



CROCK COOKER -WINTER-

Bundle

Saving Dinner with



Crock Cooker Winter E-Book

Volume 1

Crock Cooker E-Book

WINTER - Volume 1

Week 1	<p>Day 1: Poulet Bonne Femme, with creamed spinach and warm crusty rolls</p> <p>Day 2: Slow Cooker Meat Loaf, add garlic smashed russet potatoes, steamed green beans and baby carrots.</p> <p>Day 3: Baked Bean Casserole, with corn bread, coleslaw and a bowl of raw baby carrots</p> <p>Day 4: Cabbage Pork Soup, add whole wheat bread with raw baby carrots and Ranch dressing</p> <p>Day 5: Halibut in Wine Sauce, with brown rice pilaf, baked acorn squash and garlic toast</p>
Week 2	<p>Day 1: Cran Orange Chicken Breasts, with baked sweet potatoes, garlicky green beans and sourdough bread.</p> <p>Day 2: Crock Ravioli, add a big salad and a loaf of Italian bread.</p> <p>Day 3: Vegetable Torte, with an apple, walnut and raisin salad topped with yogurt.</p> <p>Day 4: Kale and Sausage Soup, add oven-baked plantains, pickled onions and Portuguese sweet bread.</p> <p>Day 5: Lamb Korma, with Jasmine rice and cucumber yogurt salad</p>
Week 3	<p>Day 1: Curry Apple Chicken, with brown rice, steamed broccoli and a green salad</p> <p>Day 2: German Pot Roast, add with boiled red potatoes tossed in butter and chopped parsley, braised kale and steamed baby carrots</p> <p>Day 3: Black Bean Stuffed Peppers, top with sour cream, if desired and add brown rice and a spinach salad</p> <p>Day 4: Ham Pasta e fagioli, with a big Romaine salad</p> <p>Day 5: Seafood Paella, add steamed cauliflower and broccoli and a green salad</p>
Week 4	<p>Day 1: Lentil Stew, with a relish tray and grilled cheese sandwiches</p> <p>Day 2: Osso Bucco, add garlic-sautéed green beans, sweet potatoes, and whole wheat bread</p> <p>Day 3: Sausage Casserole, with hot buttered noodles, cauliflower and broccoli and a loaf of rye bread</p> <p>Day 4: Crock Vindaloo, add brown rice and a green salad</p> <p>Day 5: Mock Crock Chicken Fricassee, with a large loaf of crusty sourdough bread and a big green salad</p>
Week 5	<p>Day 1: Italian Style Slow Cooker Roast, add buttered wide noodles and steamed green beans</p> <p>Day 2: Vermont Baked Beans, with coleslaw and a loaf of whole wheat bread</p> <p>Day 3: Chili Verde Pork, add Ranch beans, Spanish rice and a green salad</p> <p>Day 4: Tuna Salad a la Crock, over a large bed of spinach and some whole grain rolls</p> <p>Day 5: Turkey Saltimbocca, with buttered wide noodles and a fresh pear salad</p>
Week 6	<p>Day 1: Lemon Garlic Chicken Breasts, add Angel Hair pasta and a large salad of mixed baby greens</p> <p>Day 2: Yankee Corned Beef with Mustard Vegetables, with steamed baby carrots and Irish soda bread</p> <p>Day 3: Quick and Easy Veggie Slow Cooker Spaghetti Sauce, over your favorite pasta along with a loaf of crusty bread and a Caesar salad</p> <p>Day 4: Pork Loin with Onion Sauce, with baked russet potatoes, broccoli and cauliflower and rye bread</p> <p>Day 5: Black Bean Turkey Soup, add Corn bread and a spinach salad</p>

Week 7	<p>Day 1: Sweet and Sour Brisket, with steamed red potatoes, steamed broccoli and a salad</p> <p>Day 2: Slow Cooker Hoppin' John, over brown rice along with a large spinach salad; add some sliced ham sandwiches, if desired</p> <p>Day 3: Lamb Stuffed Cabbage Rolls, with baked acorn squash and steamed green beans</p> <p>Day 4: Pork in Cream, add mashed russet potatoes, steamed baby carrots and steamed baby Brussels sprouts tossed with butter and a little nutmeg</p> <p>Day 5: Green Peppers with Turkey Stuffing, with baked sweet potatoes and a big salad</p>
Week 8	<p>Day 1: Slow Cooker Garlicky Spare Ribs, add red potatoes, broccoli and mini corn on the cob</p> <p>Day 2: Greek Stifado, with whole wheat couscous and a salad of baby greens</p> <p>Day 3: Slow Cooker Chicken Tortilla Soup, add a big green salad and some corn muffins</p> <p>Day 4: Slow Cooker Western Frittata, and fruit kabobs</p> <p>Day 5: Slow Cooker Italian Turkey, add Angel Hair pasta, sautéed zucchini and yellow squash topped with cherry tomatoes and sprinkled with Italian seasoning</p>
Week 9	<p>Day 1: Super Easy Slow Cooker Ham, add scalloped potatoes and steamed asparagus</p> <p>Day 2: Crock Cabbage Rolls, garnish with sour cream and with carrot slaw and plenty of dark rye bread</p> <p>Day 3: Black Bean Soup with Rice, add a big spinach salad and whole grain rolls</p> <p>Day 4: Saucy Pork Chops, with oven-roasted, cut-up root vegetables and steamed green beans</p> <p>Day 5: Crock Chinese Chicken and Beans, add whole wheat couscous with sautéed zucchini, yellow squash, mushrooms and snow peas</p>
Week 10	<p>Day 1: Wintry Tuscany Chicken, add a big salad and some whole grain rolls</p> <p>Day 2: Crock Navy Bean Soup, with a big spinach salad and some crusty bread</p> <p>Day 3: Barbecued Beef in a Pot, add a big bowl of coleslaw and a bowl of raw baby carrots</p> <p>Day 4: Creamy Mexican Crock Pork Stew, with warmed, drained black beans, salad and some corn muffins</p> <p>Day 5: Big Easy Turkey, add brown rice, corn on the cob and a salad</p>
Week 11	<p>Day 1: Tarragon Turkey Corn Soup, add a relish tray of baby carrots, cherry tomatoes, celery sticks and pitted black olives with some whole grain rolls</p> <p>Day 2: Broccoli Tortellini, with a salad and garlic toast</p> <p>Day 3: Crock Coconut Shrimp, add wild rice pilaf and steamed green beans</p> <p>Day 4: Crock Corned Beef and Cabbage, with steamed baby carrots</p> <p>Day 5: Ham Hash Supper, add a big salad</p>
Week 12	<p>Day 1: Easy Vegetarian Crock Chili, with assorted garnishes, corn muffins and a big salad</p> <p>Day 2: Limas and Lamb, add brown rice and steamed kale on the side</p> <p>Day 3: Pork n' Taters, with steamed broccoli and a big salad</p> <p>Day 4: Lemon Shanks, add steamed baby carrots and steamed green beans</p> <p>Day 5: Castilian Chicken, with a big salad and some whole grain rolls</p>

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 1

MENU

Day 1: Poulet Bonne Femme, with creamed spinach and warm crusty rolls

Day 2: Slow Cooker Meat Loaf, add garlic smashed russet potatoes, steamed green beans and baby carrots.

Day 3: Baked Bean Casserole, with corn bread, coleslaw and a bowl of raw baby carrots

Day 4: Cabbage Pork Soup, add whole wheat bread with raw baby carrots and Ranch dressing

Day 5: Halibut in Wine Sauce, with brown rice pilaf, baked acorn squash and garlic toast

SHOPPING LIST:

MEAT

6 boneless skinless chicken breast halves [D1]

3 pounds extra-lean ground beef [D2]

1 1-pound ham hock [D4]

1 1/2 pounds kielbasa sausage [D4]

6 halibut steaks (or buy frozen) [D5]

Bacon (6 slices) [D3]

CONDIMENTS

Vegetable oil [D1,D3,D4]

Molasses [D3]

Ketchup [D2,D3]

Brown mustard [D3]

Dijon Mustard [D2]

Worcestershire sauce [D2,D3]

White wine (1/3 cup) (or use white grape juice with vinegar) [D5]

Vinegar(if not using white wine) [D5]

**Mayonnaise [D3]

**Rice vinegar [D3]

**Ranch dressing [D4]

PRODUCE

3 pounds onions (keep on hand) [D2]

Garlic (5 cloves) [D4]

Baby carrots (12) **Additional (2 meals) [D1,D2,D4]

Pearl onions (12) [D1]

Russet potatoes (8 medium) **Additional (2 meals) [D1,D2,D4]

Turnip (1 large) [D4]

Cabbage (1 medium) [D4]

2 lemons [D5]

**Coleslaw mix (1 meal) [D3]

**Green Beans [D2]

**Acorn squash (1 meal) [D5]

CANNED GOODS

White grape juice (1/3 cup) (if not using white wine) [D5]

Low sodium chicken broth (44 ounces) [D1,D4]

5 (6-oz.) cans baked beans [D3]

SPICES

Tarragon [D1]

Thyme [D1]

Bay leaves [D1]

Rosemary [D4]

Sage [D5]

Parsley [D5]

**Garlic Powder [D5]

DAIRY/DAIRY CASE

Butter [D1,D5] **Additional (1meal)

Heavy (whipping) cream (1/3 cup) [D5]

Eggs (2) [D2]

DRY GOODS

Flour [D5]

White beans (1 1/2 cups) [D4]

Italian bread crumbs (1 cup) [D2]

**Brown rice pilaf (1 meal) [D5]

FREEZER

6 halibut steaks (if not using fresh) [D5]

**Creamed spinach (1 meal) [D1]

BAKERY

**Crusty rolls (1 meal) [D1]

**Corn bread (1 meal) [D3]

**Whole wheat bread (2 meals) [D4,D5]

OTHER

Aluminum foil [D2]

Small rack or vegetable steamer [D2]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.

Poulet Bonne Femme

Day 1 – Serves 6

INGREDIENTS:

1 1/2 tablespoons vegetable oil	12 pearl onions
6 boneless skinless chicken breast halves	1 1/2 cups low sodium chicken broth
Salt and pepper to taste	1 1/2 teaspoons tarragon
1 1/2 tablespoons butter	1/3 teaspoon thyme
12 baby carrots	1 bay leaf
	5 medium russet potatoes, peeled and sliced

COOKING INSTRUCTIONS: In a skillet over medium-high heat, brown chicken breasts on both sides in oil. Don't worry about cooking through; just brown the outsides nicely; season with salt and pepper to taste. Remove from skillet and place in slow cooker. Reduce skillet heat to medium-low; add butter and melt. Add onions and carrots and sauté till onions are lightly browned. Add to slow cooker. Pour chicken broth into skillet and scrape up the browned bits from the bottom of the pan; pour broth over chicken in slow cooker. Add tarragon, thyme, bay leaf and potatoes. Cover and cook on low heat setting for about 6 hours, or until chicken is done.

NUTRITION per serving: 334 Calories; 8g Fat; 34g Protein; 31g Carbohydrate; 5g Dietary Fiber; 76mg Cholesterol; 649mg Sodium. **Exchanges:** 1 Grain (Starch); 4 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat. **Points:** 7

SERVING SUGGESTION: Creamed spinach and warm crusty rolls.

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Slow Cooker Meat Loaf

Day 2 – Serves 6

INGREDIENTS:

1 cup Italian bread crumbs	Salt and pepper to taste
2/3 cup ketchup, divided	3 pounds extra-lean ground beef
1 medium onion, finely chopped	1 tablespoon Dijon mustard
2 eggs, slightly beaten	Aluminum foil wrap
1 1/2 tablespoons Worcestershire sauce	Small rack OR vegetable steamer that will fit inside slow cooker

COOKING INSTRUCTIONS: In a large bowl, combine bread crumbs, 1/2 cup of the ketchup, onion, eggs, Worcestershire sauce, salt and pepper and beef. Form into a loaf that will fit into your slow cooker, either rounded or oblong. Take two 2-foot long pieces of aluminum foil and fold each piece in half and then in half again so that you end up with two 24-inch-long piece of aluminum foil that are about 3 inches wide. Place metal rack OR vegetable steamer inside slow cooker. Take the two pieces of aluminum foil and lay one on top of the other (one vertically and one horizontally) so that they cross in the middle of each strip. Place meat loaf on the aluminum strips, bring ends up over the top of the meat loaf and join the ends of the aluminum foil so that you have a "handle" which you will use to lift the meatloaf in and out of your slow cooker. Place meatloaf in slow cooker on top of the rack OR steamer. Cover and cook on low heat setting for about 7 hours. About 20 minutes before you are ready to serve, mix the remaining ketchup and the mustard and spread on top of the meatloaf. Move foil handles around as needed so that you can coat entire top of the meatloaf. Cover slow cooker and crank heat setting up to high; cook for another 15 minutes, or until ketchup/mustard glaze is nicely set. Use foil handles to carefully lift meatloaf from slow cooker to a serving platter.

NUTRITION per serving: 666 Calories; 41g Fat; 48g Protein; 24g Carbohydrate; 2g Dietary Fiber; 219mg Cholesterol; 1080mg Sodium. **Exchanges:** 1 Grain (Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 1/2 Other. **Points:** 16

SERVING SUGGESTION: Serve with garlic smashed russet potatoes, steamed green beans and baby carrots.

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Baked Bean Casserole

Day 3 – Serves 6

INGREDIENTS:

5 (16-oz.) cans baked beans, drained
1 medium onion, chopped
1/4 cup molasses
1/2 cup ketchup

1 teaspoon brown mustard
Salt and pepper to taste
1 tablespoon Worcestershire sauce
6 slices bacon, cooked and crumbled

COOKING INSTRUCTIONS: Place all ingredients in slow cooker. Stir well to blend. Cover and cook on low heat setting for about 10 hours.

NUTRITION per serving: 463 Calories; 5g Fat; 21g Protein; 96g Carbohydrate; 20g Dietary Fiber; 5mg Cholesterol; 1907mg Sodium. **Exchanges:** 5 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1 Other Carbohydrates. **Points:** 9

LEANNE'S NOTE: Lower the sodium content even more by making sure you drain the beans!

SERVING SUGGESTION: Serve with corn bread and coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar); add a bowl of raw baby carrots.

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DO-AHEAD TIP: Soak tomorrow's beans overnight.

Cabbage Pork Soup

Day 4 – Serves 6

INGREDIENTS:

1 1/2 cups dried white beans, soaked and drained
4 cups low sodium chicken broth
6 cups water
1 (1-pound) ham hock
3 medium onions, chopped
3 medium russet potatoes, peeled and cubed

1 large turnip, peeled and cubed
5 cloves garlic, pressed
1 1/2 teaspoons rosemary
Salt and pepper to taste
1 1/2 pounds kielbasa sausage, sliced
1 medium cabbage, cored and shredded

COOKING INSTRUCTIONS: Soak beans overnight. Drain. Combine beans, broth, water, ham hock, onion, potatoes, turnip, garlic, rosemary and salt and pepper to taste in slow cooker. Cover and cook on low heat setting for about 8 hours. About 30 to 45 minutes before you are ready to serve, remove ham hock from soup and cut meat from bone. Discard bone and return chopped meat to slow cooker. Add cabbage and kielbasa to soup. Crank the heat up to high, cover and simmer for another 30 minutes or so, or until cabbage is tender and wilted and kielbasa is warmed through.

NUTRITION per serving: 870 Calories; 46g Fat; 55g Protein; 60g Carbohydrate; 14g Dietary Fiber; 156mg Cholesterol; 1675mg Sodium. **Exchanges:** 3 Grain (Starch); 5 1/2 Lean Meat; 2 1/2 Vegetable; 4 1/2 Fat. **Points:** 20

SERVING SUGGESTION: So much going on in this soup all you really need is good loaf of whole wheat bread to round out this meal, but if you want something else pass around a bowl of raw baby carrots and your favorite dipping sauce (Ranch dressing?).

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Halibut in Wine Sauce

Day 5 – Serves 6

INGREDIENTS:

6 fresh or frozen halibut steaks	1/3 cup heavy (whipping) cream
1/4 cup butter, melted	Salt and pepper to taste
2 tablespoons flour	1 teaspoon lemon zest (peel)
1/3 cup white wine-or use white grape juice with a splash of vinegar	2 lemons, juiced
	1 teaspoon dried sage
	1 teaspoon dried parsley

COOKING INSTRUCTIONS: Place halibut steaks in slow cooker. In a saucepan over medium heat, whisk together melted butter and flour to form a paste; stir until smooth, but don't scorch the flour. Gradually add wine and cream to paste and continue to cook over low heat until sauce begins to thicken slightly. Zest lemons until you have 1 teaspoon of fresh lemon zest. Make sure you get only the yellow part and not the white inner pith. Once you have zested lemons, juice both lemons. Add salt, pepper, lemon zest and lemon juice to sauce. Stir to incorporate and pour over fish in slow cooker. Cover and cook on low heat setting for about 5 to 6 hours. About 5 minutes before you are ready to serve, add sage and parsley to sauce. Stir and serve.

NUTRITION per serving: 317 Calories; 16g Fat; 36g Protein; 3g Carbohydrate; trace Dietary Fiber; 91mg Cholesterol; 175mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat. **Points:** 8

SERVING SUGGESTION: Brown rice pilaf, baked acorn squash and garlic toast.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

- 1) Please note that these recipes will be best prepared in 3.5 to 5 quart slow cookers.
- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time, or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 2

MENU

Day 1: Cran Orange Chicken Breasts, with baked sweet potatoes, garlicky green beans and sourdough bread.

Day 2: Crock Ravioli, add a big salad and a loaf of Italian bread.

Day 3: Vegetable Torte, with an apple, walnut and raisin salad topped with yogurt.

Day 4: Kale and Sausage Soup, add oven-baked plantains, pickled onions and Portuguese sweet bread.

Day 5: Lamb Korma, with Jasmine rice and cucumber yogurt salad

SHOPPING LIST:

MEAT

6 boneless skinless chicken breast halves [D1]
1 1/2 pounds extra-lean ground beef [D2]
12 ounces kielbasa [D4]
1 1/2 pounds boneless lamb-your favorite cut [D5]

CONDIMENTS

Olive oil [D4,D5]
Orange Marmalade (1/2 cup) [D1]
**Pickled onions (1 meal) [D4]
**Salad dressing (your choice) [D2]

PRODUCE

3 pounds onions (keep on hand) [D2,D3,D4,D5]
Garlic (11 cloves) **Additional (1 meal) [D1,D2,D3,D4,D5]

Orange (1) [D1]
Russet potatoes (3 large) [D4]
Kale (1 large bunch) [D4]
Ginger root (2 teaspoons, grated) [D5]
Dried chili peppers (2 large) [D5]
**Sweet potatoes (1 meal) [D1]
**Green beans (1 meal) [D1]
**Apples (1 meal) [D3]
**Plantains (1 meal) [D4]
**Cucumber (1 meal) [D5]
**Lettuce for 1 salad (not Iceberg, no nutrition) [D2]
**Salad veggies (your choice) [D2]

CANNED GOODS

1 (16-oz.) can cranberries in sauce [D1]
2 (28-oz.) cans diced tomatoes [D2]
1 (14.5-oz.) can diced tomatoes [D5]
2 (15-oz.) cans tomato sauce [D2]
Low sodium chicken broth (4 cups) [D4]

SPICES

Italian seasoning [D2]
Nutmeg [D3]
Crushed red pepper flakes [D4]
Turmeric [D5]
Cumin [D5]
Coriander [D5]
Cloves [D5]
Cinnamon [D5]

DAIRY/DAIRY CASE

Butter [D3]
Milk (1 1/2 cups) [D3]
Eggs (4) [D3]
Heavy (whipping) cream (1/2 cup) [D5]
Ricotta cheese (3 cups) [D2]
Parmesan cheese (1 1/4 cups, grated) [D2,D3]
**Plain yogurt (2 meals) [D3,D5]

DRY GOODS

Flour [D3]
Italian bread crumbs (3 tablespoons) [D3]
Bow Tie pasta (1 1/2 pounds) [D2]
**Walnuts (1 meal) [D3]
**Raisins (1 meal) [D3]
**Jasmine rice (1 meal) [D5]

FREEZER

4 (10-oz.) packages spinach [D2,D3]

BAKERY

**Sourdough bread (1 meal) [D1]
**Italian bread (1 meal) [D2]
**Portuguese sweet bread (1 meal) [D4]

OTHER

Aluminum foil wrap [D3]
Soufflé pan [D3]
Vegetable steamer (collapsible) [D3]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.

Cran Orange Chicken Breasts

Day 1 – Serves 6

INGREDIENTS:

1 orange, zested and juiced
1/2 cup orange marmalade

1 (16-oz.) can cranberries in sauce
6 boneless skinless chicken breast halves

COOKING INSTRUCTIONS: In a mixing bowl, zest orange until you have 2 teaspoons of grated orange peel. Once orange has been zested, juice orange into the same mixing bowl. Now add orange marmalade and cranberries in sauce; stir to blend. Place chicken breasts in slow cooker. Pour orange-cranberry sauce over chicken. Cover and cook on low heat setting for about 7-8 hours.

NUTRITION per serving: 243 Calories; 2g Fat; 28g Protein; 30g Carbohydrate; 5g Dietary Fiber; 68mg Cholesterol; 92mg Sodium. **Exchanges:** 4 Lean Meat; 1 Fruit; 1 Other Carbohydrates. **Points:** 4

SERVING SUGGESTION: Serve with baked sweet potatoes, garlicky green beans and sourdough bread.

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DO-AHEAD TIP: Cook tomorrow's pasta about 30 minutes before you are ready to serve.

Crock Ravioli

Day 2 – Serves 6

INGREDIENTS:

1 1/2 pounds extra-lean ground beef
1 cup chopped onion
3 cloves garlic, pressed
32 ounces canned diced tomatoes, undrained
21.75 ounces tomato sauce
3 teaspoons Italian seasoning

Salt and pepper to taste
1 1/2 pounds Bow Tie pasta, cooked
15 ounces frozen spinach, thawed and drained
3 cups Ricotta cheese
3/4 cup Parmesan cheese, grated

COOKING INSTRUCTIONS: In a large skillet over medium heat, cook ground beef. Add onions and garlic and continue to cook until onions are translucent. Remove beef/veggies from skillet and strain off any excess grease; place in slow cooker. Add tomatoes, tomato sauce and seasonings to slow cooker. Cover and cook on low heat setting for about 8 hours. About 30 minutes before you are ready to serve, cook pasta. Add cooked pasta, spinach, Ricotta and Parmesan cheeses to slow cooker. Crank the temperature up to high and cook for another 5 to 10 minutes.

NUTRITION per serving: 786 Calories; 40g Fat; 50g Protein; 58g Carbohydrate; 8g Dietary Fiber; 148mg Cholesterol; 1066mg Sodium. **Exchanges:** 2 Grain (Starch); 5 1/2 Lean Meat; 4 Vegetable; 4 Fat. **Points:** 18

SERVING SUGGESTION: Serve with a big salad and a loaf of Italian bread.

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Vegetable Torte

Day 3 – Serves 6

INGREDIENTS:

3 tablespoons Italian bread crumbs
4 1/2 tablespoons butter
2 1/2 cups hot water
1 large onion, diced
2 cloves garlic, pressed
4 1/2 tablespoons flour

1 1/2 cups milk
1/2 cup Parmesan cheese, grated
4 eggs, separated
15 ounces frozen spinach, thawed and drained
Salt and pepper to taste
1/8 teaspoon nutmeg

COOKING INSTRUCTIONS: Grease the inside of a soufflé pan. Coat the soufflé pan with bread crumbs and set aside. Turn pan on its side to allow excess crumbs to fall out of pan. Place a collapsible vegetable steamer in the bottom of slow cooker. Add about 2 1/2 cups hot water to slow cooker. Cover and set slow cooker heat setting to high. In a skillet, melt butter and sauté onion and garlic until onions are translucent. Add flour and stir for about a minute. Slowly add milk to the skillet and continue to cook over low heat for about 5 minutes. Add Parmesan cheese, stir, then remove from heat. In a mixing bowl, whisk egg yolks. Gradually add the hot cheese sauce to the yolks. Stir to incorporate. Add spinach, salt, pepper and nutmeg. Stir to blend. Set aside. In another mixing bowl, beat egg whites until they have formed stiff peaks. Take about 1/3 of the egg whites and gently fold them into the spinach mixture. Add remaining egg whites to the remaining spinach mixture. Pour mixture into bread crumb-coated pan. Cover with aluminum foil wrap. Uncover slow cooker, place pan in crock pot; cover and cook for 3 to 4 hours. Remove from slow cooker and let sit on counter top for about 5 minutes to settle. Place plate on top of pan, flip pan upside down to allow torte to slide onto plate. Cut into wedges and enjoy.

NUTRITION per serving: 159 Calories; 7g Fat; 11g Protein; 13g Carbohydrate; 3g Dietary Fiber; 138mg Cholesterol; 247mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 3

SERVING SUGGESTION: Serve with an apple, walnut and raisin salad topped with yogurt.

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Kale and Sausage Soup

Day 4 – Serves 6

INGREDIENTS:

2 tablespoons olive oil
1 cup chopped onion
3 cloves garlic, pressed
4 1/2 cups water
4 cups low sodium chicken broth

3 large russet potatoes, peeled and sliced
Salt and pepper to taste
1/3 teaspoon crushed red pepper flakes
12 ounces kielbasa, sliced
1 large bunch kale, de-ribbed, stemmed and shredded

COOKING INSTRUCTIONS: In a skillet, sauté onions and garlic in oil over medium heat till onions are translucent. Place in slow cooker. Add remaining ingredients, except kielbasa and kale, to slow cooker. Cover and cook on low heat setting for 7 to 8 hours. About 30 minutes before you are ready to serve, add kale and sausage. Raise temp on slow cooker to high, cover and cook for another 30 minutes.

