice 1/4 cup.
- ❑ If you do not have a juicer, squeeze the lemon by hand over a bowl. Cover (or transfer to a plastic bag) and refrigerate overnight. Be sure to remove any seeds from the juice.
- ❑ Grate 2 teaspoons lemon peel.
- ❑ Grate 2 teaspoons lime peel.

**Orange** - Rinse under running water to wash.

- ❑ Grate 2 teaspoons orange peel.

### Garlic

- ❑ Press 16 cloves garlic, if not using minced garlic.
- ❑ Peel and flatten with the flat side of a knife, 1 head of garlic.

### Onions

- ❑ White or yellow onions: Cut off both ends and peel first layer.
- ❑ Chop 7 1/2 onions.
- ❑ Slice 3 onions into 6 wedges each.
- ❑ Thickly slice 4 Vidalia onions.

**Green Onions** - Rinse under running water to wash.

- ❑ Chop 6 green onions.
- ❑ Slice 1/2 cup green onions.

**Bell Pepper** - Rinse under running water to wash.

- ❑ Seed, derib and chop 2 green bell pepper into 1-inch pieces.
- ❑ Seed, derib and slice 1 small red bell pepper and 1 medium green bell pepper.

**Jalapeno Pepper** - Rinse under running water to wash.

- ❑ Seed, derib and finely chop peppers.
- ❑ Wash hands immediately after chopping pepper.

### Gingerroot

- ❑ Peel gingerroot then grate 1/2 teaspoon.

**Tomatoes** - Rinse under running water to wash.

- ❑ Slice 4 tomatoes into wedges.
- ❑ Chop tomatoes remaining.

**Baby Carrots** - Rinse under running water to wash.

- ❑ Seed, derib and slice 1 small red bell pepper and 1 medium green bell pepper.

**Carrots** - Rinse under running water to wash.

- ❑ Peel 2 carrots and slice diagonally into 3/4-inch-thick ovals
- ❑ Chop 2 carrots until you have 1 cup.
- ❑ Peel 1 1/2 carrots and finely chop.

**Celery** - Remove ribs from stalk and rinse under running water to wash.

- ❑ Chop 3 cups celery.

### Mushrooms

- ❑ Wipe off with damp cloth 8 ounces small fresh mushrooms
- ❑ Slice remaining mushrooms

**Parsley** - Rinse under running water to wash.

- ❑ Chop 1/4 cup plus 7 tablespoons parsley.

**Basil** - Rinse under running water to wash.

- ❑ Chop 2 tablespoons basil.

### Frozen

- ❑ Thaw orange juice concentrate in a bowl or plastic bag.

## **Saving Dinner with Mega Menu-Mailer Dinner Planner**

### **Chicken**

1. Crock Glazed Chicken
2. Moroccan Crock Chicken
3. Slow Cooker Chicken Tortilla Soup
4. Greek Crock Chicken
5. Crock Garlic Basil Chicken Breasts

### **Beef**

6. Easy Beef Stew a la Crock Pot
7. Crock Beef and Ale
8. Beef Bourguignon
9. Crock Cranberry Beef
10. Beef Tajine

### **Fish**

11. Slow Cooker Citrus Fish
12. Crocked Maple Salmon
13. Tilapia with Tapenade
14. Lemoned Salmon Steaks
15. Exotic Crock Salmon

### **Pork**

16. Savory Crock Pot Pork Stew
17. Marengo Crock Pork
18. Slow Cooker Pork in Spicy Orange Sauce
19. Sweet Onion Pork Chops
20. Sweet and Sour Pork Chops

## Crock Glazed Chicken

Recipe 1 — Assembly Guidelines — Serves 6

### Ingredients:

- 1 (6-oz) can frozen orange juice concentrate, thawed (MUST BE CONCENTRATE, NOT REGULAR OJ)
- 6 boneless skinless chicken breast halves
- 1/2 teaspoon marjoram
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon garlic powder



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 5 ingredients (orange juice concentrate through garlic powder). Seal the bag and gently massage to coat chicken. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Crock Glazed Chicken

Recipe 1 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1 (6-oz) can frozen orange juice concentrate, thawed (MUST BE CONCENTRATE, NOT REGULAR OJ)
- 6 boneless skinless chicken breast halves
- 1/2 teaspoon marjoram
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon garlic powder



### At time of cooking ingredients

- 1/4 cup water
- 2 tablespoons cornstarch

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 7 to 9 hours or until chicken is cooked through and tender.

When chicken is done, remove to a serving platter. Carefully ladle or pour the sauce from the slow cooker into a saucepan. Combine the cornstarch and water; add to the sauce and cook over medium heat, stirring constantly, until thick and bubbly. Serve the sauce over the chicken.