NUTRITION per serving: 312 Calories; 20g Fat; 17g Protein; 17g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 970mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat. **Points:** 8

SERVING SUGGESTION: Serve this traditional Portuguese meal with oven-baked plantains, pickled onions and Portuguese sweet bread.

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Lamb Korma

Day 5 – Serves 6

INGREDIENTS:

2 medium onions, chopped	1 tablespoon ground coriander
2 teaspoons fresh ginger root, grated	1 1/2 pounds boneless lamb (your favorite cut, cut into about 1 to 2 inch pieces)
3 cloves garlic, pressed	1 (14.5-oz.) can diced tomatoes, drained
2 large dried chili peppers, stemmed, seeded and finely diced	1/4 teaspoon ground cloves
2 tablespoons olive oil	1/2 teaspoon ground cinnamon
3/4 teaspoon turmeric	Salt and pepper to taste
2 teaspoons cumin	1/2 cup water
	1/2 cup heavy (whipping) cream

COOKING INSTRUCTIONS: In a skillet over medium heat, sauté onions, ginger, garlic and peppers in oil till onions are translucent. Add turmeric, cumin and coriander; stir. Add lamb to skillet and lightly brown. Don't worry about cooking lamb through. Remove lamb and veggies from skillet to slow cooker. In the same skillet, add tomatoes, cloves, cinnamon, salt and pepper (to taste) and water. Bring to a boil, whisking up all the browned bits from the bottom of the pan; pour over lamb. Cover and cook on low heat setting for about 8 hours. About 30 minutes before you are ready to serve, add cream. Increase temperature to high, cover and continue cooking for another 30 minutes or so.

NUTRITION per serving: 480 Calories; 36g Fat; 22g Protein; 19g Carbohydrate; 6g Dietary Fiber; 106mg Cholesterol; 516mg Sodium. **Exchanges:** 1 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat. **Points:** 12

SERVING SUGGESTION: Serve with Jasmine rice and cucumber yogurt salad.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

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- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time, or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 3

MENU

Day 1: Curry Apple Chicken, with brown rice, steamed broccoli and a green salad

Day 2: German Pot Roast, add with boiled red potatoes tossed in butter and chopped parsley, braised kale and steamed baby carrots

Day 3: Black Bean Stuffed Peppers, top with sour cream, if desired and add brown rice and a spinach salad

Day 4: Ham Pasta e fagioli, with a big Romaine salad

Day 5: Seafood Paella, add steamed cauliflower and broccoli and a green salad

SHOPPING LIST:

MEAT

6 boneless skinless chicken breast halves [D1]
1 (4-pound) beef round roast [D2]
3/4 pound smoked ham [D4]
3/4 pound tilapia fillets (or buy frozen) [D5]
3/4 pound scallops (or buy frozen) [D5]
3/4 pound shrimp (shelled and deveined) (or buy frozen) [D5]

CONDIMENTS

Olive oil [D2,D3,D4]
Red wine (1 1/2 cups) (or use red grape juice with vinegar) [D2]
Vinegar (if not using red wine) [D2]
Red wine vinegar [D2]
Balsamic vinegar [D2]
Salsa (your favorite) (1 cup) [D3]
**Vinaigrette salad dressing [D4]
**Salad dressing(s) (your choice) [D1,D5]

PRODUCE

5 pounds onions [D1,D2,D3,D4,D5]
Garlic (3 cloves) [D4]
Celery (7 medium stalks) [D1,D2,D4]
Carrots (4 medium) [D2]
Granny Smith apple (1) [D1]
Green bell peppers (6 large) [D3]
**Broccoli (2 meals) [D1,D5]
**Cauliflower (1 meal) [D5]
**Red potatoes (1 meal) [D2]
**Parsley [D2]
**Kale (1 meal) [D2]
**Baby carrots (1 meal) [D2]
**Spinach (1 meal) [D3]
**Red onion (1 meal) [D4]
**Grape OR cherry tomatoes (1 meal) [D4]
**1 head Romaine lettuce [D4]
**Lettuce for 2 salads (not Iceberg, no nutrition) [D1,D5]

**Salad veggies (your choice) [D1,D5]

CANNED GOODS

Red grape juice (1 1/2 cups) (if not using red wine) [D2]
Apple juice (1/2 cup) [D1]
Low sodium beef broth (1 cup) [D2]
Low sodium chicken broth (7 cups) [D4,D5]
2 (16-oz.) cans black beans [D3]
1 (6-oz.) can tomato paste [D4]
1 (14.5-oz.) can diced tomatoes [D5]

SPICES

Curry powder [D1]
Allspice [D2]
Whole cloves [D2]
Bay leaves [D2]
Cayenne pepper [D3,D5]
Oregano [D3]
Cumin [D3]
Saffron OR turmeric [D5]

DAIRY/DAIRY CASE

Monterey Jack cheese (1 cup, shredded) [D3]
Parmesan cheese (grated, for garnish) (optional) [D4]
**Butter [D2]
**Sour cream, for garnish (1 meal) [D3]
**Feta cheese, crumbled (1 meal) [D4]

DRY GOODS

Brown sugar [D1]
Golden raisins (1/2 cup) [D1]
Croutons (1 1/2 cups) [D1]
Cannellini OR pinto beans (1 1/2 cups) [D4]
Elbow macaroni (1 1/2 cups) [D4]
Brown rice (1 1/2 cups) **Additional (2 meals) [D1,D3,D5]
Gingersnap cookies (3/4 cup, crushed) [D2]

FREEZER

3/4 pound tilapia fillets (if not using fresh) [D5]
3/4 pound scallops (if not using fresh) [D5]
3/4 pound shrimp (shelled and deveined) (if not using fresh) [D5]
Green peas (12 ounces) [D5]

OTHER

Gallon-size zip-lock plastic bags

SHOPPING LIST LEGEND

**** = Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Curry Apple Chicken

Day 1 – Serves 6

INGREDIENTS:

6 boneless skinless chicken breast halves, chopped	1/2 cup golden raisins
1 1/2 cups croutons	1 Granny Smith apple, cored and chopped
1/2 cup apple juice	3/4 cup chopped onion
Salt and pepper to taste	2 teaspoons brown sugar
1 medium stalk celery, sliced	2 teaspoons curry powder

COOKING INSTRUCTIONS: Place chicken in slow cooker. Combine remaining ingredients in a small mixing bowl. Pour sauce over chicken and stir to coat. Cover and cook on low heat setting for about 8 hours.

NUTRITION per serving: 236 Calories; 2g Fat; 29g Protein; 25g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 139mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 4

SERVING SUGGESTION: Brown rice, steamed broccoli and a green salad.

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DO-AHEAD TIP: Marinate tomorrow's beef overnight.

German Pot Roast

Day 2 – Serves 6

INGREDIENTS:

1 1/2 cups red wine (or use red grape juice with a splash of vinegar)	Salt and pepper to taste
1 cup red wine vinegar	2 bay leaves
1 cup water	1 (4-pound) beef round roast
2 medium onions, roughly chopped	2 tablespoons olive oil
2 medium carrots, sliced	1 medium onion, chopped
2 medium stalks celery, chopped	2 medium carrots, diced
1 1/2 teaspoons ground allspice	2 medium stalks celery, diced
1/4 teaspoon whole cloves	1 cup low sodium beef broth
	3/4 cup gingersnap cookies, crushed
	3 tablespoons balsamic vinegar

COOKING INSTRUCTIONS: Combine first 9 ingredients - wine, vinegar, water, 2 onions, 2 carrots, celery, allspice, cloves, salt, pepper, and bay leaves in a large zip-lock plastic bag. Add beef to bag. Seal bag, smooch around and refrigerate overnight. The longer it sits the better the flavor will be. Remove roast from bag and place in a skillet with oil. Brown meat on all sides. Don't worry about cooking through, just get the outsides browned. Place beef in slow cooker. Take a slotted spoon and remove the solid ingredients from the marinade liquid. Once you have it strained, put 1/2 cup of marinade into a saucepan; bring to a low boil, then set aside. In the same skillet in which you browned the beef, add remaining onions, carrots and celery and sauté till onions are translucent. Add to slow cooker along with beef broth, water and the reserved and boiled marinade. Cover and cook on low heat setting for about 8 hours. Remove beef from slow cooker and carefully pour cooking liquid into a blender, veggies and all. Puree liquid and veggies into a smooth gravy. Add crushed gingersnaps and balsamic vinegar to gravy. Blend until gingersnaps are incorporated into gravy. Pour gravy into saucepan and heat through before serving over roast.

NUTRITION per serving: 686 Calories; 22g Fat; 72g Protein; 38g Carbohydrate; 4g Dietary Fiber; 176mg Cholesterol; 455mg Sodium. **Exchanges:** 0 Grain (Starch); 9 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 15

SERVING SUGGESTION: Serve with boiled red potatoes tossed in butter and chopped parsley, braised kale (derib kale, steam till tender, then sauté in butter, salt and pepper to taste) and steamed baby carrots.

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Black Bean Stuffed Green Peppers

Day 3 – Serves 6

INGREDIENTS:

1 medium onion, diced
1 tablespoon olive oil
1/4 teaspoon cayenne pepper
1/4 teaspoon oregano
1/4 teaspoon cumin

Salt and pepper to taste
2 (16-oz.) cans black beans, drained and divided
6 large green bell peppers, tops cut off, seeded and
deribbed
1 cup Monterey Jack cheese, shredded
1 cup salsa, your favorite

COOKING INSTRUCTIONS: In a skillet over medium heat, sauté onion in oil until onion is translucent. Add cayenne pepper, oregano, cumin and salt and pepper to taste. Pour one can of black beans into a mixing bowl. Take a potato masher and mash beans. Add sautéed onions to beans and stir well to incorporate. Add remaining can of beans to smooshed beans and gently stir to blend whole and mashed beans. Spoon bean mixture into bell peppers. Sprinkle with cheese and top with salsa. Place filled bell peppers into slow cooker. Cover and cook on low heat setting for about 8 hours.

NUTRITION per serving: 262 Calories; 9g Fat; 14g Protein; 31g Carbohydrate; 11g Dietary Fiber; 17mg Cholesterol; 728mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 2 Vegetable; 1 Fat. **Points:** 5

SERVING SUGGESTION: Top with sour cream, if desired. Serve with brown rice and a spinach salad.

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DO-AHEAD TIP: Soak tomorrow's beans overnight. Cook macaroni and drain about 30 minutes before you are ready to serve.

Ham Pasta e fagioli

Day 4 – Serves 6

INGREDIENTS:

1 1/2 cups cannellini or pinto beans, soaked
3 tablespoons olive oil
3/4 pound smoked ham, chopped
1 large onion, diced
2 medium stalks celery, diced

3 cloves garlic pressed
4 cups low sodium chicken broth
4 1/2 cups water
1/3 cup tomato paste
1 1/2 cups Elbow macaroni cooked
Grated Parmesan cheese (optional)

COOKING INSTRUCTIONS: Soak beans overnight. Drain and place in slow cooker. Place ham in slow cooker. In a large skillet sauté onion, celery and garlic in oil until onions are translucent. Add chicken broth and whisk to scrape up the browned bits from the bottom of the pan, and then add to slow cooker. Add water and tomato paste to slow cooker. Cover and cook on low heat setting for about 8 hours, or until beans are tender. About 30 minutes before you are ready to serve, cook macaroni noodles. Drain and add to soup. Sprinkle with grated Parmesan cheese, if desired, and serve.

NUTRITION per serving: 520 Calories; 24g Fat; 39g Protein; 37g Carbohydrate; 12g Dietary Fiber; 76mg Cholesterol; 776mg Sodium. **Exchanges:** 2 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 Fat. **Points:** 12

SERVING SUGGESTION: Serve with a big Romaine salad with thinly sliced red onion, grape or cherry tomatoes, crumbled Feta cheese and a vinaigrette dressing.

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Seafood Paella

Day 5 – Serves 6

INGREDIENTS:

1 1/2 cups brown rice	1/3 teaspoon cayenne pepper
3 cups low sodium chicken broth	Salt and pepper to taste
1 large onion, diced	3/4 pound tilapia fillets, cut into 1- to 2-inch pieces
1 (14.5-oz.) can diced tomatoes, un-drained	3/4 pound fresh or frozen scallops
Pinch of saffron (or use 1/2 teaspoon turmeric)	3/4 pound shrimp, shelled and deveined
	12 ounces frozen green peas, thawed and drained

COOKING INSTRUCTIONS: Place rice, broth, onion, tomato and seasonings in slow cooker. Stir to blend ingredients. Cook on low heat setting for about 6 hours. About 1 hour before you are ready to serve, add seafood and green peas. Cover and cook on high heat setting for 1 hour.

NUTRITION per serving: 419 Calories; 3g Fat; 44g Protein; 52g Carbohydrate; 5g Dietary Fiber; 129mg Cholesterol; 537mg Sodium. **Exchanges:** 3 Grain (Starch); 5 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 8

SERVING SUGGESTION: Steamed cauliflower and broccoli and a green salad.

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- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
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Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 4

MENU

Day 1: Lentil Stew, with a relish tray and grilled cheese sandwiches

Day 2: Osso Bucco, add garlic-sautéed green beans, baked sweet potatoes, and whole wheat bread

Day 3: Sausage Casserole, with hot buttered noodles, cauliflower and broccoli and a loaf of rye bread

Day 4: Crock Vindaloo, add brown rice and a green salad

Day 5: Mock Crock Chicken Fricassee, with a large loaf of crusty sourdough bread and a big green salad

SHOPPING LIST:

MEAT

6 pounds beef shanks (have butcher saw into 2-inch pieces) [D2]

6 slices bacon [D3]

2 pounds bratwurst (or knockwurst or kielbasa) [D3]

4 1/2 pounds boneless lamb [D4]

6 boneless skinless chicken breast halves [D5]

CONDIMENTS

Olive oil [D2,D5]

Red wine vinegar [D4]

Vinegar (if not using red or white wine) [D1,D2,D3,D5]

Red wine (1 1/2 cups) (if not using red grape juice) [D1,D2]

White wine (1 1/2 cups) (if not using white grape juice) [D3,D5]

Red grape juice (1 1/2 cups) (if not using red wine) [D1,D2]

White grape juice (1 1/2 cups) (if not using white wine) [D3,D5]

**Ranch dressing (or your favorite dipping sauce) [D1]

**Salad dressing (your choice) [D5]

PRODUCE

3 pounds onions (keep on hand) [D1,D2,D3,D4,D5]

Garlic (11 cloves) [D1,D2] **Additional (1 meal) [D2,D3,D4]

Carrots (11 medium) [D1,D2,D3,D5]

Celery (9 medium stalks) [D1,D2,D5]

Russet potatoes (4 large) [D3]

Turnips (3 large) [D5]

Parsnips (2 medium) [D5]

Ginger root (1 1-inch piece) [D4]

Granny Smith apples (3) [D3]

1 lemon [D2]

**Baby carrots (1 meal) [D1]

**Cherry tomatoes (1 meal) [D1]

**Broccoli (2 meals) [D1,D3]

**Cauliflower (1 meal) [D3]

**Green beans (1 meal) [D2]

**Sweet potatoes (1 meal) [D2]

**Cucumber (1 meal) [D4]

**Red onion (1 meal) [D4]

**Mint (1 meal) [D4]

**Lettuce for 2 salads (not Iceberg, no nutrition) [D4,D5]

**Salad veggies (1 salad) [D5]

CANNED GOODS

Low sodium chicken broth (5 cups) [D1,D3,D5]

Low sodium beef broth (1 cup) [D2]

1 (28-oz.) can diced tomatoes [D1]

1 (14.5-oz.) can diced tomatoes [D2]

1 (6-oz.) can tomato paste [D1]

3 (16-oz.) cans sauerkraut (or buy fresh in dairy or produce sections) [D3]

SPICES

Basil [D1]

Oregano [D1]

Crushed red pepper flakes [D1]

Marjoram [D2]

Italian seasoning [D2]

Thyme [D3]

Caraway seeds (optional) [D3]

Bay leaves [D3]

Coriander [D4]

Cumin [D4]

Turmeric [D4]

Cayenne pepper [D4]

Tarragon [D5]

DAIRY/DAIRY CASE

Butter **Additional (1 meal) [D3,D5]

Heavy (whipping) cream (3/4 cup) [D5]

**Cheese (your choice) (for grilled sandwiches) [D1]

**Plain yogurt (1 meal) [D4]

DRY GOODS

Flour [D5]

1 pound lentils (color of your choice) [D1]

**Noodles (your choice) (1 meal) [D3]

**Brown rice (1 meal) [D4]

BAKERY

**Bread-your choice (for grilled cheese sandwiches) [D1]

**Whole wheat bread (1 meal) [D2]

**Sourdough bread (1 meal) [D5]

**Rye bread (1 meal) [D3]

SHOPPING LIST LEGEND

**** = Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...

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Lentil Stew

Day 1 – Serves 6

INGREDIENTS:

3 cups low sodium chicken broth	1/2 teaspoon crushed red pepper flakes
1 (28-oz.) can diced tomatoes, undrained	1 pound dried lentils, color of your choice
1 (6-oz.) can tomato paste	3/4 cup chopped onion
1/2 cup red wine (or use red grape juice with a splash of vinegar)	5 medium carrots, sliced into thin coins
1 teaspoon basil	3 medium stalks celery, chopped
1 teaspoon oregano	3 cloves garlic, pressed
	Salt and pepper to taste

COOKING INSTRUCTIONS: Place all ingredients in slow cooker. Cover and cook on low heat setting for 10 to 11 hours, or until lentils are tender.

NUTRITION per serving: 354 Calories; 1g Fat; 24g Protein; 63g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 299mg Sodium. **Exchanges:** 3 Grain (Starch); 2 Lean Meat; 3 1/2 Vegetable; 0 Fat. **Points:** 6

SERVING SUGGESTION: A relish tray of raw baby carrots, cherry tomatoes and broccoli florets along with your favorite dipping sauce (Ranch dressing?). Add grilled cheese sandwiches for a yummy meat-free meal.

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Osso Bucco

Day 2 – Serves 6

INGREDIENTS:

3 tablespoons olive oil	2 cloves garlic, pressed
6 pounds beef shanks, cut into 2 inch pieces (if you can't find them already sawed, have your butcher do this for you)	1 cup low sodium beef broth
Salt and pepper to taste	1 cup red wine (or use red grape juice with a splash of vinegar)
1 cup chopped onion	1 teaspoon marjoram
2 medium carrots, finely chopped	1 (14.5-oz.) can diced tomatoes
2 medium stalks celery, sliced	1 teaspoon Italian seasoning
	1 lemon, zested

COOKING INSTRUCTIONS: In a large skillet over medium heat, brown beef shanks in oil. Season with salt and pepper to taste. Remove shanks from skillet and place in slow cooker. Add onion, garlic, carrot and celery; sauté until onions are translucent. Remove skillet from heat and transfer veggies to slow cooker. Pour broth into skillet and scrape up all of the browned bits from the bottom of the pan. Add wine and marjoram, blend well, and then pour liquid over shanks. Add diced tomatoes and Italian seasoning to crock pot. Cover and cook on low heat setting for about 8 hours, or until shanks are tender and cooked through. Remove shanks from slow cooker with a slotted spoon, sprinkle on lemon zest and serve.

NUTRITION per serving: 663 Calories; 37g Fat; 65g Protein; 10g Carbohydrate; 2g Dietary Fiber; 132mg Cholesterol; 228mg Sodium. **Exchanges:** 0 Grain (Starch); 9 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat. **Points:** 16

SERVING SUGGESTION: Garlic-sautéed green beans and a baked sweet potatoes along with a loaf of whole wheat bread.

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Sausage Casserole

Day 3 – Serves 6

INGREDIENTS:

6 slices bacon	4 large russet potatoes, peeled and thickly sliced
1 cup chopped onion	1 bay leaf
2 medium carrots, chopped	3/4 cup white wine (or use white grape juice with splash of vinegar)
2 cloves garlic, pressed	1/3 cup low sodium chicken broth
3 (16-oz.) cans sauerkraut, rinsed and drained	2 pounds bratwurst (or you can use knockwurst or kielbasa), sliced into 2-inch pieces
1 teaspoon thyme	3 Granny Smith apples, cored and roughly chopped
1 teaspoon caraway seeds (optional)	

COOKING INSTRUCTIONS: Cook bacon in a skillet over medium heat. Place on paper toweling to drain. Pour off most of the bacon drippings from the skillet, leaving only about 1 tablespoon in the pan. Add onion, carrot and garlic to skillet and sauté until onion is translucent. Crumble cooled bacon. In a mixing bowl, combine bacon, sauerkraut, thyme and caraway seeds. Place potatoes in the bottom of slow cooker. Add sautéed veggies and sauerkraut mixture on top of potatoes, and then add bay leaf, wine and broth. Cover and cook on low heat setting for about 7 hours, or until potatoes are tender. About an hour before you are ready to serve dinner, add bratwurst/sausage and apples. Crank the slow cooker temperature up high; cover, but leave lid slightly open so that moisture can escape from slow cooker. Cook about 1 hour, or until apples are tender and most of the moisture has evaporated and sausage is heated through. Check on this every so often to make sure it isn't scorching.

LEANNE'S NOTE: Be sure to rinse and drain sauerkraut. Nutritional information below does not reflect the rinsing of sauerkraut. Rinsing will lower your sodium count drastically. Fresh sauerkraut will be lower in sodium. If your grocery carries fresh sauerkraut in the refrigerated section of the dairy or produce department you can use that also. Make sure to rinse the fresh sauerkraut also.

NUTRITION per serving: 674 Calories; 43g Fat; 28g Protein; 40g Carbohydrate; 10g Dietary Fiber; 96mg Cholesterol; 2486mg Sodium. **Exchanges:** 1 Grain Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 6 1/2 Fat. **Points:** 16

SERVING SUGGESTION: Serve with hot buttered noodles, steamed cauliflower and broccoli and a loaf of rye bread.

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DO-AHEAD TIP: Marinate tomorrow's lamb overnight.

Crock Vindaloo

Day 4 – Serves 6

INGREDIENTS:

1 large onion, cut in half	1 1/2 tablespoons cumin
1 (1-inch) piece fresh ginger, peeled and cut in half	1 1/2 tablespoons turmeric
3 cloves garlic, peeled	1/3 teaspoon cayenne pepper
1/2 cup red wine vinegar	4 1/2 pounds boneless lamb, cut into 2-inch pieces
1 1/2 tablespoons ground coriander	1 1/2 cups water

COOKING INSTRUCTIONS: In a food processor or blender, place onion, ginger and garlic; process until finely chopped. Next, add vinegar, coriander, cumin, turmeric and cayenne pepper; continue to process until ingredients have formed a paste. Scrape down sides of blender or food processor as needed. Place lamb in a mixing bowl; pour paste over lamb and toss to coat pieces. Cover and refrigerate overnight. Place lamb pieces and water in slow cooker. Cover and cook on low heat setting for about 7 hours. Carefully remove lamb and cooking liquid from crock pot to a large skillet or Dutch oven. Cook lamb over medium-high heat, stirring often, until liquid has evaporated. Continue to cook just a minute or two longer once liquid is gone, to sear lamb pieces.

NUTRITION per serving: 423 Calories; 17g Fat; 57g Protein; 8g Carbohydrate; 1g Dietary Fiber; 178mg Cholesterol; 190mg Sodium. **Exchanges:** 0 Grain (Starch); 8 Lean Meat; 1 Vegetable. **Points:** 10

SERVING SUGGESTION: Serve with brown rice and a green salad (add thinly sliced cucumber and red onion and toss with a minted yogurt dressing).

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Mock Crock Chicken Fricassee

Day 5 – Serves 6

INGREDIENTS:

1 cup chopped onion	Salt and pepper to taste
1 tablespoon olive oil	1 1/2 cups low sodium chicken broth
3 large turnips, peeled and cut into 1/2-inch coins	3/4 cup white wine (or use white grape juice with a splash of vinegar)
2 medium carrots, sliced	1/3 cup water
2 medium parsnips, cut into 1/2 inch coins	3 tablespoons butter, melted
4 medium stalks celery, chopped	3 tablespoons flour
1 1/2 teaspoons tarragon	3/4 cup heavy (whipping) cream
6 boneless skinless chicken breast halves	

COOKING INSTRUCTIONS: Sauté onion in oil over medium heat until translucent. Add onion, along with turnips, carrots, parsnips, celery and tarragon, to slow cooker. Season chicken with salt and pepper to taste and add to slow cooker. Add chicken broth, wine and water. Cover and cook on low heat setting for about 6 hours, or until chicken is cooked through. About 5 or 10 minutes before you are ready to serve dinner, remove chicken and vegetables from slow cooker with a slotted spoon; set aside and keep warm. Switch slow cooker setting to "off". In a saucepan, make a roux with melted butter and flour; slowly add the cream and the liquid from the slow cooker; bring to a low boil, stirring constantly until gravy thickens. Serve over chicken.

NUTRITION per serving: 445 Calories; 21g Fat; 33g Protein; 27g Carbohydrate; 6g Dietary Fiber; 125mg Cholesterol; 358mg Sodium. **Exchanges:** 1 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat. **Points:** 10

SERVING SUGGESTION: Serve with large loaf of crusty sourdough bread and a big green salad.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

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- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 5

MENU

Day 1: Italian Style Slow Cooker Roast, add buttered wide noodles and steamed green beans

Day 2: Vermont Baked Beans, with coleslaw and a loaf of whole wheat bread

Day 3: Chili Verde Pork, add Ranch beans, Spanish rice and a green salad

Day 4: Tuna Salad a la Crock, over a large bed of spinach and some whole grain rolls

Day 5: Turkey Saltimbocca, with buttered wide noodles and a fresh pear salad

SHOPPING LIST:

MEAT

- 1 (3- to 4-pound) beef chuck roast, trimmed [D1]
- 3 1/2 pounds boneless pork loin [D3]
- 1 (3-pound) boneless skinless turkey breast [D5]
- 3 ounces Prosciutto, sliced **Additional (1 meal) [D5]
- **Cooked ham slices (1 meal) [D2]

CONDIMENTS

- Olive oil [D1,D3,D4]
- Red wine vinegar [D4]
- Vinegar (if not using wines) [D1,D5]
- Spicy brown mustard [D2]
- Ketchup [D2]
- Pure maple syrup (3/4 cup) [D2]
- Chili Verde sauce (12 ounces) [D3]
- Red wine (1 1/2 cups) (if not using red grape juice) [D1]
- White wine (3/4 cup) (if not using white grape juice) [D5]
- Red grape juice (1 1/2 cups) (if not using red wine) [D1]
- White grape juice (3/4 cup) (if not using white wine) [D5]
- **Mayonnaise [D2]
- **Rice vinegar [D2]
- **Salad dressing(s) (your choice) [D3]

PRODUCE

- 3 pounds onions (keep on hand) [D1,D2,D3]
- Garlic (8 cloves) [D1,D3,D4]
- Red onion (1 small) [D4]
- Carrots (3 medium) [D1]
- Celery (3 medium stalks) [D1]
- Green bell pepper (1 large) [D3]
- Jalapeno pepper (1) [D3]
- Parsley (2 tablespoons chopped) **Additional (1 meal) [D4,D5]
- **Green beans (1 meal) [D1]
- **Coleslaw mix (1 meal) [D2]
- **Spinach (1 meal) [D4]
- **Lettuce for 1 salad (not Iceberg, no nutrition) [D3]
- **Salad veggies (your choice) [D3]
- **Pears (1 meal) [D5]

CANNED GOODS

- 3 (14.5-oz.) cans diced tomatoes (for 2 recipes) [D1,D4]
- Low sodium chicken broth (9 ounces for 2 recipes) [D3,D5]
- 1 (12-oz.) can solid white tuna packed in water [D4]
- **Ranch beans (1 meal) [D3]

SPICES

- Italian seasoning [D1]
- Bay leaves [D1]
- Sage [D5]

DAIRY/DAIRY CASE

- **Butter [D1]
- **Blue cheese, crumbled-for garnish (1 meal) [D5]

DRY GOODS

- 1 pound Great Northern beans [D2]
- 1 pound white beans [D4]
- **Wide noodles (2 meals) [D1,D5]
- **Spanish rice (1 meal) [D3]

BAKERY

- **Whole wheat bread (1 meal) [D2]
- **Whole grain rolls (1 meal) [D4]

OTHER

- Parchment paper [D5]
- String [D5]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.

Italian Style Slow Cooker Roast

Day 1 – Serves 6

INGREDIENTS:

1 (3- to 4-pound) beef chuck roast, trimmed	2 medium stalks celery, chopped
3 cloves garlic, pressed	1 1/2 cups red wine (or use red grape juice with splash of vinegar)
3 tablespoons olive oil	21.75 ounces canned diced tomatoes
Salt and pepper to taste	1 1/2 teaspoons Italian seasoning
1 1/2 cups chopped onions	1 1/2 bay leaves
3 medium carrots, chopped	

COOKING INSTRUCTIONS: In a large skillet or Dutch oven brown roast in oil on all sides. Don't worry about cooking it through - you just want it nicely browned. Season with salt and pepper to taste. Remove roast from skillet and place in slow cooker. In the same skillet sauté garlic, onion, carrot and celery until onion is translucent. Remove skillet from heat and place veggies in slow cooker. Add red wine to skillet to scrape up all the browned bits from the bottom of the pan; pour over the roast, then add the tomatoes and seasonings. Cover and cook on low heat setting for about 10 hours.

NUTRITION per serving: 650 Calories; 42g Fat; 44g Protein; 14g Carbohydrate; 3g Dietary Fiber; 153mg Cholesterol; 206mg Sodium. **Exchanges:** 0 Grain (Starch); 6 Lean Meat; 2 1/2 Vegetable; 4 1/2 Fat. **Points:** 16

SERVING SUGGESTION: Buttered wide noodles and steamed green beans.

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DO-AHEAD TIP: Soak beans overnight for tomorrow's meal.

Vermont Baked Beans

Day 2 – Serves 6

INGREDIENTS:

1 pound dried Great Northern beans	3/4 cup pure Maple syrup
3/4 cup chopped onion	1/4 cup spicy brown mustard
3/4 cup water	2 to 3 tablespoons ketchup

COOKING INSTRUCTIONS: Soak beans overnight. Drain beans and place in slow cooker. Add onion, water, syrup, mustard and ketchup to slow cooker. Stir to incorporate ingredients. Cover and cook on low heat setting for about 8 hours, or until beans are tender. About one hour before you are ready to serve, uncover slow cooker and heat setting to high and continue cooking, uncovered, to release extra moisture, stirring occasionally to make sure beans aren't burning. For you non-vegetarians, add a slice of cooked ham to round out dinner.

NUTRITION per serving: 384 Calories; 2g Fat; 18g Protein; 78g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 241mg Sodium. **Exchanges:** 3 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat; 2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Serve with coleslaw on the side (use a ready-made mix and toss with mayo and a little rice vinegar). Add a loaf of whole wheat bread for a nice meatless meal. For you non-vegetarians, add a slice of cooked ham to round out dinner.

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Chile Verde Pork

Day 3 – Serves 6

INGREDIENTS:

3 tablespoons olive oil, divided	1 cup chopped green bell pepper, seeded and de-ribbed
3 1/2 pounds boneless pork loin, trimmed	1 jalapeno pepper, seeded, de-ribbed and chopped
Salt and pepper to taste	3 cloves garlic, pressed
1 cup chopped onion	12 ounces Chili Verde green sauce
	3/4 cup low sodium chicken broth

COOKING INSTRUCTIONS: In a large skillet over medium heat, brown pork in 1 1/2 tablespoons of the oil. Don't worry about cooking it through - you just want it nicely browned on all sides. Season with salt and pepper to taste. Remove pork to slow cooker. Add remaining oil to skillet and sauté onion, garlic, bell pepper and jalapeno till onion is translucent. Place sautéed veggies on top of pork, then add Chili Verde sauce and broth. Cover and cook on low heat setting for about 6 hours, or until pork is tender. Remove pork from slow cooker and serve.

NUTRITION per serving: 349 Calories; 19g Fat; 36g Protein; 8g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 222mg Sodium. **Exchanges:** 5 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 8

SERVING SUGGESTION: Ranch beans, Spanish rice and a green salad.

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DO-AHEAD TIP: Soak beans overnight for tomorrow's meal. Prep tuna mixture if desired.
Refrigerate entire salad for at least 1 hour before serving.

Tuna Salad a la Crock

Day 4 – Serves 6

INGREDIENTS:

1 pound dried white beans	3 tablespoons red wine vinegar
Water	2 cloves garlic, pressed
1 (14-oz.) can solid white tuna packed in water, drained	3/4 cup olive oil
1 (14.5-oz.) can diced tomatoes, drained	Salt and pepper to taste
1 red onion, minced	2 tablespoons fresh parsley, chopped

COOKING INSTRUCTIONS: Soak beans overnight. Drain beans and place in slow cooker. Add enough fresh water to slow cooker to cover beans by about 1 inch. Cover and cook on low for 6 hours or until beans are tender. About an hour and a half before you are ready to serve, combine tuna, tomatoes, onion, vinegar, garlic, olive oil and salt and pepper to taste. Tuna mixture can also be prepped ahead of time and refrigerated while beans are cooking in the slow cooker. Remove beans from slow cooker, drain and let sit until they are cool enough to handle. Combine cooled beans and tuna mixture in a serving bowl and toss gently. Refrigerate for about an hour to allow flavors to blend. Toss gently, then sprinkle with chopped parsley and serve.

NUTRITION per serving: 429 Calories; 21g Fat; 25g Protein; 37g Carbohydrate; 9g Dietary Fiber; 13mg Cholesterol; 160mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTION: Serve over a large bed of spinach and some whole grain rolls.

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Turkey Saltimbocca

Day 5 – Serves 6

INGREDIENTS:

1 (3-pound) boneless skinless turkey breast	3/4 cup white wine (or use white grape juice with splash of vinegar)
3 ounces Prosciutto, sliced (or use Black Forest ham, thinly sliced)	1/3 cup low sodium chicken broth
3/4 teaspoon sage	Parchment paper
Salt and pepper to taste	String

COOKING INSTRUCTIONS: Place turkey between two pieces of parchment paper. Using a mallet or rolling pin, pound the turkey breast to a thickness of about 1/2 to 1 inch, then remove top piece of parchment. Starting in the center of the turkey, cover with Prosciutto, leaving a border or edge of about 1 inch on all sides that is ham-free. Sprinkle with sage and salt and pepper to taste. Starting on the shortest side of the flattened turkey, roll it up jelly roll style into a tube or cigar-shaped log and tie it with string in about 3 or 4 places to hold the roll in place. Pour wine and broth into slow cooker, then carefully lower turkey log on top. Cover and cook on low heat setting for 5 to 6 hours. Remove turkey from slow cooker and let sit for about 5 minutes before slicing.

NUTRITION per serving: 371 Calories; 16g Fat; 49g Protein; trace Carbohydrate; trace Dietary Fiber; 143mg Cholesterol; 530mg Sodium. **Exchanges:** 0 Grain (Starch); 7 Lean Meat; 0 Fat. **Points:** 8

SERVING SUGGESTION: Buttered wide noodles tossed with chopped parsley and a fresh pear salad topped with crumbled blue cheese and more Prosciutto.

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Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 6

MENU

Day 1: Lemon Garlic Chicken Breasts, add Angel Hair pasta and a large salad of mixed baby greens

Day 2: Yankee Corned Beef with Mustard Vegetables, with steamed baby carrots and Irish soda bread

Day 3: Quick and Easy Veggie Slow Cooker Spaghetti Sauce, over your favorite pasta along with a loaf of crusty bread and a Caesar salad

Day 4: Pork Loin with Onion Sauce, with baked russet potatoes, broccoli and cauliflower and rye bread

Day 5: Black Bean Turkey Soup, add Corn bread and a spinach salad

SHOPPING LIST:

MEAT

6 boneless skinless chicken breast halves [D1]

5-pounds beef brisket, trimmed [D2]

2 1/2 pounds boneless pork loin [D4]

1 pound smoked turkey sausage [D5]

CONDIMENTS

Brown mustard [D2]

Horseradish sauce [D2]

Black olives, sliced (1/2 cup) [D3]

Maple syrup (pure, if available) (3 tablespoons) [D2]

White wine (about 2 cups) (if not using white grape juice) [D1]

White grape juice (about 2 cups) (if not using white wine) [D1,D4,D5]

Vinegar (if not using white wine) [D1,D4,D5]

Sherry (3/4 cup) [D4,D5]

**Vinaigrette salad dressing [D1]

**Caesar salad dressing [D3]

**Honey-mustard salad dressing [D5]

PRODUCE

3 pounds onions (keep on hand) [D2,D3,D5]

Garlic (6 cloves) [D1]

Red onions (3 small) **Additional (1 meal) [D4,D5]

Pearl onions (1 cup) [D4]

Russet potatoes (6 medium) **Additional (1 meal) [D2,D4]

Carrots (4 large and 3 medium for 2 recipes) [D2,D5]

Turnips (6) [D2]

Cabbage (2 heads) [D2]

Green bell peppers (2 medium) [D3]

Mushrooms (12 ounces) [D3]

Celery (3 medium stalks) [D5]

Lemons (1/2 cup juice) [D1]

**Red apples (1 meal) [D5]

**Baby carrots (1 meal) [D2]

**Broccoli (1 meal) [D4]

**Cauliflower (1 meal) [D4]

**Spinach (1 meal) [D5]

**Parsley (1 meal) [D2]

**Mixed baby greens (1 meal) [D1]

**Romaine lettuce (1 meal) [D3]

**Salad veggies (your choice) [D3]

CANNED GOODS

2 (28-oz.) jars/cans spaghetti sauce (your favorite) [D3]

Low sodium chicken broth (3 cups) [D5]

SPICES

Tarragon [D1]

Rosemary [D1]

Sage [D1]

Thyme [D1]

Whole cloves [D2]

Oregano [D3]

Garlic powder [D3]

DAIRY/DAIRY CASE

Butter **Additional (1 meal) [D1,D4]

Parmesan cheese (1 cup, grated) [D3]

Sour cream (for garnish) (optional) [D5]

**Romano cheese, grated for garnish (1 meal) [D1]

DRY GOODS

Cornstarch [D4]

1 pound black beans [D5]

Brown Sugar [D2]

**Angel Hair pasta (1 meal) [D1]

**Pasta (your favorite) (1 meal) [D3]

**Walnuts (1 meal) [D5]

FREEZER

1 (10-oz.) package chopped spinach [D3]

BAKERY

**Irish soda bread (1 meal) [D2]

**Crusty bread (1 meal) [D3]

**Rye bread (1 meal) [D4]

**Corn bread (1 meal) [D5]



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Lemon Garlic Chicken Breasts

Day 1 – Serves 6

INGREDIENTS:

6 boneless skinless chicken breast halves	1/4 teaspoon sage
1/2 cup lemon juice	1/4 teaspoon thyme
6 cloves garlic, pressed	Salt and pepper to taste
1/4 teaspoon dried tarragon	3/4 cup white wine (or use white grape juice with a splash of vinegar)
1/4 teaspoon rosemary	

COOKING INSTRUCTIONS: Place chicken breasts in slow cooker. Combine remaining ingredients and pour over chicken. Cover and cook on low heat setting for about 8 hours.

NUTRITION per serving: 160 Calories; 1g Fat; 28g Protein; 3g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 79mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat. **Points:** 3

SERVING SUGGESTION: Serve with Angel Hair pasta, lightly buttered and sprinkled with grated Romano cheese, and a large salad of mixed baby greens tossed with vinaigrette dressing.

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Yankee Corned Beef with Mustard Vegetables

Day 2 – Serves 6

INGREDIENTS:

1 1/2 onions, unsliced	3 cups water
3 whole cloves	1 1/2 heads cabbage, cored and wedged
6 medium russet potatoes, peeled and halved	3 tablespoons maple syrup (use the pure maple if you can)
4 large carrots, sliced into large pieces	1 1/2 tablespoons brown mustard
6 turnips, peeled and halved	2 tablespoons brown sugar
5 pounds beef brisket, trimmed	Horseradish sauce (optional)

COOKING INSTRUCTIONS: Insert two cloves in the whole onion and 1 clove in the half onion. Do not make any further slices or cuts to onions beyond the slice needed for the half onion. Place the whole and half onion in slow cooker, then add potatoes, carrots and turnips. Place brisket on top of veggies, then add water. Cover and cook on low heat setting for about 10 hours. Remove brisket and veggies from slow cooker and place on a jelly roll pan or in a 9 x13 inch casserole dish. Preheat broiler. Pour liquid from slow cooker into a soup pot or Dutch oven. Add cabbage; bring to a boil, then reduce heat and simmer for about 15 minutes. While cabbage is cooking, combine maple syrup, mustard and brown sugar in a small mixing bowl. Stir until smooth. Drizzle maple syrup mixture over beef and veggies; broil for about 2 minutes. Watch this like a hawk and don't let it burn! Drain cabbage and serve with glazed corned beef and veggies. Add a dollop of horseradish on the side.

NUTRITION per serving: 877 Calories; 36g Fat; 87g Protein; 47g Carbohydrate; 7g Dietary Fiber; 261mg Cholesterol; 317mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 11 1/2 Lean Meat; 3 Vegetable; 1/2 Other Carbohydrates. **Points:** 20

SERVING SUGGESTION: Serve with steamed baby carrots tossed with butter and chopped parsley, and Irish soda bread.

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Quick and Easy Veggie Slow Cooker Spaghetti Sauce

Day 3 – Serves 6

INGREDIENTS:

1 1/4 cup chopped green bell pepper	32 ounces jarred/canned spaghetti sauce, your favorite brand
1 (10-oz.) package frozen chopped spinach, thawed and drained	1/2 cup black olives, sliced
1 1/2 medium onions, diced	1 1/2 teaspoons oregano
12 ounces mushrooms, sliced	1 teaspoon garlic powder
	1 cup grated Parmesan cheese

COOKING INSTRUCTIONS: Place all ingredients, except Parmesan cheese, in slow cooker. Cover and cook on low heat setting for 6 to 7 hours. 15 minutes before you are ready to serve, add Parmesan cheese. Stir and cover. Crank the heat up to high and continue to cook for another 15 minutes.

NUTRITION per serving: 336 Calories; 15g Fat; 12g Protein; 42g Carbohydrate; 10g Dietary Fiber; 10mg Cholesterol; 1370mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 8 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 7

SERVING SUGGESTION: Serve over your favorite pasta along with a loaf of crusty bread and a Caesar salad.

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Pork Loin with Onion Sauce

Day 4 – Serves 6

INGREDIENTS:

2 1/2 pounds boneless pork loin
3 small red onions, thinly sliced
3/4 cup sherry (or use white grape juice with a splash of vinegar)
1 cup pearl onions
1 1/2 tablespoons cornstarch
2 tablespoons butter
2 tablespoons water
Salt and pepper to taste

COOKING INSTRUCTIONS: In a skillet, sauté red and pearl onions in butter till softened, or about 5 minutes. Season with salt and pepper to taste. Place pork in slow cooker. Add onions and sherry. Cover and cook on low heat setting for about 9 hours. Remove pork from slow cooker and let sit for a few minutes before slicing in order to redistribute juices. While pork is resting, combine cornstarch and water till smooth; add to liquid in slow cooker and whisk till sauce thickens. Serve onion sauce with pork.

NUTRITION per serving: 211 Calories; 8g Fat; 19g Protein; 10g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 119mg Sodium. **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 5

SERVING SUGGESTION: Serve with baked russet potatoes, steamed broccoli and cauliflower and rye bread.

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DO-AHEAD TIP: Soak tomorrow's beans overnight.

Black Bean Turkey Soup

Day 5 – Serves 6

INGREDIENTS:

1 pound dried black beans, soaked	3 cups low sodium chicken broth
1 pound smoked turkey sausage, cut into 2-inch pieces	3 cups water
3/4 cup chopped onion	1/3 cup dry sherry (or use white grape juice with a splash of vinegar)
3 medium carrots, chopped	Salt and pepper to taste
3 medium stalks celery, chopped	Sour Cream (optional)

COOKING INSTRUCTIONS: Soak beans overnight; drain and place in slow cooker. Add turkey, onion, carrots, celery, broth and water. Cover and cook on low heat setting for about 8 hours. About 5 to 10 minutes before you are ready to serve, add sherry and salt and pepper to taste. Cover and crank the heat up to high. Serve soup in bowls topped with sour cream, if desired.

NUTRITION per serving: 432 Calories; 24g Fat; 23g Protein; 29g Carbohydrate; 7g Dietary Fiber; 54mg Cholesterol; 1011mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 Fat. **Points:** 10

SERVING SUGGESTION: Corn bread and a spinach salad with sliced red onion, red apple and walnuts and tossed with a honey-mustard dressing.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

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- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time, or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 7

MENU

Day 1: Sweet and Sour Brisket, with steamed red potatoes, steamed broccoli and a salad

Day 2: Slow Cooker Hoppin' John, over brown rice along with a large spinach salad; add some sliced ham sandwiches, if desired

Day 3: Lamb Stuffed Cabbage Rolls, with baked acorn squash and steamed green beans

Day 4: Pork in Cream, add mashed russet potatoes, steamed baby carrots and steamed baby Brussels sprouts tossed with butter and a little nutmeg

Day 5: Green Peppers with Turkey Stuffing, with baked sweet potatoes and a big salad

SHOPPING LIST:

MEAT

3 to 4 pounds beef brisket [D1]

1 1/2 pounds ground lamb OR extra-lean ground beef [D3]

3 to 4 pounds pork loin [D4]

1 pound ground turkey [D5]

DELI

**Sliced ham (1 meal) [D2]

CONDIMENTS

Olive oil [D2,D4]

**Salad dressing(s) (your choice) [D1,D5]

PRODUCE

5 pounds onions [D1,D2,D3,D4,D5]

Garlic (9 cloves) [D2,D3,D4,D5]

Carrots (3 medium and 1 large) [D1,D4]

Celery (2 medium stalks) [D2]

Cabbage (1 large head, about 3 pounds) [D3]

Green bell peppers (6 large) [D5]

Lemons (6 tablespoons juice) [D1,D3]

**Oranges (1 meal) [D2]

**Red potatoes (1 meal) [D1]

**Russet potatoes (1 meal) [D4]

**Green beans (1 meal) [D3]

**Broccoli (1 meal) [D1]

**Spinach (1 meal) [D2]

**Acorn squash (1 meal) [D3]

**Baby carrots (1 meal) [D4]

**Brussels sprouts (1 meal) [D4]

**Sweet potatoes (1 meal) [D5]

**Lettuce for 2 salads (not Iceberg, no nutrition) [D1,D5]

**Salad veggies (your choice) [D1,D5]

CANNED GOODS

Diced tomatoes (43.5 ounces) [D3,D5]

Tomato paste (1 1/2 tablespoons) [D1]

Low sodium chicken broth (3 cups) [D2]

SPICES

Crushed red pepper flakes [D2]

Thyme [D2,D3]

Oregano [D2]

Rosemary [D4]

Bay leaves [D4]

Chili powder [D5]

**Nutmeg [D4]

DAIRY/DAIRY CASE

Butter **Additional (1 meal) [D3,D4]

Milk (3 cups) [D4]

Eggs (4) [D3,D5]

Orange juice (3/4 cup) [D1]

**Sour cream, for garnish (optional) [D3]

DRY GOODS

Cornstarch [D1]

Brown sugar [D1,D3]

1 pound black eyed peas [D2]

Brown rice (1 1/2 cups, cooked) **Additional (1 meal) [D2,D3]

Italian bread crumbs (3/4 cup) [D5]

Seedless raisins (3/4 cup) [D1]

**Almonds, slivered (1 meal) [D2]

FREEZER

Whole kernel corn (3/4 cup) [D5]

BAKERY

**Bread-your choice (for ham sandwiches) [D2]

OTHER

Plastic wrap [D3]

SHOPPING LIST LEGEND

** = **Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = **Day 1, Day 2, Day 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.



Sweet and Sour Brisket

Day 1 – Serves 6

INGREDIENTS:

3/4 cup orange juice	3 medium carrots, cut into coins
3 tablespoons lemon juice	3/4 cup seedless raisins
3 tablespoons brown sugar	3 to 4 pounds beef brisket
1 1/2 tablespoons tomato paste	Salt and pepper to taste
3 medium onions, thinly sliced	1 1/2 tablespoon cornstarch
	3 tablespoons water

COOKING INSTRUCTIONS: Pour orange juice, lemon juice, brown sugar and tomato paste into slow cooker. Stir to blend ingredients. Next, add onions, carrots and raisins. Season brisket with salt and pepper to taste and place in slow cooker with veggies. Cover and cook on low heat setting for about 9 hours, or until brisket is tender. Remove veggies and meat from slow cooker. Skim fat from cooking liquid and pour liquid into a saucepan. Make a paste from cornstarch and water; add to saucepan and cook over medium heat until sauce is thickened.

NUTRITION per serving: 541 Calories; 22g Fat; 51g Protein; 34g Carbohydrate; 3g Dietary Fiber; 157mg Cholesterol; 172mg Sodium. **Exchanges:** 0 Grain (Starch); 7 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit; 1/2 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: Steamed red potatoes, steamed broccoli and a salad.

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DO-AHEAD TIP: Soak black-eyed peas overnight for tomorrow's meal.

Slow Cooker Hoppin' John

Day 2 – Serves 6 8 (Leftovers!!)

INGREDIENTS:

1 pound black-eyed peas	5 cups water
1 tablespoon olive oil	3 cups low sodium chicken broth
1 1/2 cups chopped onions	1 teaspoon crushed red pepper flakes, more or less depending on your heat preference
2 medium stalks celery, chopped	1 teaspoon thyme
3 cloves garlic, pressed	1/2 teaspoon oregano

COOKING INSTRUCTIONS: Soak peas overnight. Drain peas and place in slow cooker. In a skillet heat oil over medium-high heat and sauté onion, celery and garlic until onion is translucent; add to slow cooker. Next, add water, broth, red pepper flakes, thyme and oregano. Blend well. Cover and cook on low heat setting for about 8 hours, or until peas are tender.

NUTRITION per serving: 239 Calories; 2g Fat; 18g Protein; 38g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 218mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 5

SERVING SUGGESTION: Serve over brown rice along with a large spinach salad topped with sectioned oranges and slivered almonds. Add some sliced ham sandwiches, if desired.

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DO-AHEAD TIP: Prep cabbage rolls for tomorrow's meal.