**Serving Suggestions:** Serve with a big green salad and a bowl of raw baby carrots.

**Nutrition per serving:** 305 Calories; 13g Total Fat; 31g Protein; 13g Carbohydrate; 93mg Cholesterol; 93mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Fruit. **Points:** 7

## Moroccan Crock Chicken

Recipe 2 — Assembly Guidelines — Serves 6

### Ingredients:

- 6 boneless skinless chicken breast halves, cut into 1-inch cubes
- 2 (16-oz) cans garbanzo beans, drained
- 12 ounces plum (Roma) tomatoes, cut into 1-inch cubes (about 2 cups)
- 1 large red bell pepper, seeded, deribbed and cut into 1-inch squares
- 1 medium onion, chopped
- 1/2 cup raisins
- 2 tablespoons tomato paste
- 1/4 cup low sodium chicken broth
- 3 cloves garlic, pressed
- 1 1/2 teaspoons ground cumin



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 10 ingredients (chicken through cumin). Seal the bag and gently massage to coat chicken. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Moroccan Crock Chicken

Recipe 2 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 6 boneless skinless chicken breast halves, cut into 1-inch cubes
- 2 (16-oz) cans garbanzo beans, drained
- 12 ounces plum (Roma) tomatoes, cut into 1-inch cubes (about 2 cups)
- 1 large red bell pepper, seeded, deribbed and cut into 1-inch squares
- 1 medium onion, chopped
- 1/2 cup raisins
- 2 tablespoons tomato paste
- 1/4 cup low sodium chicken broth
- 3 cloves garlic, pressed
- 1 1/2 teaspoons ground cumin



### At time of cooking ingredients

- 2 tablespoons peanut butter

### Cooking Instructions:

Thaw all ingredients and place in slow cooker.

Cover and cook on LOW for 6 to 7 hours or until chicken is cooked through and tender.

About 15 minutes before serving, add peanut butter; blend well.

**Serving Suggestions:** Serve with brown rice, sautéed snow peas, red bell pepper strips and braised kale (to make braised kale, sauté kale in a skillet with a little olive oil and garlic till bright green. Add 1/4" water to the skillet and simmer, covered, until kale is fork tender; salt and pepper to taste).

**Nutrition per serving:** 461 Calories; 13g Fat; 35g Protein; 53g Carbohydrate; 9g Dietary Fiber; 73mg Cholesterol; 608mg Sodium.

**Exchanges:** 2 1/2 Grain (Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 Fat. **Points:** 9

## Slow Cooker Chicken Tortilla Soup

Recipe 3 — Assembly Guidelines — Serves 6

### Ingredients:

- 1 medium onion, chopped
- 1 (16-oz) can chili beans, drained and rinsed
- 1 (16-oz) can black beans, drained and rinsed
- 1 (15-oz) can whole kernel corn, drained
- 1 (8-oz) can tomato sauce
- 2 (10-oz) cans diced tomatoes with chilies (Rotel is a good brand)
- 1 (1.25-oz) envelope taco seasoning
- 4 boneless skinless chicken breast halves, chopped



### Assembly Instructions:

In a 2-gallon plastic freezer bag, place first 8 ingredients (onion through chicken). Seal the bag and gently massage to coat contents. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Slow Cooker Chicken Tortilla Soup

Recipe 3 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1 medium onion, chopped
- 1 (16-oz) can chili beans, drained and rinsed
- 1 (16-oz) can black beans, drained and rinsed
- 1 (15-oz) can whole kernel corn, drained
- 1 (8-oz) can tomato sauce
- 2 (10-oz) cans diced tomatoes with chilies (Rotel is a good brand)
- 1 (1.25-oz) envelope taco seasoning
- 4 boneless skinless chicken breast halves, chopped



### At time of cooking ingredients

- 1 (12-oz) bottle beer (or non alcoholic beer) (optional)
- Baked tortilla chips
- Low fat Cheddar cheese, shredded
- Low fat sour cream

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; add beer if desired; stir to combine.

Cover and cook on LOW for about 7 hours.

Serve in bowls topped with crumbled tortilla chips, shredded Cheddar cheese and a dollop of sour cream.