Lamb Stuffed Cabbage Rolls

Day 3 – Serves 6

INGREDIENTS:

1 1/2 cups brown rice, cooked	1 1/2 pounds ground lamb (or extra-lean ground beef)
Water	2 eggs, beaten
1 large head cabbage (about 3 pounds)	1 1/2 teaspoons thyme
1 1/2 tablespoons butter	Salt and pepper to taste
1 medium onion, finely chopped	21.75 ounces canned diced tomatoes
2 cloves garlic, pressed	3 tablespoons brown sugar
	3 tablespoons lemon juice

COOKING INSTRUCTIONS: Cook rice according to package directions. Bring a large Dutch oven or soup pot full of water to a boil. Add the whole head of cabbage, cover and cook for a few minutes or until outer cabbage leaves are bright green, tender and will peel off easily. Cool cabbage and peel off the largest outer 12 leaves (remaining cabbage can be saved for another meal such as a side dish, stir-fry or in a soup or stew). Remove the stem or rib from the middle of each cabbage leaf. In a skillet heat butter over medium heat, and sauté onion and garlic till onion is translucent. In a mixing bowl, blend together cooked rice, onion, lamb, egg, thyme, salt and pepper to taste. Lay cabbage leaves out on countertop and place about 5 tablespoons of meat mixture onto each leaf. Fold edges over and form a roll or cigar-shaped tube. Place cabbage rolls, seam side down, on a plate and cover tightly with plastic wrap. Refrigerate overnight. Place prepared cabbage rolls in slow cooker. In a blender, puree tomatoes (saving remaining 1/2 can for Day 5), brown sugar and lemon juice; pour over cabbage rolls. Cover and cook on low heat setting for about 7 hours.

NUTRITION per serving: 481 Calories; 31g Fat; 23g Protein; 26g Carbohydrate; 2g Dietary Fiber; 153mg Cholesterol; 130mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: Serve with baked acorn squash and steamed green beans. Garnish cabbage rolls with a dollop of sour cream, if desired.

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Pork in Cream

Day 4 – Serves 6

INGREDIENTS:

3 tablespoons olive oil, divided	1 large carrot, chopped
3 to 4 pounds pork loin	2 large cloves garlic, pressed
Salt and pepper to taste	3 cups milk, divided
1 cup chopped onion	3/4 teaspoon rosemary
	1 1/2 bay leaves

COOKING INSTRUCTIONS: In a large skillet heat oil over medium heat and brown pork in 1 1/2 tablespoons. Don't worry about cooking through-you just want it nicely browned on all sides. Season with salt and pepper to taste. Remove pork from skillet and place in slow cooker. Add remaining oil to skillet and sauté onion, carrot, and garlic till onion is translucent. Add about 1/2 cup of milk to the skillet, along with the rosemary, scraping up all of the browned bits from the bottom of the pan. Pour this mixture over the pork. Add remaining milk and the bay leaves. Cover and cook on low heat setting for about 6 hours, or until pork is tender. Remove pork and bay leaves from slow cooker to a serving platter; discard bay leaves. Pour cooking liquid from slow cooker into a blender and process until smooth, then transfer to a saucepan and cook over low heat till sauce has reduced. Don't bring it to a boil or you will separate the sauce! Serve sliced pork with sauce.

NUTRITION per serving: 342 Calories; 19g Fat; 33g Protein; 9g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 123mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat. **Points:** 8

SERVING SUGGESTION: Mashed russet potatoes, steamed baby carrots and steamed baby Brussels sprouts tossed with butter and a little nutmeg.

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Green Peppers with Turkey Stuffing

Day 5 – Serves 6

INGREDIENTS:

21.75 ounces canned diced tomatoes, un-drained
3/4 cup Italian bread crumbs
2 eggs, slightly beaten
1 cup chopped onion
2 cloves garlic, pressed

1 tablespoon chili powder
Salt and pepper to taste
1 pound ground turkey
3/4 cup frozen whole kernel corn
6 large green bell peppers, tops removed, seeded and deribbed

COOKING INSTRUCTIONS: Measure out 1/3 cup tomato juice from diced tomatoes and set aside. Pour remaining tomatoes and their juice into slow cooker. In a mixing bowl stir, combine bread crumbs, eggs, onion, garlic, chili powder, reserved tomato juice, salt and pepper to taste. Add ground turkey and corn. Get in there with your clean hands and mush it all together. Evenly spoon turkey mixture into bell peppers. Arrange stuffed peppers in slow cooker; cover and cook on low heat setting for about 6 hours, or so until turkey is cooked through.

NUTRITION per serving: 274 Calories; 9g Fat; 20g Protein; 30g Carbohydrate; 5g Dietary Fiber; 122mg Cholesterol; 513mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 5

SERVING SUGGESTION: Baked sweet potatoes and a big salad.

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Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 8

MENU

- Day 1: Slow Cooker Garlicky Spare Ribs**, add red potatoes, broccoli and mini corn on the cob
- Day 2: Greek Stifado**, with whole wheat couscous and a salad of baby greens
- Day 3: Slow Cooker Chicken Tortilla Soup**, add a big green salad and some corn muffins
- Day 4: Slow Cooker Western Frittata**, and fruit kabobs
- Day 5: Slow Cooker Italian Turkey**, add Angel Hair pasta, sautéed zucchini and yellow squash topped with cherry tomatoes and sprinkled with Italian seasoning

SHOPPING LIST:

MEAT

- 3 pounds pork spareribs [D1]
- 2 pounds boneless beef roast (whatever is on sale) [D2]
- 4 boneless skinless chicken breast halves [D3]
- 1 boneless skinless turkey breast half (about 1 1/2 to 2 pounds) [D5]

CONDIMENTS

- Olive oil [D2,D5]
- Red wine vinegar [D2]
- Apple cider vinegar [D5]
- Worcestershire sauce [D1,D5]
- Low sodium soy sauce [D1]
- **Salad dressing(s) (your choice) [D3]

PRODUCE

- 3 pounds onions (keep on hand) [D1,D3,D4,D5]
- Small onions (2 pounds) [D2]
- Garlic (7 cloves) [D1,D5]
- Green bell peppers (2 medium) [D4,D5]
- Tomatoes (1 large) [D4]
- **Red potatoes (1 meal) [D1]
- **Broccoli (1 meal) [D1]
- **Baby greens (1 meal) [D2]
- **Lettuce for 1 salad (not Iceberg, no nutrition) [D3]
- **Salad Veggies (1 meal) [D3]
- **Cucumber (1 meal) [D2]
- **Red onion (1 meal) [D2]
- **Zucchini (1 meal) [D5]
- **Yellow squash (1 meal) [D5]
- **Cherry tomatoes (1 meal) [D5]
- **Red apples (1 meal) [D4]
- **Oranges (1 meal) [D4]
- **Bananas (1 meal) [D4]

CANNED GOODS

- Tomato sauce (20 ounces) [D1,D3]
- Tomato paste (1 tablespoon) [D1]
- 1 (28-oz.) can diced tomatoes [D2]
- 2 (10-oz.) cans diced tomatoes with chilies (Rotel is a good brand) [D3]
- 1 (16-oz.) can chili beans [D3]
- 1 (16-oz.) can black beans [D3]
- 1 (15-oz.) can corn [D3]
- Low sodium chicken broth (1 quart) [D5]
- **Pineapple chunks (1 meal) [D4]

SPICES

- Allspice [D2]
- Oregano [D5]
- Cumin [D2]
- Cinnamon sticks (1 3-inch) [D2]
- **Italian seasoning [D5]

DAIRY/DAIRY CASE

- Low fat milk (1/2 cup) [D4]
- Eggs (6) [D4]
- Low fat sour cream (for garnish) [D3]
- Low fat cheddar cheese (1 cup, shredded plus garnish) [D3,D4]
- **Feta cheese, crumbled-for garnish (1 meal) [D2]
- **Parmesan cheese, grated-for garnish (1 meal) [D5]
- **Butter [D5]

DRY GOODS

- Cornstarch [D1]
- Brown sugar [D1]
- 1 (1.25-oz.) envelope taco seasoning mix [D3]
- Baked tortilla chips [D3]
- **Whole wheat couscous [D2]
- **Angel Hair pasta (1 meal)

FREEZER

- 1 pound shredded hash brown potatoes [D4]
- **Mini corn on the cob (1 meal) [D1]

BAKERY

- **Corn muffins (1 meal) [D3]

OTHER

- 1 (12-oz.) bottle beer (or non-alcoholic beer) (optional) [D3]
- **Bamboo skewers [D4]

SHOPPING LIST LEGEND

** = Serving Suggestions

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Slow Cooker Garlicky Spare Ribs

Day 1 – Serves 6

INGREDIENTS:

3 pounds pork spareribs
Water
12 ounces tomato sauce
1 tablespoon tomato paste
1 1/4 cup chopped onion

5 cloves garlic, pressed
1 1/2 tablespoons brown sugar
1 1/2 tablespoons Worcestershire sauce
3 tablespoons low sodium soy sauce
1 1/2 teaspoons cornstarch
1/4 cup water

COOKING INSTRUCTIONS: Place ribs in large soup pot or Dutch oven. Cover with water and bring to a boil; reduce heat and simmer for 15 minutes. While ribs are simmering, combine tomato sauce, tomato paste, onion, garlic, brown sugar, Worcestershire sauce and soy sauce. Remove ribs from water and place in slow cooker. Pour tomato sauce mixture over ribs. Cover and cook on low heat setting for about 8 hours, or until ribs are tender. When ready to eat, remove ribs from slow cooker to a serving platter; keep warm. Combine cornstarch and water. Pour sauce from slow cooker into a saucepan over medium heat. Add cornstarch mixture, stirring constantly till sauce is thickened. Serve ribs with sauce.

NUTRITION per serving: 463 Calories; 33g Fat; 26g Protein; 14g Carbohydrate; 2g Dietary Fiber; 110mg Cholesterol; 982mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 5 Fat; 0 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: Steamed red potatoes, steamed broccoli and mini corn on the cob.

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.

Greek Stifado

Day 2 – Serves 6

INGREDIENTS:

2 tablespoons olive oil
2 pounds boneless beef roast, cut into 2-inch pieces (or use whatever is on sale)
Salt and pepper to taste
2 pounds small onions, peeled and quartered

1 (28-oz.) can diced tomatoes
1/4 cup red wine vinegar
1/2 teaspoon allspice
1/2 teaspoon oregano
1/4 teaspoon cumin
1 3-inch cinnamon stick

COOKING INSTRUCTIONS: In a large skillet heat oil over medium-high heat; season beef with salt and pepper to taste and brown in skillet. Don't worry about cooking it through-just get it nicely browned all over. Remove beef from skillet and place in slow cooker. Add onions to skillet and more oil, if needed. Reduce heat to medium-low and allow onions to brown on all sides, then add to slow cooker. Next, add remaining ingredients to slow cooker. Stir to combine. Cover and cook on low heat setting for about 7 hours.

NUTRITION per serving: 443 Calories; 29g Fat; 27g Protein; 21g Carbohydrate; 5g Dietary Fiber; 87mg Cholesterol; 93mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 3 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Whole wheat couscous and a salad of baby greens tossed with thinly sliced cucumber and red onion and sprinkled with crumbled feta cheese.

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Slow Cooker Chicken Tortilla Soup

Day 3 – Serves 6 – 8 (Nutrition for 8)

INGREDIENTS:

1 cup chopped onion	2 (10-oz.) cans diced tomatoes with chilies (Rotel is a good brand)
1 (16-oz.) can chili beans, drained	1 (1.25-oz.) envelope taco seasoning
1 (16-oz.) can black beans, drained	4 boneless skinless chicken breast halves, chopped
1 (15-oz.) can corn, drained	Baked tortilla chips
1 (8-oz.) can tomato sauce	Low fat cheddar cheese, shredded
1 (12-oz.) bottle beer (or non alcoholic beer) (optional)	Low fat sour cream

COOKING INSTRUCTIONS: Place onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in slow cooker. Add taco seasoning; blend well. Place chopped chicken on top of this mixture, pressing down slightly until just covered by the other ingredients. Cover and cook on low heat setting for about 7 hours. Serve in bowls, topped with crumbled tortilla chips, shredded Cheddar cheese and a dollop of sour cream.

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

SERVING SUGGESTION: A big green salad and some corn muffins.

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Slow Cooker Western Frittata

Day 4 – Serves 6

INGREDIENTS:

1 pound frozen shredded hash brown potatoes	1 large tomato, chopped
1/2 cup chopped onion	1 cup low fat cheddar cheese, shredded
3/4 cup chopped green bell pepper, seeded and deribbed	6 eggs
	1/2 cup low fat milk
	Salt and pepper to taste

COOKING INSTRUCTIONS: Lightly grease slow cooker. Place 1/3 of the hash brown potatoes in a layer on the bottom. Layer 1/3 of the onion, bell pepper, tomato and cheddar cheese over the potatoes. Repeat layers two more times. In a large bowl, whisk together eggs and milk, and season with salt and pepper. Pour over the contents in the slow cooker. Cover and cook on low heat setting for 7 to 8 hours.

NUTRITION per serving: 186 Calories; 7g Fat; 13g Protein; 18g Carbohydrate; 2g Dietary Fiber; 194mg Cholesterol; 200mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 4

SERVING SUGGESTION: Fruit kabobs: alternate chunks of apples, oranges, bananas and canned pineapple chunks on bamboo skewers.

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Slow Cooker Italian Turkey

Day 5 – Serves 6

INGREDIENTS:

1 quart low sodium chicken broth	3/4 cup chopped onion
1 boneless skinless turkey breast half (about 1 1/2 to 2 pounds)	2 cloves garlic, pressed
1 tablespoon olive oil	2 tablespoons apple cider vinegar
1 medium green bell pepper, seeded, deribbed and cut into strips	1 tablespoon Worcestershire sauce
	1 teaspoon oregano
	Salt and pepper to taste

COOKING INSTRUCTIONS: Pour chicken broth into slow cooker. Place turkey in slow cooker, adding more water to cover, if needed. Cover and cook on low heat setting for 6 to 8 hours, or turkey is tender and cooked through (cooking times vary, depending on age and brand of slow cooker). Remove turkey from slow cooker to a cutting board. In a skillet heat oil over medium-high heat, sauté onion, bell pepper and garlic till onion is translucent. Add vinegar, Worcestershire sauce, oregano and 1 cup of the liquid from the slow cooker; season with salt and pepper. Bring to a boil, then simmer until reduced by half, about 5 minutes. Serve sauce over sliced turkey.

NUTRITION per serving: 265 Calories; 10g Fat; 38g Protein; 6g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 451mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Angel Hair pasta tossed with butter and grated Parmesan cheese and sautéed zucchini and yellow squash topped with cherry tomatoes and sprinkled with Italian seasoning.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

- 1) Please note that these recipes will be best prepared in 3.5 to 5 quart slow cookers.
- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time, or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 9

MENU

Day 1: Super Easy Slow Cooker Ham, add scalloped potatoes and steamed asparagus

Day 2: Crock Cabbage Rolls, garnish with sour cream and with carrot slaw and plenty of dark rye bread

Day 3: Black Bean Soup with Rice, add a big spinach salad and whole grain rolls

Day 4: Saucy Pork Chops, with oven-roasted, cut-up root vegetables and steamed green beans

Day 5: Crock Chinese Chicken and Beans, add whole wheat couscous with sautéed zucchini, yellow squash, mushrooms and snow peas

SHOPPING LIST:

MEAT

3 pounds cured, bone-in picnic ham [D1]

1 1/2 pounds extra-lean ground beef [D2]

6 pork chops [D4]

3 large boneless skinless chicken breast halves [D5]

1 ham hock OR smoked turkey leg (if not using ham bone) [D3]

CONDIMENTS

Vegetable oil [D4]

Ketchup [D4]

Prepared Mustard [D4]

Liquid Barbecue Smoke® [D4]

Low-sodium soy sauce [D5]

Picante sauce [D3]

**Salad dressing(s) (your choice) [D3]

**Mayonnaise [D2]

PRODUCE

3 pounds onions (keep on hand) [D2] [D3] [D4]

Garlic (9 cloves) [D3] [D4] [D5]

Cabbage (1 head) [D2]

Celery (1/2 cup, sliced) [D3]

Carrots (3 medium) [D5]

Green bell pepper (1 medium) [D3]

Gingerroot (3 teaspoons, grated) [D5]

**Russet potatoes (1 meal) [D1]

**Asparagus (1 meal) [D1]

**Shredded carrots (1 bag) [D2]

**Apples (3) [D2]

**Spinach (1 meal) [D3]

**Root vegetables - turnips, parsnips, or carrots (1 meal) [D4]

**Green Beans (1 meal) [D4]

**Zucchini, yellow squash, mushrooms and snow peas (1 meal) [D5]

**Salad veggies (your choice) [D3]

CANNED GOODS

V-8 vegetable juice (12 ounces) [D2]

2 (14.5-oz.) cans diced tomatoes [D2] [D3]

Low-sodium chicken broth (5 3/4 cups) [D3] [D5]

1 (4-oz.) can diced green chilies

1 (16-oz.) can navy beans [D5]

1 (16-oz.) can red beans [D5]

SPICES

Thyme [D2]

Bay leaves [D3]

Crushed red pepper flakes [D3] [D5]

DAIRY/DAIRY CASE

Eggs (1) [D2]

Sour cream (1/2 cup) **Additional for garnish (1 meal) [D2] [D3]

Cheddar cheese (1/2 cup, shredded) [D3]

**Butter

**Milk (for scalloped potatoes Day 1) [D1]

DRY GOODS

Raisins [D2]

Cornstarch [D5]

Brown sugar [D1] [D4]

Brown rice (5 cups, cooked) [D2] [D3]

1 pound black beans [D3]

**Whole wheat couscous (1 meal) [D5]

BAKERY

**Dark rye bread (1 meal) [D2]

**Whole grain rolls (1 meal) [D3]

OTHER

Toothpicks



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.

Super Easy Slow Cooker Ham

Day 1 – Serves 6

INGREDIENTS:

3/4 cup brown sugar
3 pounds cured, bone-in picnic ham

See, I told you it was super easy!

COOKING INSTRUCTIONS: Spread about 1/4 cup of brown sugar on the bottom of the slow cooker. Place ham on top of sugar and smoosh it around so that bottom is coated and covered. Rub remaining brown sugar onto the top of the ham. Don't be afraid to use your clean hands. Cover and cook on low heat setting for 8 hours. Allow ham to sit for about 10 minutes before slicing.

LEANNE'S NOTE: Save ham bone for Day 3 meal.

NUTRITION per serving: 481 Calories; 24g Fat; 40g Protein; 25g Carbohydrate; 0g Dietary Fiber; 129mg Cholesterol; 2997mg Sodium. **Exchanges:** 6 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: Scalloped potatoes and steamed asparagus.

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.

DO-AHEAD TIP: Prep cabbage and cook rice for tomorrow's meal.

Crock Cooker Rolls

Day 2 – Serves 6

INGREDIENTS:

1 head cabbage
1 1/2 pounds extra-lean ground beef
1 cup brown rice, cooked
3/4 cup chopped onion

1 egg
Salt and pepper to taste
12 ounces V-8 vegetable juice
1 (14.5-oz.) can diced tomatoes
1/2 teaspoon thyme

COOKING INSTRUCTIONS: If you haven't already prepared the cabbage, remove outer leaves from the head carefully, trying to keep them whole. Scald in boiling water just till wilted (about 5-8 minutes) and then drain them on paper towels to cool. Chop some of the remaining cabbage and place in the bottom of slow cooker. In a large bowl, combine meat, cooked rice, onion, egg and salt and pepper; blend well. Place about 1/4 cup of the meat mixture in the center of each cabbage leaf and fold sides toward the center, then roll up, envelope-style, securing each with a toothpick. Stack rolls evenly on top of chopped cabbage in slow cooker. Combine salt and pepper, V-8 juice, tomatoes, thyme; pour over cabbage rolls. Cover and cook on low heat setting for 7 to 9 hours.

NUTRITION per serving: 427 Calories; 21g Fat; 26g Protein; 33g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 408mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 10

SERVING SUGGESTION: Garnish with sour cream and serve with carrot slaw and plenty of dark rye bread. (Carrot slaw - shredded carrots, apple chunks and raisins tossed with a little mayo).

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DO-AHEAD TIP: Soak beans overnight for tomorrow's meal.

Black Bean Soup with Rice

Day 3 – Serves 6

INGREDIENTS:

1 pound dry black beans, sorted and rinsed	1/2 teaspoon crushed red pepper flakes
1 (4.5-oz.) can diced tomatoes, un-drained	1/2 teaspoon thyme
1/2 cup sliced celery	4 cups low sodium chicken broth
1 cup chopped onion	4 cups water
1 cup chopped green bell pepper	Salt and ground black pepper to taste
1 ham bone (from Day 1) OR smoked ham hock OR use smoked turkey leg	4 cups hot cooked brown rice
4 cloves garlic, pressed	1/2 cup shredded cheddar cheese
1 bay leaf	1/2 cup sour cream
	1/2 cup picante sauce

COOKING INSTRUCTIONS: Cover beans with water; soak overnight. Drain beans and place in slow cooker. Add tomatoes with juice, celery, onion, green bell pepper, ham bone (or ham hock or smoked turkey leg) garlic, bay leaf, red pepper, thyme, chicken broth and water. Cook on high heat setting for 5 to 6 hours or on low for 8 to 10 hours. Remove and discard bay leaf. Remove ham bone; cut any meat from the bone and add to slow cooker. Puree half of the soup in a blender or food processor and return it to slow cooker. Season with salt and black pepper. Serve soup in bowls over rice, garnished with shredded cheese, sour cream and picante sauce.

NUTRITION per serving: 495 Calories; 13g Fat; 30g Protein; 70g Carbohydrate; 11g Dietary Fiber; 44mg Cholesterol; 306mg Sodium. **Exchanges:** 4 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat. **Points:** 10

SERVING SUGGESTION: A big spinach salad and whole grain rolls.

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Saucy Pork Chops

Day 4 – Serves 6

INGREDIENTS:

1 1/2 tablespoons vegetable oil	1 tablespoon prepared mustard
6 pork chops	3/4 cup brown sugar
Salt and pepper to taste	1 1/2 tablespoons Liquid Barbecue Smoke®
3 3/4 cups ketchup	1 1/2 cups chopped onion
	2 cloves garlic, pressed

COOKING INSTRUCTIONS: In a skillet, heat oil over medium high heat. Season chops with salt and pepper and brown on both sides in skillet. In a medium bowl, combine ketchup, mustard, brown sugar, and Liquid Smoke. Place onions and garlic in slow cooker. Dip browned pork chops in sauce mixture and place on onions. Pour remaining sauce over chops. Cover. Cook on low for 7 to 9 hours or high for 4 to 5 hours.

NUTRITION per serving: 505 Calories; 19g Fat; 26g Protein; 63g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 1890mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 4 Other Carbohydrates. **Points:** 11

SERVING SUGGESTION: Oven-roasted, cut-up root vegetables (choose from turnips, parsnips, or carrots) and steamed green beans.

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Crock Chinese Chicken and Beans

Day 5 – Serves 6

INGREDIENTS:

1 (16-oz.) can navy beans, drained and rinsed	3 cloves garlic, minced
1 (16-oz.) can red beans, drained and rinsed	3 teaspoons fresh gingerroot, grated
3 large boneless, skinless chicken breast halves, cut into 1/2-inch cubes	1 3/4 cups low sodium chicken broth, divided
3 medium carrots, diagonally sliced	2 tablespoons cornstarch
	1/2 teaspoon crushed red pepper flakes
	2 1/2 tablespoons low sodium soy sauce

COOKING INSTRUCTIONS: Place beans, chicken, carrots, garlic, gingerroot, and 1 1/4 cups of the chicken broth in slow cooker; blend well. Cover and cook on low heat setting until ingredients are tender, about 5 hours. Turn slow cooker up to high setting. Combine cornstarch and remaining chicken broth; add crushed red pepper flakes. Cover and cook until thickened, about 30 minutes. Add soy sauce.

NUTRITION per serving: 260 Calories; 1g Fat; 27g Protein; 34g Carbohydrate; 9g Dietary Fiber; 34mg Cholesterol; 997mg Sodium. **Exchanges:** 2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable. **Points:** 4

SERVING SUGGESTION: Whole wheat couscous with sautéed zucchini, yellow squash, mushrooms and snow peas on the side.