**Serving Suggestions:** Serve with baked tortilla chips and guacamole.

**Nutrition per serving:** 430 Calories; 5g Fat; 39g Protein; 55g Carbohydrate; 11g Dietary Fiber; 63mg Cholesterol; 1437mg Sodium.  
**Exchanges:** 2 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 8



## Greek Crock Chicken

Recipe 4 — Assembly Guidelines — Serves 6

### Ingredients:

4 boneless skinless chicken breast halves, cut into 1-inch pieces  
8 ounces baby carrots  
2 medium onions, cut into 6 thin wedges  
1 (6-oz) can tomato paste  
1/2 cup dry red wine (or substitute red grape juice)  
3 tablespoons water  
2 tablespoons lemon juice  
1 teaspoon cumin  
1/2 teaspoon cinnamon  
1 teaspoon honey



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 10 ingredients (chicken through honey). Seal the bag and gently massage to coat chicken. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Greek Crock Chicken

Recipe 4 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

4 boneless skinless chicken breast halves, cut into 1-inch pieces  
8 ounces baby carrots  
2 medium onions, cut into 6 thin wedges  
1 (6-oz) can tomato paste  
1/2 cup dry red wine (or substitute red grape juice)  
3 tablespoons water  
2 tablespoons lemon juice  
1 teaspoon cumin  
1/2 teaspoon cinnamon  
1 teaspoon honey



### At time of cooking ingredients

1/3 cup crumbled Feta cheese

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 6 to 7 hours or until chicken is cooked through and tender.

Sprinkle each serving with crumbled Feta cheese.

**Serving Suggestions:** Serve with baked potatoes, steamed broccoli and cauliflower and a green salad.

**Nutrition per serving:** 184 Calories; 5g Fat; 17g Protein; 16g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 395mg Sodium.

**Exchanges:** 0 Grain (Starch); 2 Lean Meat; 2 Vegetable. **Points:** 3

## Crock Garlic Basil Chicken Breasts

Recipe 5 — Assembly Guidelines — Serves 6

### Ingredients:

6 boneless skinless chicken breast halves  
2 tablespoons olive oil  
1 head garlic, peeled and separated  
1 (14.5-oz) can diced tomatoes with balsamic vinegar, basil and olive oil, un-drained  
1/2 cup low sodium chicken broth



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 5 ingredients (chicken through broth). Seal the bag and gently massage to coat chicken. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Crock Garlic Basil Chicken Breasts

Recipe 5 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

6 boneless skinless chicken breast halves  
2 tablespoons olive oil  
1 head garlic, peeled and separated  
1 (14.5-oz) can diced tomatoes with balsamic vinegar, basil and olive oil, un-drained  
1/2 cup low sodium chicken broth



### At time of cooking ingredients

1/4 cup basil pesto

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 7 to 8 hours or until chicken is cooked through and tender.

Serve with a dollop of pesto on top of each chicken breast.

**Serving Suggestions:** A big salad and some steamed broccoli.

**Nutrition per serving:** 111 Calories; 3g Fat; 15g Protein; 7g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 860mg Sodium.

**Exchanges:** 2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates.

**Points:** 3

## Easy Beef Stew a la Crock Pot

Recipe 6 — Assembly Guidelines — Serves 6

### Ingredients:

- 1 pound lean beef stew meat, cubed
- 1/2 of a large onion, chopped
- 2 medium carrots, peeled and sliced diagonally into 3/4-inch-thick ovals
- 1 small red bell pepper, seeded, deribbed and cut into 1/2-inch strips
- 8 ounces small fresh mushrooms, cleaned
- 2 medium tomatoes, cut into wedges
- 1 cup red wine (or use low sodium beef broth)
- 1 bay leaf
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon crushed red pepper flakes



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 10 ingredients (beef through crushed red pepper flakes). Seal the bag and gently massage to coat beef. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Easy Beef Stew a la Crock Pot

Recipe 6 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1 pound lean beef stew meat, cubed
- 1/2 of a large onion, chopped
- 2 medium carrots, peeled and sliced diagonally into 3/4-inch-thick ovals
- 1 small red bell pepper, seeded, deribbed and cut into 1/2-inch strips
- 8 ounces small fresh mushrooms, cleaned
- 2 medium tomatoes, cut into wedges
- 1 cup red wine (or use low sodium beef broth)
- 1 bay leaf
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon crushed red pepper flakes



### At time of cooking ingredients

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup frozen peas, thawed (petite or baby are best)

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 5 to 6 hours or until beef is fork-tender.

When stew is cooked, add salt, black pepper and peas; stir to combine. Raise slow cooker heat setting to HIGH; cover and cook for 15 to 25 minutes or until peas are heated through. Remove bay leaf and serve hot.