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- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
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- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
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Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 10

MENU

Day 1: Wintry Tuscany Chicken, add a big salad and some whole grain rolls

Day 2: Crock Navy Bean Soup, with a big spinach salad and some crusty bread

Day 3: Barbecued Beef in a Pot, add a big bowl of coleslaw and a bowl of raw baby carrots

Day 4: Creamy Mexican Crock Pork Stew, with warmed, drained black beans, salad and some corn muffins

Day 5: Big Easy Turkey, add brown rice, corn on the cob and a salad

SHOPPING LIST:

MEAT

1 1/2 pounds boneless skinless chicken breast meat [D1]

1 1/2 pounds turkey meat [D5]

2 pounds round OR chuck roast (whichever is on sale) [D3]

1 1/2 pounds boneless pork shoulder roast [D4]

CONDIMENTS

Olive oil [D5]

Vegetable oil [D3,4]

Barbecue sauce [D3]

Salsa-your favorite (1 3/4 cups) [D1,4]

**Mayonnaise [D3]

**Rice vinegar [D3]

**Salad dressing(s) (your choice) [D1,4,5]

PRODUCE

3 pounds onions (keep on hand) [D2,5]

Garlic (10 cloves) [D1,2,4,5]

Green bell peppers (1 large and 1 medium) [D1,5]

Celery (2 medium stalks) [D2,5]

Green onions (1/2 cup, sliced) [D4]

Baby carrots (8) [D5] **Additional (1 meal) [D3]

Butternut squash (1 1/2 pounds) [D1]

**Spinach (1 meal) [D2]

**Coleslaw mix (1 meal) [D3]

**Corn on the cob (1 meal) [D5]

**Lettuce for 3 salads (not Iceberg-no nutrition) [D1,4,5]

**Salad veggies-your choice [D1,4,5]

CANNED GOODS

Low sodium chicken broth (6 (14.5-oz.) cans) [D2,4,5]

2 (14.5-oz.) cans diced tomatoes [D1,2]

1 (16-oz.) can garbanzo beans [D1]

**Black beans (1 meal) [D4]

SPICES

Cinnamon [D1]

Cumin [D1]

Bay leaves [D2]

Oregano [D4]

Cajun seasoning [D5]

DAIRY/DAIRY CASE

Half and half (2/3 cup) U.K. Members: Half and half is half milk and half cream [D4]

DRY GOODS

Flour [D4,5]

1 pound navy beans [D2]

Golden raisins (1/4 cup) [D1]

**Brown rice (1 meal) [D5]

BAKERY

6 whole wheat burger buns [D3]

**Whole grain rolls (1 meal) [D1]

**Crusty bread (1 meal) [D2]

**Corn muffins (1 meal) [D4]

OTHER

Large zipper-topped plastic bags [D5]



SHOPPING LIST LEGEND

** = Serving Suggestions

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Wintry Tuscany Chicken

Day 1 – Serves 6

INGREDIENTS:

1 1/2 pounds butternut squash, peeled and cut into chunks	1/2 cup salsa, your favorite
1 1/2 pounds boneless skinless chicken breast meat, cut into chunks	1 (14.5-oz.) can diced tomatoes, undrained
1 large green bell pepper, seeded, de-ribbed and cut into chunks	1/4 cup golden raisins
	1/2 teaspoon cumin
	1 clove garlic, pressed
	1/4 teaspoon ground cinnamon
	1 (16-oz.) can garbanzo beans, rinsed and drained

COOKING INSTRUCTIONS: In a slow cooker, combine all ingredients, except garbanzo beans; cover and cook on Low for 7 to 8 hours. 15 minutes before you are ready to serve, turn heat setting to High and add garbanzo beans; cover and cook until beans are heated through.

NUTRITION per serving: 474 Calories; 6g Fat; 42g Protein; 66g Carbohydrate; 16g Dietary Fiber; 66mg Cholesterol; 196mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat. **Points:** 9

SERVING SUGGESTION: A big salad and some whole grain rolls.

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DO-AHEAD TIP: Soak beans overnight for tomorrow's meal.

Crock Navy Bean Soup

Day 2 – Serves 8 (Freeze Leftovers)

INGREDIENTS:

1 pound dried navy beans, pre-soaked	2 cloves garlic, pressed
6 cups low sodium chicken broth	1/2 bay leaf
3/4 cup chopped onion	1 (14.5-oz.) can diced tomatoes, un-drained
1/4 cup chopped celery	Salt and pepper to taste

COOKING INSTRUCTIONS: Combine the first six ingredients in slow cooker; cook on High for 1 hour, then reduce heat to Low and cook for 8 to 10 hours. When beans are tender, add tomatoes and salt and pepper to taste.

NUTRITION per serving: 231 Calories; 2g Fat; 17g Protein; 38g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 587mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable. **Points:** 4

SERVING SUGGESTION: A big spinach salad and some crusty bread.

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.

Barbecued Beef in a Pot

Day 3 – Serves 6

INGREDIENTS:

1 tablespoon vegetable oil	1 1/2 cups barbecue sauce
2 pounds round or chuck roast (whichever is on sale)	6 whole wheat burger buns

COOKING INSTRUCTIONS: Heat the oil in a skillet and brown the beef on all sides; place roast in slow cooker; pour barbecue sauce over top; cover and cook on Low for 8 to 10 hours. Remove from slow cooker and let rest about 10 minutes. Either slice thinly or shred with two forks. Place meat between burger bun halves. Reserve sauce from cooking (you may need to skim some of the fat off the top) and use for dipping.

NUTRITION per serving: 505 Calories; 29g Fat; 29g Protein; 30g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 826mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 1/2 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 12

SERVING SUGGESTION: A big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar). Add a bowl of raw baby carrots.

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Creamy Mexican Crock Pork Stew

Day 4 – Serves 6

INGREDIENTS:

1 1/2 tablespoons vegetable oil	3 to 4 cloves garlic, pressed
1 1/2 pounds boneless pork shoulder roast, cut into 3/4 inch cubes	1 teaspoon oregano
1 (14.5-oz.) can low sodium chicken broth	1 1/4 cups salsa, your favorite
1/2 cup green onions, sliced	Salt and pepper to taste
	3 tablespoons flour
	2/3 cup half and half

COOKING INSTRUCTIONS: Heat the oil in a skillet over medium-high heat and brown the pork; add chicken broth, onions, garlic and oregano. Bring to a boil; add salsa; salt and pepper to taste then reduce heat and simmer for 2 minutes. Transfer to slow cooker; cover and cook on Low for 8 hours. Toward the end of the cooking time, turn temperature control to High. Then combine flour and half and half, mixing till smooth; gradually stir into the stew. Keep the lid off and cook, stirring till thickened. It's not going to be too thick, but there is enough flour to tighten the sauce up. If you prefer it thicker, add another tablespoon of flour.

NUTRITION per serving: 358 Calories; 17g Fat; 23g Protein; 4g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 523mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat. **Points:** 9

SERVING SUGGESTION: Warmed, drained black beans and a salad. Add some corn muffins.

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Beg Easy Turkey

Day 5 – Serves 6

INGREDIENTS:

3 tablespoons olive oil	3/4 cup chopped green bell pepper, seeded and deribbed
2 cups chopped onion	
2 to 3 cloves garlic, pressed	3/4 cup water
3 tablespoons flour	1 (14.5-oz.) can low sodium chicken broth
1 1/2 pounds raw turkey meat, cubed	1 teaspoon Cajun seasoning (or to taste, depending on your heat tolerance)
8 baby carrots, halved	Salt and pepper to taste
1/4 cup finely chopped celery	

COOKING INSTRUCTIONS: In a skillet, heat the oil over medium high heat; sauté onions and garlic till translucent. In the meantime, place flour in a large zipper-topped plastic bag; add turkey and toss to coat, shaking off any excess. Add turkey to the onion mixture in the skillet and continue to cook till meat is browned. Place carrots, celery and bell pepper in slow cooker; top with turkey mixture. Add water, broth and Cajun seasoning to the skillet; bring to a boil, scraping up all the browned bits from the bottom of the pan; salt and pepper to taste; pour this liquid over the turkey mixture in the slow cooker. Cover and cook on Low for 8 hours, or till meat is tender.

NUTRITION per serving: 234 Calories; 14g Fat; 17g Protein; 7g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 262mg Sodium. **Exchanges:** 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 6

SERVING SUGGESTION: Brown rice, corn on the cob and a salad.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

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- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time, or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 11

MENU

Day 1: Tarragon Turkey Corn Soup, add a relish tray of baby carrots, cherry tomatoes, celery sticks and pitted black olives with some whole grain rolls

Day 2: Broccoli Tortellini, with a salad and garlic toast

Day 3: Crock Coconut Shrimp, add wild rice pilaf and steamed green beans

Day 4: Crock Corned Beef and Cabbage, with steamed baby carrots

Day 5: Ham Hash Supper, add a big salad

SHOPPING LIST:

MEAT

Turkey meat (2 cups, cooked) [D1]

3 pounds corned beef OR brisket [D4]

Ham (3 cups, cooked and chopped) [D5]

Shrimp-peeled and de-veined (1 pound, cooked) (or buy frozen) [D3]

CONDIMENTS

Apple cider vinegar [D4]

Spicy brown mustard [D5]

**Black olives, pitted (1 meal) [D1]

**Salad dressing(s) (your choice) [D2,D5]

PRODUCE

3 pounds onions (keep on hand) [D1,D3,D4,D5]

Garlic (8 cloves) [D3,D5]

Russet potatoes (8 medium) [D4]

Celery (2 large stalks) [D1] **Additional (1 meal) [D1]

Carrots (1 medium) [D3]

Green onions (6) [D5]

Green bell peppers (4 medium) [D1,D3,D5]

Red bell peppers (1 medium) [D1]

Cabbage (1 head) [D4]

Snow peas (6 ounces) [D3]

Gingerroot (1 tablespoon, grated) [D3]

Limes (2) [D3]

**Baby carrots (2 meals) [D1,D4]

**Cherry tomatoes (1 meal) [D1]

**Green beans (1 meal) [D3]

**Lettuce for 2 salads (not Iceberg-no nutrition) [D2,D5]

**Salad veggies-your choice [D2,D5]

CANNED GOODS

Low sodium chicken broth (6 cups plus 29 ounces) [D1,D3]

Spaghetti sauce-your favorite (39 ounces) [D2]

SPICES

Tarragon [D1]

Italian seasoning [D2]

Coriander [D3]

Cumin [D3]

Cayenne pepper [D3]

**Garlic powder [D2]

DAIRY/DAIRY CASE

Low fat milk (1 1/2 cups) [D5]

1 (8-oz.) package low fat cream cheese [D5]

Low fat Cheddar cheese (1 1/2 cups, shredded) [D2]

**Butter [D2]

DRY GOODS

Sugar [D4]

Rice (1 cup, cooked) [D1]

Brown rice (3 cups, uncooked) [D3]

Flaked coconut (1/4 cup) [D3]

Raisins (1/2 cup) [D3]

**Wild rice pilaf (1 meal) [D3]

FREEZER

Shrimp, peeled and de-veined (1 pound, cooked if not using fresh) [D3]

2 (9-oz.) packages cheese tortellini (your favorite) [D2]

Broccoli florets (1 1/2 (16-oz.) packages) [D2]

1 (32-oz.) package hash browns [D5]

1 (16-oz.) package whole kernel corn [D1]

BAKERY

**Whole grain rolls (1 meal) [D1]

**Bread for garlic toast (1 meal) [D2]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.

Tarragon Turkey Corn Soup

Day 1 – Serves 6

INGREDIENTS:

1 cup cooked rice	3/4 cup chopped green bell pepper, seeded and de-ribbed
6 cups low sodium chicken broth	
1 (16-oz.) package frozen whole kernel corn	3/4 cup chopped red bell pepper, seeded and deribbed
1 cup chopped celery stalks	2 to 3 tablespoons tarragon (to taste)
3/4 cup chopped onion	2 cups cooked turkey, chopped

COOKING INSTRUCTIONS: Combine all ingredients, except rice, in slow cooker; cover and cook on Low for 5 to 6 hours. Cook rice according to package directions. Thirty minutes before you are ready to serve, add cooked rice to slow cooker; raise heat setting to High; cover and cook for 30 minutes before serving.

NUTRITION per serving: 260 Calories; 3g Fat; 29g Protein; 32g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 568mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable. **Points:** 5

SERVING SUGGESTION: A relish tray of baby carrots, cherry tomatoes, celery sticks and pitted black olives. Add some whole grain rolls.

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Broccoli Tortellini

Day 2 – Serves 6

INGREDIENTS:

	1 1/2 tablespoons Italian seasoning
1 1/2 (26-oz.) cans/jars spaghetti sauce-your favorite	1 1/2 (16-oz.) packages frozen broccoli florets
2 (9-oz.) packages frozen cheese tortellini-your favorite	1 1/2 cups low fat Cheddar cheese, shredded

COOKING INSTRUCTIONS: Place all ingredients, except cheese, in slow cooker; blend well. Cover and cook on Low for about 4 hours. About 30 minutes before you are ready to serve, remove lid, sprinkle cheese over the top, replace lid and raise heat setting to High. Watch closely, as you don't want the cheese to burn or the pasta to get too mushy. Serve when cheese is melted on top.

NUTRITION per serving: 517 Calories; 16g Fat; 26g Protein; 70g Carbohydrate; 12g Dietary Fiber; 64mg Cholesterol; 1446mg Sodium. **Exchanges:** 2 Grain (Starch); 2 Lean Meat; 7 Vegetable; 2 1/2 Fat. **Points:** 11

SERVING SUGGESTION: A big salad and garlic toast.

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Crock Coconut Shrimp

Day 3 – Serves 6

INGREDIENTS:

2 (14.5-oz.) cans low sodium chicken broth	3/4 cup chopped onion
1 cup water	3/4 cup chopped green bell pepper, seeded and deribbed
1 teaspoon coriander	3/4 cup shredded carrot
1 teaspoon ground cumin	1/4 cup flaked coconut
Salt and pepper to taste	1/2 cup raisins
2/3 teaspoon cayenne pepper	3 cups brown rice
2 limes, zested and juiced	1 pound cooked shrimp, peeled and de-veined
6 cloves garlic, pressed	6 ounces snow peas

COOKING INSTRUCTIONS: In slow cooker combine first 15 ingredients (broth through rice). Cover and cook on Low for 4 to 5 hours, or until rice is tender. Thirty minutes before you are ready to serve, add shrimp and snow peas to slow cooker. Raise heat setting to High, cover and cook for another 30 minutes.

NUTRITION per serving: 540 Calories; 5g Fat; 31g Protein; 94g Carbohydrate; 4g Dietary Fiber; 148mg Cholesterol; 476mg Sodium. **Exchanges:** 5 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 1/2 Fat. **Points:** 10

SERVING SUGGESTION: Wild rice pilaf and steamed green beans.

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Crock Corned Beef and Cabbage

Day 4 – Serves 6

INGREDIENTS:

4 cups water	2 medium onions, quartered
2 tablespoons apple cider vinegar	3 pounds corned beef or brisket
2 tablespoons sugar	8 medium russet potatoes, peeled and quartered
Salt and pepper to taste	1 head cabbage, cored and cut into 6 wedges

COOKING INSTRUCTIONS: Combine first 5 ingredients in slow cooker; place corned beef in the center of the mixture and arrange potatoes around corned beef. Cover and cook on Low for 4 to 5 hours. Add cabbage to slow cooker; cover and cook for another 4 hours, or until beef is cooked through and potatoes and cabbage are tender.

NUTRITION per serving: 608 Calories; 34g Fat; 37g Protein; 38g Carbohydrate; 4g Dietary Fiber; 121mg Cholesterol; 292mg Sodium. **Exchanges:** 2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates. **Points:** 14

SERVING SUGGESTION: Steamed baby carrots.

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Ham Hash Supper

Day 5 – Serves 6

INGREDIENTS:

1 (32-oz.) package frozen hash browns, thawed slightly	2 cloves garlic, pressed
1 1/2 cup chopped green bell peppers, seeded and deribbed	1 (8-oz.) package low fat cream cheese, softened
3 cups cooked ham, chopped	1 1/2 cups low fat milk
3/4 cup chopped onion	2 1/2 tablespoons spicy brown mustard
	6 green onions, chopped

COOKING INSTRUCTIONS: In slow cooker, combine hash browns, bell pepper, ham, onion and garlic. In microwave or on stovetop, combine cream cheese and milk to form a smooth sauce; add mustard and blend well. Pour sauce over ingredients in slow cooker. DO NOT STIR. Cover and cook on Low for about 5 hours. Garnish with chopped green onions and serve.

NUTRITION per serving: 394 Calories; 17g Fat; 22g Protein; 40g Carbohydrate; 4g Dietary Fiber; 64mg Cholesterol; 1305mg Sodium. **Exchanges:** 2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: A big salad.

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Crock Cooker E-Book Menu and Shopping List for Six

Winter

Volume 1 - Week 12

MENU

Day 1: Easy Vegetarian Crock Chili, with assorted garnishes, corn muffins and a big salad

Day 2: Limas and Lamb, add brown rice and steamed kale on the side

Day 3: Pork n' Taters, with steamed broccoli and a big salad

Day 4: Lemon Shanks, add steamed baby carrots and steamed green beans

Day 5: Castilian Chicken, with a big salad and some whole grain rolls

SHOPPING LIST:

MEAT

3 pounds lamb OR beef stew meat [D2]

2 to 3 pounds beef shanks, trimmed [D4]

2 pounds boneless pork loin roast [D3]

6 boneless skinless chicken breast halves [D5]

CONDIMENTS

Olive oil [D2]

Vinegar (if not using wine) [D2,D5]

Prepared mustard [D2]

1 (15-oz.) jar chunky salsa (your favorite) [D1]

Barbecue sauce-your favorite (2 cups) [D3]

Liquid smoke [D3]

Kalamata olives, sliced (1 cup) [D5]

White wine (2 cups or use white grape juice with vinegar) [D2,D5]

White grape juice (2 cups if not using wine) [D2,D5]

**Salad dressing(s) (your choice) [D1,D3,D5]

PRODUCE

3 pounds onions (keep on hand) [D1,D2,D4,D5]

Garlic (8 cloves) [D2,D4,D5]

Russet potatoes (6 medium) [D3]

Red potatoes (1 pound) [D4]

Carrots (3 large and 3 medium) [D1,D4]

Celery (3 medium stalks) [D1]

Zucchini (3 medium) [D1]

Green bell peppers (3 1/2 medium) [D1,D5]

Mushrooms (8 ounces) [D4]

Lemons (3) [D2,D4]

**Green onions, for garnish (1 meal) [D1]

**Cilantro, chopped for garnish (1 meal) [D1]

**Kale (1 meal) [D2]

**Broccoli (1 meal) [D3]

**Baby carrots (1 meal) [D4]

**Green beans (1 meal) [D4]

**Lettuce for 3 salads (not Iceberg-no nutrition) [D1,D3,D5]

**Salad veggies-your choice [D1,D3,D5]

CANNED GOODS

1 (14.5-oz.) can diced tomatoes with green chilies [D1]

Diced tomatoes (2 1/2 (14.5-oz.) cans) [D2,D5]

Tomato paste (1 (6-oz.) can plus 1/3 cup) [D1,D4]

2 (16-oz.) cans garbanzo beans [D1,D5]

Beef broth (12-oz.) (if not using beer) [D4]

SPICES

Chili powder [D1]

Cumin [D1]

Greek seasoning [D2]

Dry mustard [D3]

Paprika [D5]

Turmeric [D5]

DAIRY/DAIRY CASE

Feta cheese (1 cup crumbled) [D2]

**Cheddar cheese, shredded for garnish (1 meal) [D1]

**Butter [D5]

DRY GOODS

Flour [D4]

1 (16-oz.) package dried lima beans [D2]

Brown rice (1 1/2 cups uncooked) [D5] **Additional (1 meal) [D2]

FREEZER

1 (16-oz.) package whole kernel corn [D1]

BAKERY

**Corn muffins (1 meal) [D1]

**Whole grain rolls (1 meal) [D5]

OTHER

1 (12-oz.) can beer-or use non-alcoholic beer such as Sam Adams OR use beef broth [D4]



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Easy Vegetarian Crock Chili

Day 1 – Serves 6

INGREDIENTS:

2 1/4 cups chopped zucchini	1 (14.5-oz.) can diced tomatoes with green chilies
1 1/2 cups green bell peppers, seeded, deribbed and chopped	1 (16-oz.) package frozen whole kernel corn
2 1/4 cups chopped carrots	1 (15-oz.) can garbanzo beans, drained
2 1/4 cups chopped celery	2 teaspoons chili powder
1 1/2 cups chopped onions	1 teaspoon cumin
	1 (15-oz.) jar chunky salsa-your favorite
	1/3 cup tomato paste

COOKING INSTRUCTIONS: Combine all ingredients in slow cooker; blend well. Cover and cook on Low for 7 hours, or until veggies are tender.

NUTRITION per serving: 235 Calories; 2g Fat; 11g Protein; 49g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 647mg Sodium. **Exchanges:** 2 Grain (Starch); 0 Lean Meat; 4 Vegetable; 0 Fat. **Points:** 4

SERVING SUGGESTION: Serve in bowls garnished with shredded Cheddar cheese and chopped green onions and cilantro. Add some corn muffins and a big salad.

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DO-AHEAD TIP: Rinse and soak beans overnight for tomorrow's meal.

Limas and Lamb

Day 2 – Serves 6

INGREDIENTS:

1 (16-oz.) bag dried lima beans, rinsed and soaked	2 cups water
1 1/2 cups chopped onions	1 teaspoon Greek seasoning
2 cloves garlic, pressed	2 teaspoons prepared mustard
1 (14.5-oz.) can diced tomatoes	2 lemons, juiced and 1 zested
1 cup white wine (or use white grape juice with a splash of vinegar)	1 tablespoon olive oil
	3 pounds lamb stew meat (or use beef stew meat)
	1 cup crumbled Feta cheese

COOKING INSTRUCTIONS: Combine first 9 ingredients in slow cooker (beans through lemons); blend well. In a skillet over medium-high heat, brown meat in the oil. Don't worry about cooking it through, just get it brown on all sides; place in slow cooker. Cover and cook on Low for 7 to 8 hours, or until meat is tender. Serve stew in bowls garnished with crumbled Feta cheese.

NUTRITION per serving: 708 Calories; 21g Fat; 67g Protein; 58g Carbohydrate; 16g Dietary Fiber; 170mg Cholesterol; 473mg Sodium. **Exchanges:** 3 Grain (Starch); 8 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 15

SERVING SUGGESTION: Serve brown rice and steamed kale on the side.

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Pork n' Taters

Day 3 – Serves 6

INGREDIENTS:

6 cups peeled and cubed russet potatoes
2 pounds boneless pork loin roast, cubed

1 teaspoon dry mustard
2 cups barbecue sauce-your favorite
1/4 teaspoon liquid smoke (more or less to taste)

COOKING INSTRUCTIONS: Place potatoes and pork in slow cooker. Combine remaining ingredients and pour over pork and potatoes. Stir gently to combine. Cover and cook on Low for 7 to 8 hours, or until pork is cooked through and potatoes are tender.

NUTRITION per serving: 335 Calories; 8g Fat; 31g Protein; 33g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 743mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 4 Lean Meat; 0 Fat; 1 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Steamed broccoli and a big salad.

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Lemon Shanks

Day 4 – Serves 6

INGREDIENTS:

1 (12-oz.) can beer or non-alcoholic beer such as Sam Adam's (or use beef broth)
1 (6-oz.) can tomato paste
1/4 cup flour
Salt and pepper to taste
4 cloves garlic, pressed

3/4 cup sliced onion
8 ounces mushrooms, sliced
2 1/2 cups carrots, sliced into "coins"
1 pound red potatoes, quartered
2 to 3 pounds beef shanks, trimmed
1 lemon, juiced and zested

COOKING INSTRUCTIONS: Combine first 9 ingredients in slow cooker (beer through potatoes); place beef shanks over the top. Cover and cook on Low for 8 to 10 hours, or until beef is tender. About 30 minutes before you are ready to serve, add lemon juice and zest; stir, cover and cook for 30 minutes.

NUTRITION per serving: 339 Calories; 10g Fat; 25g Protein; 34g Carbohydrate; 5g Dietary Fiber; 44mg Cholesterol; 307mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: Steamed baby carrots and steamed green beans.

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Castilian Chicken

Day 5 – Serves 6

INGREDIENTS:

6 boneless skinless chicken breast halves	1 cup roughly chopped onion
3/4 teaspoon paprika	1 1/2 (14.5-oz.) cans diced tomatoes
1 (16-oz.) can garbanzo beans, rinsed and drained	1 cup white wine (or use white grape juice with a splash of vinegar)
1 1/2 cups brown rice, uncooked	2 cloves garlic, pressed
1 cup green bell peppers, seeded, de-ribbed and cut into strips	1/2 teaspoon turmeric
	1 cup sliced Kalamata olives

COOKING INSTRUCTIONS: Sprinkle paprika on chicken; place on the bottom of slow cooker. Combine remaining ingredients and pour over chicken. Cover and cook on Low for 4 to 5 hours, or until chicken is cooked through and rice is tender.

NUTRITION per serving: 690 Calories; 16g Fat; 63g Protein; 64g Carbohydrate; 6g Dietary Fiber; 137mg Cholesterol; 1015mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 7 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 14

SERVING SUGGESTION: A big salad and some whole grain rolls.