**Serving Suggestions:** Serve with your crusty French bread and a big green salad for a perfect meal.

**Nutrition per serving:** 459 Calories; 14g Fat; 26g Protein; 52g Carbohydrate; 5g Dietary Fiber; 100mg Cholesterol; 295mg Sodium.  
**Exchanges:** 3 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 1 Fat.  
**Points:** 10

## Crock Beef and Ale

Recipe 7 — Assembly Guidelines — Serves 6

### Ingredients:

3 teaspoons olive oil  
1 1/2 pounds lean beef stew meat, cubed  
1 medium onion, cut into wedges  
1 cup sliced carrot  
1 medium green bell pepper, seeded, deribbed and sliced  
12 ounces beer (or use ginger ale with 1 tablespoon of vinegar)  
6 ounces tomato paste  
1 envelope Italian salad dressing mix  
2 teaspoons Worcestershire sauce  
1 teaspoon sugar  
Salt and pepper, to taste



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place all ingredients. Seal the bag and gently massage to coat beef. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Crock Beef and Ale

Recipe 7 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

3 teaspoons olive oil  
1 1/2 pounds lean beef stew meat, cubed  
1 medium onion, cut into wedges  
1 cup sliced carrot  
1 medium green bell pepper, seeded, deribbed and sliced  
12 ounces beer (or use ginger ale with 1 tablespoon of vinegar)  
6 ounces tomato paste  
1 envelope Italian salad dressing mix  
2 teaspoons Worcestershire sauce  
1 teaspoon sugar  
Salt and pepper, to taste



### At time of cooking ingredients

None

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 6 to 8 hours or until beef is fork-tender and mixture has thickened.

**Serving Suggestions:** Sautéed snow peas and mushrooms in a little oil and garlic and wild rice pilaf.

**Nutrition per serving:** 345 Calories; 20g Fat; 20g Protein; 17g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 345mg Sodium.

**Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fat. **Points:** 8

## Beef Bourguignon

Recipe 8 — Assembly Guidelines — Serves 6

### Ingredients:

- 1 1/2 pounds baby carrots
- 1 1/2 pounds pearl onions
- 2 pounds lean beef stew meat, cubed
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 6 green onions, chopped
- 3 cloves garlic, pressed
- 1 cup red wine (or use red grape juice with a splash of vinegar)
- 1/3 cup low sodium beef broth
- 1 1/2 tablespoons tomato paste
- 3/4 teaspoon rosemary
- 1 bay leaf
- 3 tablespoons butter
- 3 tablespoons flour



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 14 ingredients (carrots through flour). Seal the bag and gently massage to coat beef. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Beef Bourguignon

Recipe 8 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1 1/2 pounds baby carrots
- 1 1/2 pounds pearl onions
- 2 pounds lean beef stew meat, cubed
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 6 green onions, chopped
- 3 cloves garlic, pressed
- 1 cup red wine (or use red grape juice with a splash of vinegar)
- 1/3 cup low sodium beef broth
- 1 1/2 tablespoons tomato paste
- 3/4 teaspoon rosemary
- 1 bay leaf
- 3 tablespoons butter
- 3 tablespoons flour



### At time of cooking ingredients

- 1 pound white mushrooms, halved

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Add mushrooms and stir again.

Cover and cook on LOW for 7 to 9 hours or until beef is fork-tender and mixture has thickened.

**Serving Suggestions:** Serve on bed of brown rice. Add some sautéed spinach to round this meal out.

**Nutrition per serving:** 428 Calories; 17g Fat; 38g Protein; 26g Carbohydrate; 5g Dietary Fiber; 103mg Cholesterol; 521mg Sodium.

**Exchanges:** 0 Grain (Starch); 5 Lean Meat; 4 1/2 Vegetable; 1 1/2 Fat. **Points:** 9

## Crock Cranberry Beef

Recipe 9 — Assembly Guidelines — Serves 6

### Ingredients:

- 1/4 cup chili sauce
- 1/4 cup lime juice
- 1 (1.25-oz) envelope taco seasoning mix
- 1 1/2 pounds lean beef stew meat, cubed



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 4 ingredients (chili sauce through stew meat). Seal the bag and gently massage to coat beef. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Crock Cranberry Beef

Recipe 9 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1/4 cup chili sauce
- 1/4 cup lime juice
- 1 (1.25-oz) envelope taco seasoning mix
- 1 1/2 pounds lean beef stew meat, cubed



### At time of cooking ingredients

- 3/4 cup sliced green onions
- 1/2 cup chopped cilantro
- 1 (15-oz) can whole berry cranberry sauce
- 6 flour OR whole wheat flour tortillas, warmed

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 8 to 9 hours or until beef is fork-tender and mixture has thickened.

About 2 hours before serving, combine green onions, cilantro, and cranberry sauce in a blender; process till smooth. Place sauce in a bowl, cover and refrigerate.

When beef is cooked, discard cooking liquid and shred meat with 2 forks.

Fill warmed tortillas with meat mixture and sauce; roll up and enjoy!

**Serving Suggestions:** Brown rice, grilled zucchini and yellow squash, and a green salad.

**Nutrition per serving:** 302 Calories; 12g Fat; 23g Protein; 25g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 490mg Sodium.

**Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

## Beef Tajine

Recipe 10 — Assembly Guidelines — Serves 6

### Ingredients:

2 medium onions, sliced  
2 pounds lean beef stew meat, cubed  
1 teaspoon ground cumin  
1 teaspoon caraway seeds  
1 teaspoon ground ginger  
1 teaspoon cinnamon  
Salt and pepper, to taste



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 7 ingredients (onion through salt and pepper). Seal the bag and gently massage to coat beef. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Beef Tajine

Recipe 10 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

2 medium onions, sliced  
2 pounds lean beef stew meat, cubed  
1 teaspoon ground cumin  
1 teaspoon caraway seeds  
1 teaspoon ground ginger  
1 teaspoon cinnamon  
Salt and pepper, to taste



### At time of cooking ingredients

4 pears, cored and coarsely chopped  
1/2 cup raisins  
1/2 cup slivered almonds

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 5 to 7 hours or until beef is fork-tender.

About 15 minutes before serving, add pears, raisins and almonds to slow cooker. Raise heat setting to HIGH and continue to cook for 5 to 10 minutes or until pears are tender.

**Serving Suggestions:** Serve with spinach orzo. (Prepare orzo according to package directions. Put about 6 cups baby spinach leaves in a bowl. Add hot orzo and toss till spinach is wilted. Season with garlic powder and lemon juice to taste.)

**Nutrition per serving:** 418 Calories; 17g Fat; 34g Protein; 34g Carbohydrate; 6g Dietary Fiber; 98mg Cholesterol; 103mg Sodium.

**Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 Fruit; 1 1/2 Fat. **Points:** 9

## Slow Cooker Citrus Fish

Recipe 11 — Assembly Guidelines — Serves 6

### Ingredients:

1 tablespoon vegetable oil  
6 tilapia fillets or other firm-fleshed white fish  
Salt and pepper, to taste  
1/2 cup chopped onion  
5 tablespoons chopped fresh parsley  
2 teaspoons grated lemon peel  
2 teaspoons grated orange peel



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 7 ingredients (oil through orange peel). Seal the bag and gently massage to coat fish. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Slow Cooker Citrus Fish

Recipe 11 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

1 tablespoon vegetable oil  
6 tilapia fillets or other firm-fleshed white fish  
Salt and pepper, to taste  
1/2 cup chopped onion  
5 tablespoons chopped fresh parsley  
2 teaspoons grated lemon peel  
2 teaspoons grated orange peel



### At time of cooking ingredients

Oil  
Orange and lemon slices, for garnish  
Parsley sprigs, for garnish

### Cooking Instructions:

Thaw all ingredients and place in slow cooker.

Cover and cook on LOW for 1 to 1 1/2 hours or until fish flakes easily when tested with a fork.

Serve garnished with orange and lemon slices and a sprig or two of fresh parsley.

**Serving Suggestions:** Steamed asparagus, baby carrots and red potatoes. Can all be done in the same steamer: start with halved potatoes (cook five minutes) add carrots on top (cook another five minutes) and then add asparagus (cook five minutes). Everything will be done at once. Cooking times will vary depending on the size, thickness etc.

**Nutrition per serving:** 181 Calories; 5g Fat; 31g Protein; 2g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 95mg Sodium.

**Exchanges:** 4 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 4



## Crocked Maple Salmon

Recipe 12 — Assembly Guidelines — Serves 6

### Ingredients:

6 salmon fillets  
2 tablespoons olive oil  
6 tablespoons pure maple syrup  
2 cloves garlic, pressed  
3 tablespoons balsamic vinegar



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 7 ingredients (salmon through vinegar). Seal the bag and gently massage to coat fish. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Crocked Maple Salmon

Recipe 12 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

6 salmon fillets  
2 tablespoons olive oil  
6 tablespoons pure maple syrup  
2 cloves garlic, pressed  
3 tablespoons balsamic vinegar



### At time of cooking ingredients

Oil

### Cooking Instructions:

Thaw all ingredients and place in a lightly greased slow cooker.

Cover and cook on Low for 1 to 2 hours or until salmon flakes easily when tested with a fork.