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CROCK COOKER TIPS for SUCCESSFUL MEALS

- 1) Please note that these recipes will be best prepared in 3.5 to 5 quart slow cookers.
- 2) Please remember that newer slow cooker appliances cook hotter and faster than their counterparts from 20 years ago. This is an important fact to remember when timing your meals. If using a newer slow cooker, you may need to slightly increase the moisture content in your appliance, decrease the cooking time, or both.
- 3) Cooking time will also vary depending on the temperature of the ingredients when they are placed into the slow cooker. Thawed chicken breasts will take a shorter amount of time to cook than frozen chicken breasts. For the most part, we use chicken thighs, as they hold up better and dry out less in the slow cooker.
- 4) For best results most slow cooker manufacturers recommend that the appliance be one-half to three-fourths full. Consult your instruction booklet to get the most from your machine.
- 5) To avoid dairy products from curdling, add these ingredients during the last half hour to hour of cooking time.
- 6) Remember that every time you remove the lid from your slow cooker, it will lose heat and add about 20 to 30 minutes to your cooking time. When adding pasta or dairy products during the final steps of the recipe, do this as quickly as possible to avoid excessive heat loss.
- 7) Keep the size of your food consistent when chopping ingredients for use in a slow cooker. If your carrots or potatoes vary too much in size, you'll end up with vegetables that are over cooked and mushy, under cooked and crunchy or both. Always place veggies on the bottom to cook better.
- 8) Meat does not brown when cooked in a slow cooker. It is not necessary to brown meat before cooking it in a slow cooker, but it does improve the look, flavor and texture of the meal immensely. Most of our recipes will instruct you to brown the meat, but you don't need to if you prefer not to.
- 9) The slow cooker is wonderful for taking a tough piece of meat and making it tender and juicy. Therefore, the leaner the cut of meat, the less time it will take to cook. If you are using a very lean or very tender cut of meat, decrease the amount of cooking time by about an hour.
- 10) Preparing food in high altitudes will require a longer cooking time.
- 11) The crockery liners of slow cookers are sensitive to sudden or drastic temperature changes. Do not pre-heat your slow cooker. Do not add a cold crock liner straight from the refrigerator to the hot slow cooker casing. If you wish to prep your meal the night before, do not place ingredients in the slow cooker liner and store in the fridge. Prep and store in a zip-lock plastic bag or in a covered dish. In the morning, transfer ingredients to a room temperature slow cooker liner.
- 12) No two appliances are the same. Get to know your slow cooker. Read the manual. Make adjustments as needed based on your knowledge of your appliance. Check our recipes against the recipes in your manual. Are the portions approximately the same or much different? Adjust the recipe according to the size of the crock cooker if necessary. This isn't an exact science, but the food does need to fit the cooker!

Saving Dinner with



Crock Cooker Winter E-Book

Volume 2

Crock Cooker E-Book

Winter - Volume 2

Week 1	<p>Day 1: Easy Beef Stew a la Crock, add mashed russet potatoes and steamed broccoli</p> <p>Day 2: Rosemary Beans, with salad and crusty bread</p> <p>Day 3: Greek Crock Chicken, add whole wheat couscous and stir-fried zucchini and yellow squash</p> <p>Day 4: Savory Crock Pork Stew, with steamed red potatoes and steamed Brussels sprouts</p> <p>Day 5: Mac and Cheese Casserole, with a spinach salad and some garlic toast</p>	
Week 2	<p>Day 1: Italian Lentil Stew, with a salad and garlic toast</p> <p>Day 2: Herbed Crock Chicken, with Angel Hair pasta tossed with butter and grated Parmesan cheese and add a big spinach salad</p> <p>Day 3: Crock Beef and Peppers, with russet potatoes and steamed broccoli</p> <p>Day 4: Turkey Crock Chili, garnish with Cheddar cheese green onions and cilantro; add some corn muffins</p> <p>Day 5: Chinese Ribs, with brown rice and stir-fried zucchini, yellow squash and snow peas</p>	
Week 3	<p>Day 1: Chicken and Bean Stew, add a big salad</p> <p>Day 2: Anytime Holiday Ham, with braised cabbage and whole grain rolls</p> <p>Day 3: Quick as a Wink Round Steak, add baked russet potatoes, steamed kale and steamed baby carrots</p> <p>Day 4: Crock Sweet and Sour Shrimp, over brown rice with steamed broccoli</p> <p>Day 5: Vegetarian Rigatoni, with a big salad and garlic toast</p>	
Week 4	<p>Day 1: Crock Cream of Broccoli Soup, with a veggie relish tray and crusty bread</p> <p>Day 2: Mexican Crock Chicken with Black Beans, and a big salad</p> <p>Day 3: Basic Beef Stew, with mashed russet potatoes and steamed broccoli</p> <p>Day 4: Chili Verde Pork, add brown rice, corn on the cob and a salad</p> <p>Day 5: Tuna Salad a la Crock, with a spinach salad and some whole grain roll</p>	
Week 5	<p>Day 1: Apple Cider Ham, add steamed red potatoes, steamed baby carrots and braised cabbage</p> <p>Day 2: Crock Taco Chicken, made into a Taco Salad</p> <p>Day 3: Beef and Bean Stew, with big salad and some corn muffins</p> <p>Day 4: Crock Bean Soup with Kale, and a veggie relish tray</p> <p>Day 5: Crock African Turkey and Couscous, add steamed broccoli spears</p>	

Week 6	<p>Day 1: Asian Chicken Thighs, with brown rice and steamed broccoli</p> <p>Day 2: Crock Cajun Beef Stew, add russet potatoes and corn on the cob</p> <p>Day 3: Crock Rosemary Garlic Lentils with Turkey, with a salad and some crusty bread</p> <p>Day 4: Slow Cooker Pork in Spicy Orange Sauce, add sweet potatoes and steamed green beans</p> <p>Day 5: Yankee Corned Beef with Mustard Vegetables, and crusty rye bread</p>
Week 7	<p>Day 1: Barbecued Crock Chicken, serve on whole wheat burger buns with coleslaw and baby carrots</p> <p>Day 2: RECIPE RAVE: Crock Cabbage Rolls, with brown rice and sour cream with dark rye bread</p> <p>Day 3: Crock Cuban Beans and Rice, with a big salad and some crusty rolls</p> <p>Day 4: Crock Chops, add stir-fried zucchini and yellow squash</p> <p>Day 5: Crock Roast, with mashed russet potatoes and steamed broccoli</p>
Week 8	<p>Day 1: Faux Fricassee, salad and crusty bread</p> <p>Day 2: Wild Chicken Breasts, asparagus and baby carrots</p> <p>Day 3: Tilapia with Tapenade, red potatoes and green beans</p> <p>Day 4: Southwest Crock Pork Stew, brown rice, salad and corn muffins</p> <p>Day 5: Beef Bourguignon, mashed potatoes and broccoli.</p>
Week 9	<p>Day 1: Mary's Hoisin Chicken, add brown rice and steamed broccoli</p> <p>Day 2: Tex Mex Crock Stew, with a big salad and corn muffins</p> <p>Day 3: Low Country Red Beans, with brown rice and garlic-sautéed spinach</p> <p>Day 4: Crock Ravioli, add a big salad and garlic toast</p> <p>Day 5: Vegetable Torte, and fruit kabobs</p>
Week 10	<p>Day 1: Mushroom Sauce and Pasta, with steamed broccoli spears and a salad</p> <p>Day 2: Spicy Shrimp Soup, add a big spinach salad (or use mixed baby greens) and crusty bread</p> <p>Day 3: Pineapple, Ham and Mixed Bean Supper, with a broccoli slaw, raw baby carrots and whole grain rolls</p> <p>Day 4: Crock Chop Suey, add stir-fried zucchini, yellow squash and snow peas and some egg rolls</p> <p>Day 5: Tijuana Turkey, with brown rice, a big salad, and corn muffins</p>

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 1

Menu:

Day 1: Easy Beef Stew a la Crock, add mashed russet potatoes and steamed broccoli

Day 2: Rosemary Beans, with salad and crusty bread

Day 3: Greek Crock Chicken, add whole wheat couscous and stir-fried zucchini and yellow squash

Day 4: Savory Crock Pork Stew, with steamed red potatoes and steamed Brussels sprouts

Day 5: Mac and Cheese Casserole, with a spinach salad and some garlic toast

SHOPPING LIST:

MEAT

1 pound lean stewing beef [D1]

6 skinless chicken thighs [D3]

1 1/2 pounds boneless pork shoulder roast [D4]

CONDIMENTS

Olive oil [D4]

Vegetable oil [D5]

Vinegar—if not using red wine [D1] [D3]

Dijon mustard [D2]

Orange marmalade (need 1/2 cup) [D2]

Honey [D3]

Red wine (need 1 1/2 cups)—or use red grape juice with vinegar [D1] [D3]

Red grape juice (need 1 1/2 cups)—if not using red wine [D1] [D3]

**Salad dressing(s)—your choice [D2]

PRODUCE

3 pounds onions (keep on hand) [D1] [D2] [D3] [D5]

Garlic (need 2 cloves) [D5]

Carrots (need 2 medium) [D1]

Baby carrots (need 8-oz.) [D3]

Red bell peppers (need 1 small) [D1]

Mushrooms, small (need 8-oz.) [D1]

Tomatoes (need 2 medium) [D1]

Green onions (need 1/2 cup sliced) [D4]

Parsley (need 1/4 cup chopped) [D1]

Lemons (need 2 tablespoons juice) [D3]

**Russet potatoes (1 meal) [D1]

**Red potatoes (1 meal) [D4]

**Broccoli (1 meal) [D1]

**Brussels sprouts (1 meal) [D4]

**Zucchini and yellow squash (1 meal) [D3]

**Spinach (1 meal) [D5]

**Lettuce for 1 salad (not Iceberg—no nutrition) [D2]

**Salad veggies—your choice [D2]

CANNED GOODS

1 (14.5-oz.) can low sodium chicken broth [D4]

2 (14.5-oz.) cans diced tomatoes [D5]

1 (6-oz.) can tomato paste [D3]

SPICES

Bay leaves [D1]

Crushed red pepper flakes [D1]

Rosemary [D2] [D4]

Cumin [D3]

Cinnamon [D3]

Sage [D4]

Italian seasoning [D5]

**Nutmeg [D4]

**Garlic powder [D5]

DAIRY/DAIRY CASE

Butter [D4] [D5]

Milk (need 3/4 cup) [D5] **Additional (for mashed potatoes) [D1]

Half and half (need 3/4 cup) U.K. Members: Half and half is half milk and half cream [D4]

Cheddar cheese (need 2 1/2 cups shredded) [D5]

Feta cheese (need 1/3 cup crumbled) [D3]

DRY GOODS

Flour [D3] [D4]

Brown sugar [D2]

1 pound Great Northern beans [D2]

12-oz. elbow macaroni [D5]

**Whole wheat couscous (1 meal) [D3]

FREEZER

Peas (need 1 cup)—petite OR baby are best [D1]

BAKERY

**Crusty bread (1 meal) [D2]

**Bread for garlic toast (1 meal) [D5]

OTHER

Large zipper-topped plastic bags [D3]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Easy Beef Stew a la Crock

INGREDIENTS: (Serves 6)

1 pound lean stewing beef, cut into 1-inch cubes
 1/2 cup chopped onion
 1 1/2 cups carrots, scraped and sliced diagonally into 3/4-inch thick ovals
 1 small red bell pepper, seeded, de-ribbed and cut into 1/2-inch strips
 8-oz. small fresh mushrooms, wiped clean
 2 medium tomatoes, cut into wedges

1 cup red wine (or use red grape juice with a splash of vinegar)
 1 bay leaf
 1/4 cup chopped fresh parsley
 1/4 teaspoon crushed red pepper flakes
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 1 cup frozen peas, thawed (petite or baby are best)



COOKING INSTRUCTIONS: In slow cooker, combine beef, onion, carrots, red bell pepper, mushrooms, tomatoes, wine (or juice/vinegar), bay leaf, parsley and crushed red pepper flakes. Cover and cook on Low for 5 to 6 hours (depending on the make, model and age of your appliance).

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

SERVING SUGGESTIONS: Mashed russet potatoes and steamed broccoli.

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DO-AHEAD TIP: Sort, rinse and soak beans overnight.

Rosemary Beans

INGREDIENTS: (Serves 6)

1 pound Great Northern beans, sorted, rinsed and soaked overnight
 3 to 4 cups water
 3/4 cup chopped onion

1/2 cup orange marmalade
 1/3 cup brown sugar
 1 tablespoon Dijon mustard
 1 teaspoon rosemary
 Salt and pepper to taste



COOKING INSTRUCTIONS: Soak beans overnight; drain and discard soaking water; place in slow cooker; cover with water.

Add onion, marmalade, brown sugar, mustard, rosemary and salt and pepper; blend well. Cover and cook on Low for about 8 hours, or until beans are tender.

NUTRITION per serving: : 359 Calories; 1g Fat; 17g Protein; 74g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 65mg Sodium. **Exchanges:** 3 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTIONS: : A big salad and some crusty bread.

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Greek Crock Chicken

INGREDIENTS: (Serves 6)

6 skinless chicken thighs, cut into 1-inch pieces
2 tablespoons flour
8-oz. baby carrots
2 medium onions, each cut into 6 thin wedges
1/2 cup dry red wine (or use red grape juice with a splash of vinegar)

1 (6-oz.) can tomato paste
3 tablespoons water
2 tablespoons lemon juice
1 teaspoon cumin
1/2 teaspoon cinnamon
1 teaspoon honey
1/3 cup crumbled Feta cheese



COOKING INSTRUCTIONS: In a large zipper-topped plastic bag, combine chicken and flour; toss to coat evenly. Place chicken in slow cooker, then place carrots and onions on top. In a bowl, combine tomato paste, wine (or juice/vinegar), water, lemon juice, cumin and cinnamon; blend well; pour over chicken and veggies. Cover and cook on Low for 6 to 7 hours, or until chicken is tender. Add honey and blend well. Sprinkle each serving with a small amount of crumbled Feta cheese.

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; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 3

SERVING SUGGESTIONS: Whole wheat couscous and stir-fried zucchini and yellow squash.

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Savory Crock Pork Stew

INGREDIENTS: (Serves 6)

1 tablespoon olive oil
1 1/2 pounds boneless pork shoulder roast, cut into 3/4 inch cubes
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
3 tablespoons flour
3/4 cup half and half



COOKING INSTRUCTIONS: Heat the oil in a skillet over medium heat; brown pork cubes. Add chicken broth, onions and seasonings. Bring to a boil, then turn off heat; transfer pork mixture to slow cooker. Cover and cook on Low for 8 hours.

Toward the end of the cooking time, raise heat setting to High. In a small bowl, combine flour and half and half, blending until smooth; gradually stir into the stew. Keep the lid off and cook, stirring constantly, until thickened. (Depending on the make, model and age of your slow cooker, you may need to place the stew in a saucepan to thicken on the stovetop.) It's not going to be really thick, just thicker.

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; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat. **Points:** 9

SERVING SUGGESTIONS: Steamed red potatoes and steamed Brussels sprouts (halved lengthwise) tossed with butter and a little nutmeg.

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Mac and Cheese Casserole

INGREDIENTS: (Serves 6)

2 tablespoons vegetable oil

1 cup chopped onion

2 cloves garlic, pressed

4 1/2 tablespoons water

2 (14.5-oz.) cans diced tomatoes, drained

1 1/2 teaspoons Italian seasoning

Salt and pepper to taste

12-oz. elbow macaroni

2 1/2 cups shredded Cheddar
cheese

3/4 cup milk

3 tablespoons butter



COOKING INSTRUCTIONS: In a skillet over medium heat, sauté onions and garlic in the oil till onions are translucent.

Place onions and garlic in slow cooker; add water, tomatoes, Italian seasoning and salt and pepper to taste.

Cover and cook on Low for 7 to 8 hours.

About 45 minutes before you are ready to serve, cook macaroni al dente (if you haven't already). Add macaroni, cheese, milk and butter to slow cooker; blend well. Raise heat setting to High and cook for another 30 minutes.

NUTRITION per serving: 376 Calories; 23g Fat; 17g Protein; 26g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 379mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat. **Points:** 9

SERVING SUGGESTIONS: A big spinach salad and some garlic toast.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 2

MENU:

Day 1: Italian Lentil Stew, with a salad and garlic toast

Day 2: Herbed Crock Chicken, with Angel Hair pasta tossed with butter and grated Parmesan cheese and add a big spinach salad

Day 3: Crock Beef and Peppers, with russet potatoes and steamed broccoli

Day 4: Turkey Crock Chili, garnish with Cheddar cheese green onions and cilantro; add some corn muffins

Day 5: Chinese Ribs, with brown rice and stir-fried zucchini, yellow squash and snow peas

SHOPPING LIST

MEAT

6 skinless chicken drumsticks [D2]

6 skinless chicken thighs [D2]

Turkey meat (need 4 cups cooked and cubed) [D4]

1 1/2 pounds lean round steak [D3]

4 1/2 pounds pork ribs [D5]

CONDIMENTS

Olive oil [D1,D3]

Vegetable oil [D4]

Vinegar—if not using dry white wine [D2]

Rice wine vinegar [D5]

Low sodium soy sauce [D3,D5]

Worcestershire sauce [D3]

Hot pepper sauce [D4]

Ketchup [D5]

Honey [D5]

Dry white wine (need 1/3 cup)—or white grape juice with vinegar [D2]

White grape juice (need 1/3 cup)—if not using dry white wine [D2]

**Salad dressing(s)—your choice [D1]

PRODUCE

3 pounds onions (keep on hand) [D1,D2,D3,D4,D5]

Garlic (need 7 cloves) [D1,D3,D4,D5]

Russet potatoes (need 1 large) **Additional (1 meal) [D3]

Butternut squash (need 1 small) [D1]

Green beans (need 2 cups halved) [D1]

Green bell peppers (need 1 large) [D3]

Red bell peppers (need 1 small) [D1]

Gingerroot (need 1 tablespoon grated) [D5]

**Spinach (1 meal) [D2]

**Broccoli (1 meal) [D3]

**Zucchini, yellow squash and snow peas (1 meal) [D5]

**Green onions (for garnish) [D4]

**Cilantro (for garnish) [D4]

**Lettuce for 1 salad (not Iceberg—no nutrition) [D1]

**Salad veggies—your choice [D1]

CANNED GOODS

1 (28-oz.) can/jar spaghetti sauce—your favorite [D1]

1 (28-oz.) can peeled whole tomatoes [D4]

1 (14.5-oz.) can diced tomatoes [D2]

Low sodium chicken broth (need 1/3 cup) [D2]

Low sodium beef broth (need 3/4 cup) [D3]

1 (16-oz.) can white beans [D2]

1 (4-oz.) can diced green chilies [D4]

SPICES

Garlic powder [D1,D2]

Italian seasoning [D2]

Tarragon [D2]

Crushed red pepper flakes [D2,D4]

Ginger [D3]

Chili powder [D4]

Oregano [D4]

Cumin [D4]

5 spice powder (purchase or use homemade) [D5]

DAIRY/DAIRY CASE

**Butter [D1,D2]

**Cheddar cheese (for garnish) [D4]

**Parmesan cheese (for garnish) [D2]

DRY GOODS

Cornstarch [D5]

Lentils (need 1 3/4 cups uncooked) [D1]

**Angel Hair pasta (1 meal) [D2]

**Brown rice (1 meal) [D5]

BAKERY

**Bread for garlic toast (1 meal) [D1]

**Corn muffins (1 meal) [D4]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Italian Lentil Stew

INGREDIENTS: (Serves 6)

1 3/4 cups dried lentils, washed
1 small butternut squash, peeled, seeded and cut into 1-inch chunks
1 (28 oz.) can/jar spaghetti sauce—your favorite
2 cups halved fresh green beans
1/2 cup seeded, de-ribbed and diced red bell pepper

1 1/2 cup peeled and diced russet potato (about 1 large)
3/4 cup chopped onion
2 cloves garlic, pressed
3 cups water
1 tablespoon olive oil



COOKING INSTRUCTIONS: Combine all ingredients, except olive oil, in slow cooker. Cover and cook on Low for 8 to 10 hours, or until vegetables and lentils are tender. Stir in the olive oil just before serving.

NUTRITION per serving: 423 Calories; 5g Fat; 21g Protein; 81g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 227mg Sodium. **Exchanges:** 4 1/2 Grain (Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 1 Fat. **Points:** 8

SERVING SUGGESTIONS: Serve a big salad on the side; add some garlic toast.

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Herbed Crock Chicken

INGREDIENTS: (Serves 6)

1 1/2 pounds skinless chicken drumsticks (6 pieces)
3 pounds skinless chicken thighs (6 pieces)
1/3 cup dry white wine (or use white grape juice with a splash of vinegar)
3/4 cup chopped onion
1/3 cup low sodium chicken broth
1/2 teaspoon Italian seasoning

1 (16-oz.) can white beans, drained
1/4 teaspoon garlic powder
1/4 teaspoon dried tarragon
1/4 teaspoon crushed red pepper flakes
1 (14.5-oz.) can diced tomatoes



COOKING INSTRUCTIONS: Trim fat from the chicken and place in slow cooker. Combine remaining ingredients and add to slow cooker. Cover and cook on High for 4 to 5 hours or on Low for 6 to 8 hours.

NUTRITION per serving: 346 Calories; 8g Fat; 45g Protein; 21g Carbohydrate; 5g Dietary Fiber; 156mg Cholesterol; 207mg Sodium. **Exchanges:** 1 Grain (Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 7

SERVING SUGGESTIONS: Serve with Angel Hair pasta tossed with butter and grated Parmesan cheese; add a big spinach salad.

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Crock Beef and Peppers

INGREDIENTS: (Serves 6)

1 tablespoon olive oil
1 1/2 pounds lean round steak, cut into serving-size pieces
1 large green bell pepper, seeded, de-ribbed and thinly sliced into rings
1 cup chopped onion

3/4 cup low sodium beef broth
1 1/2 tablespoons low sodium soy sauce
1/4 teaspoon ground ginger
1 clove garlic, pressed
3/4 teaspoon Worcestershire sauce



COOKING INSTRUCTIONS: In a skillet, heat the oil over medium heat; cook steak pieces till browned on all sides. Place the thinly sliced pepper rings in slow cooker; arrange the browned meat on top, being careful to not stack one piece of meat directly on top of another. Combine remaining ingredients and pour over the top. Cover and cook on Low for 8 to 10 hours or on High for about 4 hours.

NUTRITION per serving: 268 Calories; 14g Total Fat; 24g Protein; 1g Fiber; 10g Carbohydrate; 67mg Cholesterol; 375mg Sodium Food **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTIONS: Baked russet potatoes and steamed broccoli.

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Turkey Crock Chili

INGREDIENTS: (Serves 6)

1/8 cup vegetable oil
2 cups chopped onion
2 cloves garlic, pressed
1 tablespoon chili powder
1 teaspoon ground oregano
1 teaspoon cumin

1/2 teaspoon crushed red pepper flakes
1/8 teaspoon hot pepper sauce
1 (4-oz.) can diced green chilies
1 (28-oz.) can peeled whole tomatoes, chopped*
2 teaspoons salt
4 cups cooked turkey meat, cubed



COOKING INSTRUCTIONS: Heat the oil in a large skillet; add onion and garlic and cook until onion is limp; transfer to slow cooker.

Add chili powder, oregano, cumin, crushed red pepper flakes, hot pepper sauce, green chilies, tomatoes, salt and cooked turkey meat. Cover and cook on Low for about 7 hours.

***LEANNE'S HINT:** Whole tomatoes can be chopped with scissors while still in the can.

NUTRITION per serving: 273 Calories; 7g Fat; 29g Protein; 7g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 964mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTIONS: Serve in bowls garnished with shredded Cheddar cheese and chopped green onions and cilantro; add some corn muffins.

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Chinese Ribs

INGREDIENTS: (Serves 6)

3/4 cup ketchup	1 tablespoon grated fresh gingerroot
3 tablespoons honey	2 cloves garlic, pressed
3 tablespoons rice wine vinegar	4 1/2 pounds pork ribs, cut into individual ribs
3 tablespoons low sodium soy sauce	1 1/2 teaspoons cornstarch
1/3 teaspoon 5 spice powder (purchase at store or homemade)	1 1/2 tablespoons water
3/4 cup diced onion	



COOKING INSTRUCTIONS: In slow cooker, combine ketchup, honey, vinegar, soy sauce, 5 spice powder, onion, gingerroot and garlic; add ribs. Cover and cook on Low for about 6 hours. About 30 minutes before serving, combine cornstarch and water until smooth; add to the juices in the slow cooker and blend well, allowing mixture to thicken. Serve sauce with ribs.

NUTRITION per serving: 679 Calories; 50g Fat; 35g Protein; 21g Carbohydrate; 1g Dietary Fiber; 171mg Cholesterol; 816mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 7 1/2 Fat; 1 Other Carbohydrates. **Points:** 18

SERVING SUGGESTIONS: Brown rice and stir-fried zucchini, yellow squash and snow peas.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 3

MENU:

Day 1: Chicken and Bean Stew, add a big salad

Day 2: Anytime Holiday Ham, with braised cabbage and whole grain rolls

Day 3: Quick as a Wink Round Steak, add baked russet potatoes, steamed kale and steamed baby carrots

Day 4: Crock Sweet and Sour Shrimp, over brown rice with steamed broccoli

Day 5: Vegetarian Rigatoni, with a big salad and garlic toast

SHOPPING LIST:

MEAT

1 (2-pound) lean ham [D2]

1 1/4 pounds round steak [D3]

CONDIMENTS

Honey mustard barbecue sauce (1 cup) [D2]

Coleslaw dressing (1 cup) [D3]

**Salad dressing(s) (your choice) [D1,D5]

SOY PRODUCTS

12 ounces TVP crumbles [D5]

PRODUCE

3 pounds onions (keep on hand) [D1,D4,D5]

Garlic (2 cloves) [D3]

Russet potatoes (8 medium) **Additional (1 meal) [D2,D3]

**Cabbage (1 meal) [D2]

**Kale (1 meal) [D3]

**Baby carrots (1 meal) [D3]

**Broccoli (1 meal) [D4]

**Lettuce for 2 salads (not Iceberg, no nutrition) [D1,D5]

**Salad veggies (your choice) [D1,D5]

CANNED GOODS

1 (10-oz.) can chunk chicken [D1]

1 (6-oz.) can sliced mushrooms [D5]

Low sodium chicken broth (25 ounces) [D1]

1 (16-oz.) can white beans [D1]

1 (4-oz.) can diced green chilies [D1]

Spaghetti sauce (28 ounces) [D5]

Sweet and sour sauce (10 ounces) [D4]

1 (16-oz.) can whole berry cranberry sauce [D2]

Pineapple chunks (20 ounces) [D4]

SPICES

**Garlic powder [D5]

DAIRY/DAIRY CASE

Ricotta cheese (8 ounces) [D5]

**Butter [D5]

DRY GOODS

Cornstarch [D1]

12 ounces Rigatoni pasta [D5]

**Brown rice (1 meal) [D4]

FREEZER

2 pounds shrimp, peeled and deveined [D4]

Shredded potatoes (8 ounces) [D1]

BAKERY

**Whole grain rolls (1 meal) [D2]

**Bread for garlic toast (1 meal) [D5]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Chicken and Bean Stew

INGREDIENTS: (Serves 6)

1 (16-oz.) can white beans
1 (10-oz.) can chunk chicken, drained
25 ounces low sodium chicken broth
3/4 cup chopped onion

1 (4-oz.) can diced green chilies
8 ounces frozen shredded
potatoes
3 tablespoons cornstarch
1/2 cup water



COOKING INSTRUCTIONS: In slow cooker, combine first 6 ingredients (beans through potatoes). Cover and cook on Low for 7 to 8 hours.