**Serving Suggestions:** Baked potatoes, steamed kale and baby carrots (cooked or raw).

**Nutrition per serving:** 557 Calories; 18Fat; 36g Protein; 17g Carbohydrate; trace Dietary Fiber; 178mg Cholesterol; 685mg Sodium.

**Exchanges:** 5 1/2 Lean Meat; 6 1/2 Fat; 1 Other Carbohydrates.

**Points:** 13

## Tilapia with Tapenade

Recipe 13 — Assembly Guidelines — Serves 6

### Ingredients:

6 tilapia fillets or other firm-fleshed white fish  
Salt and pepper, to taste  
2 large tomatoes, chopped  
2 limes, juiced and zested  
2 tablespoons chopped fresh basil  
2 tablespoons chopped fresh parsley  
1 tablespoon olive oil  
2 tablespoons capers  
2 cloves garlic, pressed



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 9 ingredients (tilapia through garlic). Seal the bag and gently massage to coat fish. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Tilapia with Tapenade

Recipe 13 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

6 tilapia fillets or other firm-fleshed white fish  
Salt and pepper, to taste  
2 large tomatoes, chopped  
2 limes, juiced and zested  
2 tablespoons chopped fresh basil  
2 tablespoons chopped fresh parsley  
1 tablespoon olive oil  
2 tablespoons capers  
2 cloves garlic, pressed



### At time of cooking ingredients

Oil

### Cooking Instructions:

Thaw all ingredients and place in a lightly greased slow cooker.

Cover and cook on LOW for 2 to 3 hours or until fish flakes easily when tested with a fork.

**Serving Suggestions:** Serve with baked sweet potatoes and sautéed spinach.

**Nutrition per serving:** 227 Calories; 4g Fat; 42g Protein; 5g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 156mg Sodium.

**Exchanges:** 5 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 5

## Lemoned Salmon Steaks

Recipe 14 — Assembly Guidelines — Serves 6

### Ingredients:

3 tablespoons butter, melted  
3 tablespoons lemon juice  
1 tablespoon Dijon mustard  
Salt and pepper, to taste  
6 salmon steaks



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place all ingredients. Seal the bag and gently massage to coat fish. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Lemoned Salmon Steaks

Recipe 14 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

3 tablespoons butter, melted  
3 tablespoons lemon juice  
1 tablespoon Dijon mustard  
Salt and pepper, to taste  
6 salmon steaks



### At time of cooking ingredients

None

### Cooking Instructions:

Thaw all ingredients and place in a lightly greased slow cooker.

Cover and cook on LOW for 1 to 2 hours or until salmon flakes easily when tested with a fork.

**Serving Suggestions:** Serve with roasted red potatoes along with sautéed green beans.

**Nutrition per serving:** 291 Calories; 12g Fat; 34g Protein; 1g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 249mg Sodium.  
**Exchanges:** 5 Lean Meat; 2 Fat. **Points:** 7

## Exotic Crock Salmon

Recipe 15 — Assembly Guidelines — Serves 6

### Ingredients:

1 tablespoon vegetable oil  
3/4 cup finely chopped onion  
2 cloves garlic, pressed  
1 teaspoon thyme  
1/4 teaspoon cinnamon  
1/8 teaspoon ground cloves  
1 jalapeno pepper, finely chopped (more or less to taste)  
1 (28-oz) can diced tomatoes, drained  
1/2 cup clam juice  
3 salmon fillets, cut into fourths



### Assembly Instructions:

In a 1-gallon plastic freezer bag, combine first 9 ingredients (vegetable oil through clam juice).

Open the bag; gently and carefully squeeze the bag to remove excess air. Seal the bag.

In a 1-quart plastic freezer bag, place quartered salmon fillets. Gently and carefully squeeze the bag to remove excess air. Seal the bag.

Place both bags in a 2-gallon plastic freezer bag; seal bag. Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Exotic Crock Salmon

Recipe 15 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

1 tablespoon vegetable oil  
3/4 cup finely chopped onion  
2 cloves garlic, pressed  
1 teaspoon thyme  
1/4 teaspoon cinnamon  
1/8 teaspoon ground cloves  
1 jalapeno pepper, finely chopped (more or less to taste)  
1 (28-oz) can diced tomatoes, drained  
1/2 cup clam juice  
3 salmon fillets, cut into fourths



### At time of cooking ingredients

1 tablespoon capers (optional)  
10 Kalamata olives, chopped

### Cooking Instructions:

Thaw all ingredients. Place sauce ingredients in a lightly greased slow cooker; cover and cook on LOW for about 6 hours.

Thirty minutes before serving, add salmon, capers and olives; cover and cook on LOW for 30 minutes or until salmon flakes easily when tested with a fork.

**Serving Suggestions:** Brown rice, sautéed zucchini and yellow squash rounds this off nicely.

**Nutrition per serving:** 130 Calories; 4g Fat; 16g Protein; 6g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 247mg Sodium.  
**Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fat.  
**Points:** 3

## Savory Crock Pot Pork Stew

Recipe 16 — Assembly Guidelines — Serves 6

### Ingredients:

- 1 1/2 pounds boneless pork shoulder roast, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 (14.5-oz) can low sodium chicken broth
- 1/2 cup sliced green onions
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried sage
- Salt and pepper, to taste



### Assembly Instructions:

In a 1-gallon plastic freezer bag, combine first 8 ingredients (pork roast through pepper). Seal the bag and gently massage to coat pork. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Savory Crock Pot Pork Stew

Recipe 16 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1 1/2 pounds boneless pork shoulder roast, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 (14.5-oz) can low sodium chicken broth
- 1/2 cup sliced green onions
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried sage
- Salt and pepper, to taste



### At time of cooking ingredients

- 3 tablespoons flour
- 3/4 cup half and half

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 7 to 8 hours or until pork is cooked through and fork-tender.

About 15 to 20 minutes before serving, raise slow cooker heat setting to HIGH. Then, in a small mixing bowl, combine flour and half and half, blending until smooth. Gradually stir into the stew. Keep the lid off and cook, stirring until thickened.

**Serving Suggestions:** A loaf of French bread and a big salad will top this off nicely.

**Nutrition per serving:** 358 Calories; 27g Fat; 23g Protein; 4g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 523mg Sodium.

**Exchanges:** 0 Grain (Starch); 3 Lean Meat; 3 1/2 Fat. **Points:** 9

## Marengo Crock Pork

Recipe 17 — Assembly Guidelines — Serves 6

### Ingredients:

1 1/2 pounds boneless pork shoulder roast, cut into 1-inch cubes and trimmed of all visible fat

Salt and pepper, to taste

1 1/2 medium onions, chopped

1 1/2 cups chopped celery

1 tablespoon vegetable oil

1 1/4 cups water

1 teaspoon curry powder



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 7 ingredients (pork roast through curry powder). Seal the bag and gently massage to coat pork. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Marengo Crock Pork

Recipe 17 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

1 1/2 pounds boneless pork shoulder roast, cut into 1-inch cubes and trimmed of all visible fat

Salt and pepper, to taste

1 1/2 medium onions, chopped

1 1/2 cups chopped celery

1 tablespoon vegetable oil

1 1/4 cups water

1 teaspoon curry powder



### At time of cooking ingredients

7 large pitted prunes

4 1/2 cups cauliflower florets, cooked and drained

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 6 to 8 hours or until pork is cooked through and fork-tender.

When pork is done, transfer mixture to a large saucepan and bring to a boil. Add the prunes and continue to cook for 3 minutes or until properly thickened, stirring occasionally. Add the cauliflower to the pork mixture and heat through.

**Serving Suggestions:** Serve with steamed red potatoes and steamed broccoli.

**Nutrition per serving:** 290 Calories; 10g Fat; 17g Protein; 14g Carbohydrate; 4g Dietary Fiber; 60mg Cholesterol; 108mg Sodium.

**Exchanges:** 0 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat. **Points:** 6

## Slow Cooker Pork in Spicy Orange Sauce

Recipe 18 — Assembly Guidelines — Serves 6

### Ingredients:

Salt and pepper, to taste  
3 tablespoons vegetable oil  
1 (2- to 3-lb) boneless pork loin  
1 medium onion, chopped  
1 large jalapeno pepper, seeded, deribbed and finely chopped  
2 cloves garlic, pressed  
1/2 cup orange juice  
3/4 cup low sodium chicken broth



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place first 8 ingredients (salt/pepper through chicken broth). Seal the bag and gently massage to coat pork. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Slow Cooker Pork in Spicy Orange Sauce

Recipe 18 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

Salt and pepper, to taste  
3 tablespoons vegetable oil  
1 (2- to 3-lb) boneless pork loin  
1 medium onion, chopped  
1 large jalapeno pepper, seeded, deribbed and finely chopped  
2 cloves garlic, pressed  
1/2 cup orange juice  
3/4 cup low sodium chicken broth



### At time of cooking ingredients

1 tablespoon cornstarch  
1/4 cup lemon juice  
1 orange, zested and sectioned

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 6 to 8 hours or until pork is cooked through and fork-tender.

When pork is done, remove it to a serving platter. Carefully transfer slow cooker liquid to a large saucepan and bring to a boil.