About 30 minutes before serving, ladle about half of the stew into a blender or food processor; puree until smooth; return to slow cooker.

Combine cornstarch and water and add to slow cooker; stir. Raise heat setting to High and cook for another 20 to 30 minutes, or until stew has thickened.

NUTRITION per serving: 726 Calories; 39g Fat; 57g Protein; 34g Carbohydrate; 6g Dietary Fiber; 226mg Cholesterol; 435mg Sodium. **Exchanges:** 2 Grain (Starch); 7 Lean Meat; 1/2 Vegetable; 4 Fat **Points:** 16

SERVING SUGGESTIONS: Serve a big salad on the side.

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Anytime Holiday Ham

INGREDIENTS: (Serves 6)

1 (2-pound) lean ham
8 medium russet potatoes, peeled and quartered
1 (16-oz.) can whole berry cranberry sauce
1 cup honey mustard barbecue sauce



COOKING INSTRUCTIONS: Place ham and potatoes in slow cooker.

In a bowl, combine cranberry sauce and barbecue sauce; pour over ham and potatoes; gently stir to coat. Cover and cook on Low for 7 hours, or until ham is cooked through.

NUTRITION per serving: 428 Calories; 8g Fat; 33g Protein; 54g Carbohydrate; 4g Dietary Fiber; 71mg Cholesterol; 2525mg Sodium. **Exchanges:** 2 Grain (Starch); 4 Lean Meat; 1 1/2 Other Carbohydrates. **Points:** 9

SERVING SUGGESTIONS: Braised cabbage and whole grain rolls.

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Quick as a Wink Round Steak

INGREDIENTS: (Serves 6)

1 1/4 pounds round steak, cut into strips
1 cup coleslaw dressing
2 cloves garlic, pressed



COOKING INSTRUCTIONS: Combine all ingredients in slow cooker.
Cover and cook on Low for 8 hours, or until steak is fork-tender.

NUTRITION per serving: 369 Calories; 27g Fat; 18g Protein; 8g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 312mg Sodium. **Exchanges:** 2 1/2 Lean Meat; 0 Vegetable; 4 Fat; 1/2 Other Carbohydrates. **Points:** 10

SERVING SUGGESTIONS: Baked russet potatoes, steamed kale and steamed baby carrots.

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Crock Sweet and Sour Shrimp

INGREDIENTS: (Serves 6)

2 pounds frozen shrimp, peeled and deveined
20 ounces pineapple chunks, drained
10 ounces sweet and sour sauce
3/4 cup chopped onion



COOKING INSTRUCTIONS: Combine all ingredients in slow cooker.
Cover and cook on Low for 2 to 3 hours, or until shrimp have turned pink.

NUTRITION per serving: 381 Calories; 3g Fat; 32g Protein; 56g Carbohydrate; 2g Dietary Fiber; 230mg Cholesterol; 712mg Sodium. **Exchanges:** 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Other Carbohydrates. **Points:** 7

SERVING SUGGESTIONS: Brown rice and steamed broccoli.

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Vegetarian Rigatoni

INGREDIENTS: (Serves 6)
28 ounces spaghetti sauce
3 cups water
12 ounces TVP crumbles

1 (6-oz.) can sliced mushrooms
3/4 cup chopped onion
12 ounces Rigatoni pasta
8 ounces Ricotta cheese



COOKING INSTRUCTIONS: In slow cooker, combine first 5 ingredients (spaghetti sauce through onion). Cover and cook on Low for about 3 hours. Thirty minutes before serving, add pasta and Ricotta cheese. Raise heat setting to High and cook for another 30 minutes, or until noodles are cooked through.

NUTRITION per serving: 599 Calories; 13g Fat; 51g Protein; 78g Carbohydrate; 17g Dietary Fiber; 19mg Cholesterol; 702mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 5 1/2 Lean Meat; 4 1/2 Vegetable; 2 Fat. **Points:** 10

SERVING SUGGESTIONS: A big salad and garlic toast.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 4

MENU

Day 1: Crock Cream of Broccoli Soup, with a veggie relish tray and crusty bread

Day 2: Mexican Crock Chicken with Black Beans, and a big salad

Day 3: Basic Beef Stew, with mashed russet potatoes and steamed broccoli

Day 4: Chili Verde Pork, add brown rice, corn on the cob and a salad

Day 5: Tuna Salad a la Crock, with a spinach salad and some whole grain roll

SHOPPING LIST:

MEAT

6 boneless skinless chicken breast thighs [D2]

1 1/2 pounds beef stew meat [D3]

3 1/2 pounds boneless pork loin [D4]

CONDIMENTS

Olive oil [D4] [D5]

Vegetable oil [D2] [D3]

Red wine vinegar [D5]

Salsa—your favorite [D2]

**Salad dressing(s)—your choice [D2] [D4]

PRODUCE

3 pounds onions (keep on hand) [D1] [D2] [D3] [D4]

Red onion (need 2 small) [D4] [D5]

Garlic (need 7 cloves) [D3] [D4] [D5]

Carrots (need 4 medium) [D1] [D3]

Celery (need 1 medium stalk) [D1] **Additional (1 meal) [D1]

Green bell peppers (need 1 large) [D4]

Jalapeno peppers (need 1) [D4]

Parsley (need 2 tablespoons, chopped) [D5]

Cilantro (need 1/2 cup, chopped) [D2]

Limes (need 3 tablespoons juice) [D2]

**Russet potatoes (1 meal) [D3]

**Broccoli (1 meal) [D3]

**Corn on the cob (1 meal) [D4]

**Spinach (1 meal) [D5]

**Baby carrots (1 meal) [D1]

**Cherry tomatoes (1 meal)

**Radishes (1 meal) [D1]

**Lettuce for 2 salads (not Iceberg—no nutrition) [D2] [D4]

**Salad veggies—your choice [D2] [D4]

CANNED GOODS

1 12-oz. can solid white tuna packed in water [D5]

Low sodium chicken broth (need 2 3/4 cups) [D1] [D4]

1 14.5-oz. can diced tomatoes [D5]

3 16-oz. cans black beans [D2]

Chili verde green sauce (need 12-oz.) [D4]

SPICES

Thyme [D1] [D3]

Chili powder [D2]

Cumin [D2]

DAIRY/DAIRY CASE

Milk (need 1 cup) [D1] **Additional (for mashed potatoes) [D3]

Low fat Cheddar cheese (need 1 1/2 cups, shredded) [D1]

**Butter [D3]

DRY GOODS

Flour [D3]

1 1.25-oz. envelope taco seasoning mix [D2]

1 pound white beans [D5]

**Brown rice (1 meal) [D4]

FREEZER

2 8-oz. packages broccoli [D1]

BAKERY

12 6-inch flour tortillas—whole wheat, if available [D2]

**Crusty bread (1 meal) [D1]

**Whole grain rolls (1 meal) [D5]

OTHER

Large zipper-topped plastic bags [D3]



SHOPPING LIST LEGEND

** = Serving Suggestions

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[D1] – [D6] = Day 1, Day 2, Day 3, etc...

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Crock Cream of Broccoli Soup

INGREDIENTS: (Serves 6)

2 cups low sodium chicken broth
2 8-oz. packages frozen broccoli
1 medium stalk celery, chopped
1 medium carrot, chopped
1 medium onion, chopped

1/2 teaspoon thyme
Salt and pepper to taste
1 cup milk
1 1/2 cups low fat Cheddar
cheese, shredded



COOKING INSTRUCTIONS: Place all ingredients, except milk and cheese, in slow cooker. Cover and cook on Low until vegetables are very tender, about 4 to 6 hours. Pour mixture into the work bowl of a food processor fitted with a steel blade or into a blender container; cover and process until smooth. OR, if you prefer a few lumps and bumps, use a potato masher right in the slow cooker and skip the blender or food processor. Place broccoli mixture in a large saucepan; stir in milk and cheese. Heat over medium heat, stirring constantly, until cheese is melted and mixture is hot. **DO NOT BOIL OR SOUP WILL BREAK** and you will have tiny bits of white, clunky, clotted milk solids in your soup—not pretty.

NUTRITION per serving: 124 Calories; 4g Fat; 14g Protein; 10g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 394mg Sodium. **Exchanges:** 0 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 2

SERVING SUGGESTIONS: A relish tray of baby carrots, cherry tomatoes, celery sticks and radishes. Add some crusty bread.

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Mexican Crock Chicken with Black Beans

INGREDIENTS: (Serves 6)

6 boneless skinless chicken thighs
1 (1.25-oz.) envelope taco seasoning mix
3 (16-oz.) cans black beans, rinsed and drained
1 small red onion, chopped
1 tablespoon chili powder
3 teaspoons ground cumin

Vegetable oil, as needed
1/2 cup chopped cilantro
3 tablespoons lime juice
Salt to taste
12 (6 inch) flour tortillas (whole
wheat, if available), warmed
Salsa, your favorite brand



COOKING INSTRUCTIONS: Place chicken and taco seasoning in slow cooker; cover and cook on Low till tender and easily shreddable, about 7 hours. In a large bowl, toss together beans, onion, chili powder and cumin. Heat a large skillet over medium-high heat; film with a little oil and stir-fry bean mixture until heated through, about 3 to 4 minutes; toss with chopped cilantro, lime juice and salt to taste. Serve shredded chicken and bean mixture on warmed tortillas; top with salsa.

NUTRITION per serving: 808 Calories; 19g Fat; 39g Protein; 117g Carbohydrate; 18g Dietary Fiber; 57mg Cholesterol; 1880mg Sodium. **Exchanges:** 7 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other. **Points:** 17

SERVING SUGGESTIONS: A big salad.

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Basic Beef Stew

INGREDIENTS: (Serves 6)
 2 tablespoons vegetable oil
 1 large onion, chopped
 3 medium carrots, peeled and chopped
 1 1/2 pounds beef stew meat, cut up

1 tablespoon flour
 1/2 tablespoon thyme
 2 cloves garlic, pressed
 Salt and pepper to taste
 1 1/2 cups water



COOKING INSTRUCTIONS: Heat oil in a Dutch oven or large skillet over medium heat; add onion and carrot; sauté for a minute or two. Place cut up beef in large zip lock baggie with flour. Mush around until all pieces are coated. Add the beef and cook for a few minutes, until beef is just browned on the outside. Place beef and vegetable mixture in slow cooker; add the thyme, garlic and salt and pepper to taste. Pour the water into the Dutch oven or skillet, turn heat to medium-high and scrape up all the browned bits from the bottom of the pan. Pour this liquid over the beef mixture in the slow cooker. Cover and cook on Low for 6 to 8 hours.

NUTRITION per serving: 411 Calories; 28g Fat; 32g Protein; 6g Carbohydrate; 2g Dietary Fiber; 113mg Cholesterol; 348mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat. **Points:** 10

SERVING SUGGESTIONS: Mashed russet potatoes and steamed broccoli.

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Chili Verde Pork

INGREDIENTS: (Serves 6)
 3 tablespoons olive oil, divided
 3 1/2 pounds boneless pork loin, trimmed
 Salt and pepper to taste
 1 large onion, chopped
 3 cloves garlic, pressed

1 large green bell pepper, seeded,
 de-ribbed and chopped
 1 jalapeno pepper, seeded, de-
 ribbed and chopped
 12-oz. Chili Verde green sauce
 3/4 cup low sodium chicken broth



COOKING INSTRUCTIONS: In a large skillet over medium heat, brown pork in 1 1/2 tablespoons of the oil. Don't worry about cooking it through—you just want it nicely browned on all sides. Season with salt and pepper to taste; transfer to slow cooker. Add remaining oil to the skillet; sauté onion, garlic, bell pepper and jalapeno till onion is translucent; place on top of pork, then add Chili Verde sauce and broth. Cover and cook on Low for about 6 hours, or until pork is tender. Remove pork from slow cooker to a cutting board and allow it to stand for about 10 minutes before slicing; serve.

NUTRITION per serving: 349 Calories; 19g Fat; 36g Protein; 8g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 222mg Sodium. **Exchanges:** 5 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 8

SERVING SUGGESTIONS: Brown rice, corn on the cob and a salad.

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Tuna Salad a la Crock

INGREDIENTS: (Serves 6)

1 pound dried white beans

Water

1 (12-oz.) can solid white tuna packed in water, drained

1 (14.5-oz.) can diced tomatoes, drained

1 small red onion, minced

3 tablespoons red wine vinegar

2 cloves garlic, pressed

3/4 cup olive oil

Salt and pepper to taste

2 tablespoons fresh parsley,
chopped



COOKING INSTRUCTIONS: Soak beans overnight. Drain beans and place in slow cooker; add enough fresh water to cover beans by about 1 inch. Cover and cook on Low for 6 hours, or until beans are tender. About an hour and a half before you are ready to serve, combine tuna, tomatoes, red onion, vinegar, garlic, olive oil and salt and pepper to taste. (This can also be prepped ahead of time and refrigerated while beans are cooking.) Remove beans from slow cooker, drain and let sit until they reach room temperature. Combine cooled beans and tuna mixture in a serving bowl; toss gently; refrigerate for about an hour to allow flavors to blend. Toss gently, then sprinkle with chopped parsley and serve.

NUTRITION per serving: 429 Calories; 21g Fat; 25g Protein; 37g Carbohydrate; 9g Dietary Fiber; 13mg Cholesterol; 160mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates. **Points:** 10

SERVING SUGGESTIONS: A big spinach salad and some whole grain rolls.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 5

MENU

Day 1: Apple Cider Ham, add steamed red potatoes, steamed baby carrots and braised cabbage

Day 2: Crock Taco Chicken, made into a Taco Salad

Day 3: Beef and Bean Stew, with big salad and some corn muffins

Day 4: Crock Bean Soup with Kale, and a veggie relish tray

Day 5: Crock African Turkey and Couscous, add steamed broccoli spears

SHOPPING LIST:

MEAT

1 (3-pound) boneless smoked ham [D1]

9 boneless skinless chicken thighs [D2]

2 pounds boneless skinless turkey (or chicken) thighs [D5]

1 pound boneless beef (round or rump) [D3]

CONDIMENTS

Olive oil [D4]

Vegetable oil [D3]

Mustard [D1]

Salsa—your favorite [D2]

Worcestershire sauce [D3]

Honey [D3]

**Salad dressing—your choice [D3]

PRODUCE

5 pounds onions [D3,D4,D5]

Garlic (need 9 cloves) [D3,D4,D5]

Carrots (need 1 medium) [D4]

Kale (need 1 bunch) [D4]

Romaine lettuce (need 12 cups, chopped) [D2]

Tomatoes (need 3 cups, chopped) [D2]

Avocado (need 1) [D2]

Gingerroot (need 1 teaspoon, grated) [D5]

Limes (need 1/4 cup juice) [D5]

**Red potatoes (1 meal) [D1]

**Baby carrots (2 meals) [D1,D4]

**Cabbage (1 meal) [D1]

**Broccoli (1 meal) [D5]

**Cherry tomatoes (1 meal) [D4]

**Cauliflower and broccoli florets (1 meal) [D4]

**Lettuce for 1 salad (not Iceberg—no nutrition) [D3]

**Salad veggies—your choice [D3]

CANNED GOODS

Apple cider (need 4 cups) [D1]

3 (5-oz.) cans tomatoes with green chilies [D2]

Tomato sauce (need 1/4 cup) [D4]

1 (16-oz.) can chili beans in sauce [D3]

Low sodium beef broth (need 1 1/4 cups) [D3]

Low sodium chicken broth (need 4 cups) [D4]

SPICES

Ground Cloves [D1]

Allspice [D1]

Nutmeg [D1]

Thyme [D3]

Crushed red pepper flakes [D4,D5]

DAIRY/DAIRY CASE

Sour cream (need about 6 tablespoons) [D2]

Low fat Cheddar cheese (need 1 1/2 cups, shredded) [D2]

**Butter [D1]

DRY GOODS

Brown sugar [D1]

Raisins, seedless (need 2 cups) [D1]

2 (1.25-oz.) envelopes taco seasoning mix [D2]

Baked tortilla chips (need 6 handfuls, crushed) [D2]

1 pound cannellini beans [D4]

Couscous (need 3 cups, cooked) [D5]

BAKERY

**Corn muffins (1 meal) [D3]

**Crusty bread (1 meal) [D4]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...

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Apple Cider Ham

INGREDIENTS: (Serves 6)

1 (3-pound) boneless smoked ham
4 cups apple cider
2 tablespoons mustard
1 cup brown sugar, packed

1/2 teaspoon ground cloves
1/4 teaspoon allspice
1/4 teaspoon nutmeg
2 cups seedless raisins



COOKING INSTRUCTIONS: Place ham in slow cooker. Combine remaining ingredients and pour over ham. Cover and cook on Low for about 10 hours.

NUTRITION per serving: 603 Calories; 11g Fat; 43g Protein; 85g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 2428mg Sodium. **Exchanges:** 0 Grain (Starch); 5 1/2 Lean Meat; 4 Fruit; 0 Fat; 1 1/2 Other Carbohydrates. **Points:** 13

SERVING SUGGESTIONS: Steamed red potatoes, steamed baby carrots and braised cabbage (stir-fry chopped cabbage in a skillet over medium heat with melted butter till well coated and slightly wilted; add a little water, cover and simmer till tender; salt and pepper to taste).

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Crock Taco Chicken

INGREDIENTS: (Serves 6)

9 boneless skinless chicken thighs
3 (5-oz.) cans tomatoes with green chilies
1 1/2 (1.25-oz.) envelopes taco seasoning mix



COOKING INSTRUCTIONS: Place all ingredients in slow cooker. Cover and cook on Low for 7 to 9 hours, or until chicken is tender and easy to shred.

NUTRITION per serving: 111 Calories; 3g Fat; 15g Protein; 6g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 770mg Sodium. **Exchanges:** 2 Lean Meat; 1/2 Vegetable; 0 Other Carbohydrates. **Points:** 2

SERVING SUGGESTIONS: Make into a Taco Salad: On individual plates, layer the following:

2 cups chopped Romaine lettuce
1/2 cup chopped tomato
A portion of the chicken
1/4 cup low fat Cheddar cheese, shredded
A handful of crushed, baked tortilla chips
A dollop of sour cream
1 slice avocado
1 generous tablespoon of salsa (your favorite jarred variety)

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Beef and Bean Stew

INGREDIENTS: (Serves 6)

1 pound boneless beef (round or rump)
1/8 cup vegetable oil
2 cloves garlic, pressed
3 cups quartered onions
1 (16-oz.) can chili beans in sauce

1 teaspoon honey
1 1/4 cups low sodium beef broth
1 teaspoon thyme
1 tablespoon Worcestershire sauce
1/8 teaspoon pepper



COOKING INSTRUCTIONS: Cut beef into 1-inch pieces. Heat oil in a large saucepan or Dutch oven over medium-high heat; add meat and garlic; sauté until meat is browned. Add onions, beans, honey, beef broth, thyme, Worcestershire sauce and pepper; transfer to slow cooker. Cover and cook on Low for 6 to 8 hours.

NUTRITION per serving: 329 Calories; 15g Fat; 23g Protein; 26g Carbohydrate; 6g Dietary Fiber; 54mg Cholesterol; 708mg Sodium. **Exchanges:** 1 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTIONS: A big salad and some corn muffins.

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Crock Bean Soup with Kale

INGREDIENTS: (Serves 6)

3 tablespoons olive oil
2 1/4 cups chopped onions
3/4 cup chopped carrot
3 cloves garlic, pressed
1 bunch kale, trimmed and sliced

1 pound cannellini beans, soaked overnight
4 cups low sodium chicken broth
1/4 cup tomato sauce
1/4 teaspoon crushed red pepper flakes
Salt and pepper to taste



COOKING INSTRUCTIONS: In a skillet, heat olive oil over medium-high heat; add onions, carrot and garlic; cook until onions are translucent. Add kale and cook till wilted, about 3 minutes. Place soaked, drained beans in slow cooker; add crushed red pepper flakes and the contents of the skillet; cover with broth. Cover and cook on High for 8 hours, or until beans are tender, then add the tomato sauce and salt and pepper to taste.

NUTRITION per serving: 349 Calories; 8g Fat; 19g Protein; 54g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 85mg Sodium. **Exchanges:** 3 Grain (Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat. **Points:** 7

SERVING SUGGESTIONS: A relish tray of baby carrots, cherry tomatoes, and cauliflower and broccoli florets. Add some crusty bread.

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THIS MENU MAY NOT BE FORWARDED TO ANYONE. YOU WILL BE UNSUBSCRIBED.

Crock African Turkey and Couscous

INGREDIENTS: (Serves 6)

2 pounds boneless skinless turkey (or chicken) thighs,
cut into 2- x 1/2-inch slices
3/4 cup chopped onion
4 cloves garlic, minced
1/2 teaspoon crushed red pepper flakes

1 teaspoon fresh gingerroot, grated
Salt and pepper to taste
1/4 cup lime juice
3 cups hot, cooked couscous (follow
directions on package)



COOKING INSTRUCTIONS: Combine all ingredients, except couscous, in your slow cooker. Cover and cook on Low for 6 to 8 hours OR on High for 3 to 4 hours. Serve over couscous.

NUTRITION per serving: 269 Calories; 1g Fat; 40g Protein; 21g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 79mg Sodium. **Exchanges:** 1 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit. **Points:** 6

SERVING SUGGESTIONS: Steamed broccoli spears.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 6

MENU

- Day 1: Asian Chicken Thighs**, with brown rice and steamed broccoli
- Day 2: Crock Cajun Beef Stew**, add russet potatoes and corn on the cob
- Day 3: Crock Rosemary Garlic Lentils with Turkey**, with a salad and some crusty bread
- Day 4: Slow Cooker Pork in Spicy Orange Sauce**, add sweet potatoes and steamed green beans
- Day 5: Yankee Corned Beef with Mustard Vegetables**, and crusty rye bread

SHOPPING LIST:

MEAT

- 6 boneless skinless chicken thighs [D1]
1 1/2 pounds top round steak [D2]
Turkey ham (need 2 cups, chopped) [D3]
1 (3 to 4-pound) boneless pork loin [D4]
1 (5-pound) corned beef brisket [D5]

PRODUCE

- 5 pounds onions (keep on hand) [D1,2,3,4,5]
Garlic (need 4 cloves) [D3,4]
Red bell pepper (need 1 large) [D1]
Green bell pepper (need 1 medium) [D2]
Jalapeno pepper (need 1 large) [D4]
Carrots (need 4 large plus 1 cup, diced) [D3,5]
Celery (need 1 medium stalk) [D2]
Green onions (need 6) [D1]
Russet potatoes (need 6 medium) [D5] **Additional (1 meal) [D2]
Sweet potatoes (need 1 medium) [D2] **Additional (1 meal) [D4]
Turnips (need 6) [D5]
Cabbage (need 1 1/2 heads) [D5]
Gingerroot (need 1 teaspoon, grated) [D1]
Oranges (need 2 plus 1/2 juice) [D1,4]
Lemons (need 1/4 cup juice) [D4]
**Broccoli (1 meal) [D1]
**Corn on the cob (1 meal) [D2]
**Green beans (1 meal) [D4]
**Lettuce for 1 salad (not Iceberg—no nutrition) [D3]
**Salad veggies—your choice [D3]

CONDIMENTS

- Vegetable oil [D2,4]
Hoisin sauce (need 1 cup)—may be found in ethnic section of grocery store [D1]
Brown mustard [D5]
Horseradish sauce—OPTIONAL [D5]
Maple syrup (use pure if you can find it) [D5]
**Salad dressing—your choice [D3]

CANNED GOODS

- 1 (14.5-oz.) can low sodium beef broth [D2]
Low sodium chicken broth (need 20.5-oz.) [D3,4]
Diced tomatoes (need 3/4 cup, drained) [D2]

SPICES

- Cajun seasoning [D2]
Rosemary [D3]
Sage [D3]
Bay leaves [D3]
Whole cloves [D5]

DAIRY/DAIRY CASE

- **Butter [D3,5]

DRY GOODS

- Cornstarch [D2,4]
Brown sugar [D5]
1 pound lentils [D3]
Cashew nuts (need 1 cup) [D1]
**Brown rice (1 meal) [D1]

FREEZER

- Whole kernel corn (need 2 cups) [D1]

BAKERY

- **Crusty bread (1 meal) [D3]
**Crusty rye bread (1 meal) [D5]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Asian Chicken Thighs

INGREDIENTS: (Serves 6)

1 orange, juiced and half of it zested
6 boneless skinless chicken thighs
2 cups frozen whole kernel corn
1 large red bell pepper, seeded, de-ribbed and cut into strips

1 cup Hoisin sauce
1 small onion, chopped
1 teaspoon fresh gingerroot, grated
6 green onions, chopped
1 cup cashew nuts



COOKING INSTRUCTIONS: Place all ingredients, except green onions and cashews, in slow cooker. Cover and cook on Low for 7 to 8 hours. Remove chicken to a serving platter, top with green onions and cashews; serve.