Whisk cornstarch into the liquid the in saucepan until it is dissolved. Add lemon juice and whisk until sauce has thickened. Add orange zest and remove from heat.

Serve sauce over sliced pork; garnish with orange sections.

**Serving Suggestions:** Brown rice, grilled zucchini and yellow squash, and a green salad.

**Nutrition per serving:** 334 Calories; 11g Fat; 49g Protein; 9g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 164mg Sodium.

**Exchanges:** 0 Grain (Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat. **Points:** 7

## Sweet Onion Pork Chops

Recipe 19 — Assembly Guidelines — Serves 6

### Ingredients:

6 boneless pork chops  
1 teaspoon vegetable oil  
4 large sweet onions (Vidalia, if available),  
thickly sliced  
1 cup low sodium chicken broth  
1/2 cup white wine (or use white grape juice with a splash of vinegar)



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place all ingredients. Seal the bag and gently massage to coat pork. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Sweet Onion Pork Chops

Recipe 19 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

6 boneless pork chops  
1 teaspoon vegetable oil  
4 large sweet onions (Vidalia, if available),  
thickly sliced  
1 cup low sodium chicken broth  
1/2 cup white wine (or use white grape juice with a splash of vinegar)



### At time of cooking ingredients

None

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 8 hours or until pork is cooked through and fork- tender.

**Serving Suggestions:** Serve on bed of brown rice. Add some sautéed spinach to round this meal out.

**Nutrition per serving:** 200 Calories; 7g Fat; 24g Protein; 7g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 142mg Sodium.

**Exchanges:** 3 Lean Meat; 1 Vegetable. **Points:** 4



## Sweet and Sour Pork Chops

Recipe 20 — Assembly Guidelines — Serves 6

### Ingredients:

- 1 1/2 medium onions, chopped
- 1 1/2 cups finely chopped celery
- 2 medium carrots, finely chopped
- 1 large green bell pepper, seeded, deribbed and chopped
- 8 ounces mushrooms, sliced
- 2 (8-oz) cans pineapple chunks, reserve juice
- 6 boneless pork chops
- 3 tablespoons white wine (or use white grape juice with a splash of vinegar)
- 3 tablespoons apple cider vinegar
- 3 tablespoons low sodium soy sauce
- 1 1/2 teaspoons cornstarch
- 3 tablespoons brown sugar
- Salt and pepper, to taste
- 1/2 teaspoon grated fresh gingerroot
- 1/4 teaspoon dry mustard
- 2 cloves garlic, pressed
- 3 to 5 drops Tabasco sauce (more or less to taste)
- 1 (6-oz) can low sodium tomato paste



### Assembly Instructions:

In a 1-gallon plastic freezer bag, place all ingredients. Seal the bag and gently massage to coat pork. Open the bag and carefully squeeze to remove excess air. Seal the bag.

Place your label on the bag or write the name, date and recipe number on the bag; place in your freezer.

## Sweet and Sour Pork Chops

Recipe 20 — Cooking Instructions — Serves 6

### Preassembled Ingredients:

- 1 1/2 medium onions, chopped
- 1 1/2 cups finely chopped celery
- 2 medium carrots, finely chopped
- 1 large green bell pepper, seeded, deribbed and chopped
- 8 ounces mushrooms, sliced
- 2 (8-oz) cans pineapple chunks, reserve juice
- 6 boneless pork chops
- 3 tablespoons white wine (or use white grape juice with a splash of vinegar)
- 3 tablespoons apple cider vinegar
- 3 tablespoons low sodium soy sauce
- 1 1/2 teaspoons cornstarch
- 3 tablespoons brown sugar
- Salt and pepper, to taste
- 1/2 teaspoon grated fresh gingerroot
- 1/4 teaspoon dry mustard
- 2 cloves garlic, pressed
- 3 to 5 drops Tabasco sauce (more or less to taste)
- 1 (6-oz) can low sodium tomato paste



### At time of cooking ingredients

None

### Cooking Instructions:

Thaw all ingredients and place in slow cooker; stir to combine.

Cover and cook on LOW for 8 hours or until pork is cooked through and fork-tender.

**Serving Suggestions:** Sautéed snow peas and mushrooms in a little oil and garlic and wild rice pilaf.

**Nutrition per serving:** 293 Calories; 7g Fat; 25g Protein; 33g Carbohydrate; 5g Dietary Fiber; 67mg Cholesterol; 427mg Sodium.

**Exchanges:** 0 Grain (Starch); 3 Lean Meat; 3 1/2 Vegetable; 1/2 Fruit; 1/2 Other Carbohydrates. **Points:** 6

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