NUTRITION per serving: 395 Calories; 15g Fat; 22g Protein; 47g Carbohydrate; 6g Dietary Fiber; 59mg Cholesterol; 758mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates. **Points:** 8

SERVING SUGGESTIONS: Brown rice and steamed broccoli.

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Crock Cajun Beef Stew

INGREDIENTS: (Serves 6)

1 1/2 pounds top round steak, cut into 2-inch cubes
1 tablespoon vegetable oil
Salt and pepper to taste
1 (14.5-oz.) can low sodium beef broth
3/4 cup diced canned tomatoes, drained
1 medium green bell pepper, seeded, de-ribbed and chopped
1 medium sweet potato, peeled and diced

1 large onion, chopped
1 medium stalk celery, finely chopped
2 teaspoons Cajun seasoning
2 tablespoons cornstarch, dissolved in 1/4 cup water



COOKING INSTRUCTIONS: In a skillet, heat oil over medium-high heat until hot. Add beef (half at a time) and stir-fry for 2 minutes, or until outside surface is no longer pink (do not over-cook). Remove from skillet; season with salt and pepper to taste and place in slow cooker. In the same skillet, combine broth, tomatoes, bell pepper, onion, celery, sweet potatoes, and Cajun seasoning. Bring to a boil; reduce heat to medium-low, scraping up all the browned bits from the bottom of the pan; pour this mixture on top of the beef. Cover and cook on Low for 8 hours or on High for 6 hours, or until beef is tender. If you want your stew thickened, add the cornstarch mixture; cook and stir occasionally for 1 to 2 minutes, or until sauce is thickened and bubbly. This is assuming your slow cooker is simmering. If not, pour the cooking liquid from the slow cooker into a saucepan and do it on the stovetop.

NUTRITION per serving: 327 Calories; 19g Fat; 22g Protein; 16g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 310mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 8

SERVING SUGGESTIONS: Mashed russet potatoes and corn on the cob.

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Crock Rosemary Garlic Lentils with Turkey

INGREDIENTS: (Serves 6)

5 cups water
3 cups chopped onion
2 cups turkey ham, chopped
1 cup diced carrot
1 teaspoon dried rosemary, crushed
3/4 teaspoon sage

1 pound dried lentils (rinsed and sorted)
1 (14.5-oz.) can low sodium chicken broth
2 cloves garlic, pressed
1/2 bay leaf
Salt and pepper to taste



COOKING INSTRUCTIONS: Combine all ingredients in slow cooker. Cover and cook on High for 3 hours or on Low for 6 hours, or until lentils are tender. Discard bay leaf; salt and pepper to taste.

NUTRITION per serving: 412 Calories; 5g Fat; 40g Protein; 54g Carbohydrate; 25g Dietary Fiber; 44mg Cholesterol; 951mg Sodium. **Exchanges:** 3 Grain (Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 8

SERVING SUGGESTIONS: A big salad and some crusty bread.

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Slow Cooker Pork in Spicy Orange Sauce

INGREDIENTS: (Serves 6)

Salt and pepper to taste
3 tablespoons vegetable oil
1 (3 to 4-pound) boneless pork loin
1 large onion, chopped
1 large jalapeno pepper, seeded, de-ribbed and finely chopped

2 cloves garlic, pressed
1/2 cup orange juice
3/4 cup low sodium chicken broth
1 tablespoon cornstarch
1/4 cup lemon juice
1 orange, zested and sectioned



COOKING INSTRUCTIONS: Season pork with salt and pepper to taste. In a skillet, brown pork on all sides in the oil. Don't worry about cooking it through—you just want it nicely browned on the outside. Remove from skillet and place in slow cooker. Add onion and jalapeno to skillet and sauté until onion is translucent. Add garlic and continue to cook for another minute or so. Remove skillet from heat and add orange juice, scraping up all the browned bits from the bottom of the pan; pour liquid and onion mixture over pork in slow cooker. Add chicken broth; cover and cook on Low for about 6 hours, or until pork is cooked through and tender. Remove pork from slow cooker to a serving platter; keep warm. Skim fat from cooking liquid and place remaining cooking liquid in a saucepan on the stovetop. Whisk cornstarch into the liquid the in saucepan until it is dissolved. Add lemon juice and whisk until sauce is thickened. Add orange zest and remove from heat. Serve sauce over sliced pork. Garnish with orange sections.

NUTRITION per serving: 409 Calories; 18g 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:** 9

SERVING SUGGESTIONS: Baked sweet potatoes (nuke in microwave to keep the kitchen cool, if you like) and steamed green beans.

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Yankee Corned Beef with Mustard Vegetables

INGREDIENTS: (Serves 6)

1 1/2 medium onions, un-sliced	1 1/2 heads cabbage, cored and wedged
3 whole cloves	3 tablespoons maple syrup (use the pure maple if you can)
6 medium russet potatoes, peeled and halved	1 1/2 tablespoons brown mustard
4 large carrots, sliced into large pieces	2 tablespoons brown sugar
6 turnips, peeled and halved	Horseradish sauce, OPTIONAL
1 (5-pound) corned beef brisket, trimmed	
3 cups water	



COOKING INSTRUCTIONS: Insert two cloves in the whole onion and 1 clove in the half onion. Do not make any further slices or cuts to onions beyond the slice needed for the half onion. Place the whole and half onion in slow cooker, then add potatoes, carrots and turnips. Place brisket on top of veggies; add water. Cover and cook on Low for about 10 hours. Remove brisket and veggies from slow cooker and place on a jelly roll pan or in a 9- x13-inch casserole dish. Preheat broiler. Pour liquid from slow cooker into a soup pot or Dutch oven. Add cabbage; bring to a boil, then reduce heat and simmer for about 15 minutes. While cabbage is cooking, combine maple syrup, mustard and brown sugar in a small mixing bowl. Stir until smooth. Drizzle maple syrup mixture over beef and veggies; broil for about 2 minutes. **WATCH THIS LIKE A HAWK AND DON'T LET IT BURN!** Drain cabbage and serve with glazed corned beef and veggies. Add a dollop of horseradish on the side, if you like.

NUTRITION per serving: 877 Calories; 36g Fat; 87g Protein; 47g Carbohydrate; 7g Dietary Fiber; 261mg Cholesterol; 317mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 11 1/2 Lean Meat; 3 Vegetable; 1/2 Other Carbohydrates. **Points:** 20

SERVING SUGGESTIONS: Some crusty rye bread would go nicely with this complete meal.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 7

MENU

Day 1: Barbecued Crock Chicken, serve on whole wheat burger buns with coleslaw and baby carrots

Day 2: RECIPE RAVE: Crock Cabbage Rolls, with brown rice and sour cream with dark rye bread

Day 3: Crock Cuban Beans and Rice, with a big salad and some crusty rolls

Day 4: Crock Chops, add stir-fried zucchini and yellow squash

Day 5: Crock Roast, with mashed russet potatoes and steamed broccoli

SHOPPING LIST:

MEAT

3 boneless skinless chicken breast halves [D1]

1 1/2 pounds extra-lean ground beef [D2]

6 boneless pork chops [D4]

3 pounds beef rump roast [D5]

CONDIMENTS

Olive oil [D3]

Vinegar—if not using wine [D4,5]

Cider vinegar [D1]

Ketchup (need 1 1/2 cups) [D1]

Worcestershire sauce [D1]

Low sodium soy sauce [D1]

Dry white wine (need 1/3 cup)—or use white grape juice with a splash of vinegar [D4]

White grape juice (need 1/3 cup)—if not using white wine [D4]

Red grape juice (need 1 cup) —if not using white wine [D5]

Red wine (need 1 cup)—OPTIONAL or use red grape juice with a splash of vinegar [D5]

**Mayonnaise [D1]

**Rice vinegar [D1]

**Salad dressing—your choice [D3]

PRODUCE

3 pounds onions (keep on hand) [D2,3,4,5]

Garlic (need 9 cloves) [D3,5]

Cabbage (need 1 head) [D2]

Carrots (need 4 medium) [D5]

Green bell pepper (need 1 medium) [D3]

Jalapeno pepper (need 2 teaspoons, finely chopped)—OPTIONAL [D3]

**Coleslaw mix (1 meal) [D1]

**Baby carrots (1 meal) [D1]

**Zucchini and yellow squash (1 meal) [D4]

**Russet potatoes (1 meal) [D5]

**Broccoli (1 meal) [D5]

**Lettuce for 1 salad (not Iceberg—no nutrition) [D3]

**Salad veggies—your choice [D3]

CANNED GOODS

Low sodium chicken broth (need 2 cups) [D4]

Low sodium beef broth (need 1 1/2 cups) [D5]

2 (14.5-oz.) cans diced tomatoes [D2,3]

1 (14.5-oz.) can stewed tomatoes [D4]

V-8 vegetable juice (need 12-oz.) [D2]

SPICES

Crushed red pepper flakes [D1,4]

Garlic powder [D1,4]

Thyme [D2,5]

Cumin [D3]

Italian seasoning [D4]

Tarragon [D4]

DAIRY/DAIRY CASE

Eggs (need 1) [D2]

**Sour cream, for garnish (1 meal) [D2]

**Butter [D5]

**Milk (for mashed potatoes) [D5]

DRY GOODS

Brown sugar [D1]

Brown rice (need 9 cups, cooked) [D2,3,4] **Additional (1 meal) [D2]

1 pound black beans [D3]

BAKERY

**Whole wheat burger buns (1 meal) [D1]

**Dark rye bread (1 meal) [D2]

**Crusty rolls (1 meal) [D3]

OTHER

Toothpicks [D2]

Barbecued Crock Chicken

INGREDIENTS: (Serves 6)

3 boneless skinless chicken breast halves
1 1/2 cups ketchup
3 tablespoons brown sugar
1 tablespoon Worcestershire sauce

1 tablespoon low sodium soy sauce
1 tablespoon cider vinegar
1 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder



COOKING INSTRUCTIONS: Combine all ingredients, except chicken, in slow cooker; blend well. Add the chicken, tossing to coat it well in the sauce. Cover and cook on High for 3 to 4 hours or on Low for 6 to 8 hours, or until chicken is fully cooked. Remove chicken from slow cooker; shred or slice, then return it to the BBQ sauce in the slow cooker; blend well so that all of the chicken pieces are coated with sauce.

NUTRITION per serving: 214 Calories; 2g Fat; 28g Protein; 22g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 915mg Sodium. **Exchanges:** 0 Grain (Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Other Carbohydrates. **Points:** 4

SERVING SUGGESTIONS: Serve chicken on lightly toasted whole wheat burger buns and a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar). Add a bowl of raw baby carrots.

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RECIPE RAVE: Crock Cabbage Rolls

INGREDIENTS: (Serves 6)

1 head cabbage
1 1/2 pounds extra-lean ground beef
1 cup brown rice, cooked
1 medium onion, finely chopped
1 egg, slightly beaten
Salt and pepper to taste

Toothpicks
12-oz. low sodium V-8 vegetable juice
1 (14.5-oz.) can diced tomatoes, undrained
1/2 teaspoon thyme
Additional salt and pepper to taste



COOKING INSTRUCTIONS: If you haven't already prepared the cabbage, remove leaves from the head carefully, trying to keep them whole. Scald them in boiling water till just wilted, then drain them on paper towels to cool. Set aside. Chop any remaining cabbage and place it in the bottom of your slow cooker. In a large bowl, combine meat, cooked rice, onion, egg, salt and pepper; blend well. Place about 1/4 cup of the meat mixture in the center of each cabbage leaf; fold edges to the inside and roll ends over the meat mixture. Secure each roll with a toothpick. Place rolls evenly on top of the chopped cabbage in the slow cooker. Combine V-8 juice, tomatoes, thyme, salt and pepper; pour over cabbage rolls. Cover and cook on Low for 7 to 9 hours.

NUTRITION per serving: 427 Calories; 21g Fat (45.1% calories from fat); 26g Protein; 32g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 302mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 2 Fat. **Points:** 10

SERVING SUGGESTIONS: Serve chopped cabbage and cabbage rolls over brown rice and top with a dollop of sour cream. Some dark rye bread would go well with this meal also.

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Crock Cuban Beans and Rice

INGREDIENTS: (Serves 6)

1 pound dried black beans, sorted, rinsed and pre-soaked
1 large onion, chopped
1 medium green bell pepper, seeded, de-ribbed and chopped
6 cloves garlic, pressed
5 cups water

2 tablespoons olive oil
5 teaspoons cumin
2 teaspoons jalapeno pepper, seeded, de-ribbed and finely chopped (OPTIONAL)
1 (14.5-oz.) can diced tomatoes, un-drained
2 cups brown rice, cooked



COOKING INSTRUCTIONS: Combine all ingredients, except tomatoes and rice, in slow cooker. Cover and cook on High for 6 to 8 hours, or until beans are tender and most of the liquid is absorbed. Add tomatoes and blend well. Cover and cook for another 15 minutes. Serve over brown rice.

NUTRITION per serving: 327 Calories; 6g Fat; 17g Protein; 53g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. **Exchanges:** 3 Grain (Starch); 1 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 6

SERVING SUGGESTIONS: A big salad and some crusty rolls.

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Crock Chops

INGREDIENTS: (Serves 6)

6 boneless pork chops
1/3 cup dry white wine (or use white grape juice with a splash of vinegar)
1 small onion, chopped
2 cups low sodium chicken broth
1/2 teaspoon Italian seasoning

1 teaspoon garlic powder
1/2 teaspoon dried tarragon
1/4 teaspoon crushed red pepper flakes
1 (14.5-oz.) can stewed tomatoes, un-drained, and chopped
6 cups brown rice, cooked



COOKING INSTRUCTIONS: Place pork chops in slow cooker. Stir in wine (or juice/vinegar) and next 7 ingredients (wine through tomatoes). Cover and cook on High for 1 hour, then reduce heat setting to Low and cook for about 3 1/2 hours. Serve with the brown rice.

NUTRITION per serving: 423 Calories; 8g Fat; 31g Protein; 53g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 246mg Sodium. **Exchanges:** 3 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 8

SERVING SUGGESTIONS: Add stir-fried zucchini and yellow squash.

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Crock Roast

INGREDIENTS: (Serves 10) (Freeze leftovers or use the meat the next day in sandwiches)

3 pounds beef rump roast

Salt and pepper to taste

3 cloves garlic, pressed

2 teaspoons thyme 1 teaspoon additional salt

1 medium onion, quartered

4 medium carrots, thickly sliced

1 1/2 cups low sodium beef broth

1 cup red wine-OPTIONAL



COOKING INSTRUCTIONS: In a large skillet, brown beef on all sides; salt and pepper to taste. Place beef in slow cooker; top with garlic, thyme, 1 teaspoon salt, and onion; place carrots around the side of the roast. In the same skillet, add broth and red wine (if using it), deglazing the pan as you go (scrape up all the browned bits). Pour this over the beef. Cover and cook on High for 4 to 5 hours, or until beef is tender.

NUTRITION per serving: 214 Calories; 7g Fat; 32g Protein; 5g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 308mg Sodium. **Exchanges:** 0 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points: 5**

SERVING SUGGESTIONS: Mashed russet potatoes and steamed broccoli.

MENU

Day 1: Faux Fricassee, salad and crusty bread

Day 2: Wild Chicken Breasts, asparagus and baby carrots

Day 3: Tilapia with Tapenade, red potatoes and green beans

Day 4: Southwest Crock Pork Stew, brown rice, salad and corn muffins

Day 5: Beef Bourguignon, mashed potatoes and broccoli.

SHOPPING LIST:

MEAT

6 boneless skinless chicken breast halves [D2]

1 1/2 pounds pork roast [D4]

2 pounds boneless round beef roast [D5]

6 tilapia fillets—or buy frozen [D3]

PRODUCE

Garlic (need 8 cloves) [D2,3,5]

Pearl onions (need 1 1/2 pounds) [D5]

Green onions (need 10) [D1,5]

Red potatoes (need 10-oz.) [D1] **Additional (1 meal) [D3]

Baby carrots (need 1 1/2 pounds plus 10-oz.) [D1,5]
**Additional (1 meal) [D2]

Green beans (need 10-oz.) [D1] **Additional (1 meal) [D3]

Cremini mushrooms (need 8-oz.) [D2]

Shitake mushrooms (need 4-oz.) [D2]

White mushrooms (need 1 pound) [D5]

Tomatoes (need 2 large) [D3]

Zucchini (need 2 medium) [D4]

Red bell peppers (need 1 large) [D4]

Basil (need 2 tablespoons, chopped) [D3]

Parsley (need 2 tablespoons, chopped) [D3] **Additional (2 meals) [D2,3]

Lemons (need 1 teaspoon juice) [D2]

Limes (need 2) [D3]

Tempeh (need 16-oz.) [D1]

**Asparagus (1 meal) [D2]

**Broccoli (1 meal) [D5]

**Russet potatoes (1 meal) [D5]

**Lettuce for 2 salads (not Iceberg—no nutrition) [D1,4]

**Salad veggies—your choice [D1,4]

CONDIMENTS

Olive oil [D1,3,5]

Vegetable oil [D4]

Vinegar—if not using wines [D1,5]

White wine (need 3/4 cup)—or use white grape juice with a splash of vinegar [D1]

Red wine (need 1 cup)—or use red grape juice with a splash of vinegar [D5]

Capers (need 2 tablespoons) [D3]

Salsa—your favorite (need 3/4 cup) [D4]

**Salad dressing(s)—your choice [D1,4]

CANNED GOODS

2 (14.5-oz.) cans diced tomatoes [D1]

Tomato paste (need 1 1/2 tablespoons) [D5]

Low sodium vegetable broth (need 2 1/4 cups) [D1]

Low sodium chicken broth (need 30.5-oz.) [D2,4]

Low sodium beef broth (need 1/3 cup) [D5]

White grape juice (need 3/4 cup)—if not using white wine [D1]

Red grape juice (need 1 cup)—if not using red wine [D5]

SPICES

Cumin [D4]

Rosemary [D5]

Bay leaves [D5]

DAIRY/DAIRY CASE

Butter [D2,3,5]

Heavy (whipping) cream (need 1 cup) [D2]

DRY GOODS

Flour [D5]

Cornstarch [D4]

Egg noodles (need 16-oz.) [D2]

**Brown rice (1 meal) [D4]

FREEZER

6 tilapia fillets—if not using fresh [D3]

BAKERY

**Crusty bread (1 meal) [D1]

**Corn muffins (1 meal) [D4]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Faux Fricassee

INGREDIENTS: (Serves 6)

2 tablespoons olive oil
4 green onions, chopped
16-oz. tempeh, cut in slices
3/4 cup white wine (or white grape juice with a splash of vinegar)
10-oz. baby carrots, halved
10-oz. red potatoes, quartered

10-oz. green beans, trimmed and cut in thirds
1 1/2 (14.5-oz.) cans diced tomatoes, drained
2 1/4 cups low sodium vegetable broth
Salt and pepper to taste



COOKING INSTRUCTIONS: In a skillet, sauté onions in olive oil over medium heat for 1 to 2 minutes; transfer to slow cooker. In the same skillet, sauté tempeh on both sides for about 10 minutes; transfer to slow cooker. Pour wine over tempeh and onions; add carrots, potatoes, green beans, tomatoes and vegetable broth. Stir to combine ingredients. Cover and cook on Low for about 8 hours, or until potatoes and carrots are tender.

NUTRITION per serving: 352 Calories; 12g Fat; 19g Protein; 41g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 643mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat. **Points:** 7

SERVING SUGGESTIONS: A big salad and some crusty bread.

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Wild Chicken Breasts

INGREDIENTS: (Serves 6)

6 boneless skinless chicken breast halves
1 teaspoon lemon juice
1 teaspoon black pepper
Salt to taste
3 cloves garlic, pressed

2 cups low sodium chicken broth
8-oz. cremini mushrooms, sliced
4-oz. shiitake mushrooms, sliced
1 cup heavy (whipping) cream
16-oz. egg noodles, cooked



COOKING INSTRUCTIONS: Place chicken breasts in slow cooker. Add lemon juice, pepper, salt, garlic, chicken broth and mushrooms. Cover and cook on Low for 6 to 7 hours, or until chicken is cooked through. About 30 minutes before you are ready to serve, add cream and stir. Serve chicken and mushrooms over noodles.

NUTRITION per serving: 640 Calories; 20g Fat; 45g Protein; 72g Carbohydrate; 5g Dietary Fiber; 195mg Cholesterol; 284mg Sodium. **Exchanges:** 4 1/2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat. **Points:** 13

SERVING SUGGESTIONS: Steamed asparagus and steamed baby carrots tossed with butter and chopped parsley.

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Tilapia with Tapenade

INGREDIENTS: (Serves 6)

6 tilapia fillets

Salt and pepper to taste

Oil

2 large tomatoes, chopped

2 limes, juiced and zested

2 tablespoons fresh basil,
chopped

2 tablespoons parsley, chopped

1 tablespoon olive oil

2 tablespoons capers

2 cloves garlic, pressed



COOKING INSTRUCTIONS: Season tilapia with salt and pepper to taste. Lightly grease the inside of slow cooker. Place tilapia fillets in slow cooker. Combine remaining ingredients and pour over fish. Cover and cook on Low for about 6 hours.

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; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 5

SERVING SUGGESTIONS: Steamed red potatoes tossed with butter and chopped parsley, and steamed green beans.

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Southwest Crock Pork Stew

INGREDIENTS: (Serves 6)

1 1/2 pounds pork loin roast, cut into 2-inch
cubes

1 tablespoon vegetable oil

1/4 teaspoon salt

1 (14.5-oz.) can low sodium chicken broth

3/4 cup salsa, your favorite

2 medium zucchini, cut lengthwise in
half, sliced crosswise 3/4" thick

1 large red bell pepper, seeded, de-
ribbed and cut in 1-inch pieces

1 1/2 teaspoons ground cumin

2 tablespoons cornstarch, dissolved
in 1/4 cup water



COOKING INSTRUCTIONS: In a skillet, heat oil over medium-high heat until hot. Add pork (half at a time) and stir-fry for 2 minutes, or until outside surface is no longer pink—do not overcook! Remove from pan; season with salt; set aside. In the same skillet, combine broth, salsa, bell pepper and cumin. Bring to a boil; reduce heat to medium-low for just a minute, scraping up all of the browned bits from the bottom of the pan. Now add all of this to the slow cooker. Add raw zucchini as well. Cover and cook on Low for about 7 hours, or until pork is fork-tender (all slow cookers vary in cooking time). About 30 minutes before serving, add cornstarch mixture to slow cooker, stirring well until thickened; serve.

NUTRITION per serving: Per Serving: 201 Calories; 8g Fat; 25g Protein; 8g Carbohydrate; 2g Dietary Fiber; 51mg Cholesterol; 417mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 4

SERVING SUGGESTIONS: Brown rice, a big salad and some corn muffins.

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Beef Bourguignon

INGREDIENTS: (Serves 6)

1 1/2 pounds baby carrots
1 1/2 pounds pearl onions
2 pounds boneless round beef roast, cut into 2-inch pieces
Salt and pepper to taste
1 tablespoon olive oil
1 pound white mushrooms, halved
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



COOKING INSTRUCTIONS: Place carrots and pearl onions in the bottom of slow cooker. Season beef with salt and pepper to taste. In a large skillet over medium heat, brown beef in oil. Don't worry about cooking it through—just get it nicely browned on the outside. Remove from skillet and place in slow cooker. In the same skillet, sauté mushrooms, onions and garlic until onions are lightly browned and mushrooms have decreased in size and are juicy. Place veggies on top of beef in slow cooker. Add wine to the skillet along with broth, tomato paste and rosemary. Bring to a boil, scraping up all of the browned bits from the bottom of the pan; transfer liquid to slow cooker. Add bay leaf, cover and cook on Low for about 8 hours, or until beef is tender. With a slotted spoon, remove beef, veggies and bay leaf (discarding bay leaf); keep warm. Pour cooking liquid into a saucepan. Add butter and flour and let juices thicken until you have a nice red wine gravy to serve along with the beef.

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

SERVING SUGGESTIONS: Mashed russet potatoes and steamed broccoli.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 9

MENU

- Day 1: Mary's Hoisin Chicken**, add brown rice and steamed broccoli
Day 2: Tex Mex Crock Stew, with a big salad and corn muffins
Day 3: Low Country Red Beans, with brown rice and garlic-sautéed spinach
Day 4: Crock Ravioli, add a big salad and garlic toast
Day 5: Vegetable Torte, and fruit kabobs

SHOPPING LIST:

MEAT

- 2 1/2 pounds skinless chicken thighs [D1]
1 1/2 pounds top round steak [D2]
1 1/2 pounds extra-lean ground beef [D4]
1 ham hock OR smoked turkey leg [D3]

CONDIMENTS

- Vegetable oil [D2,3]
Hoisin sauce—may be found in ethnic section of grocery store [D1]
Plum sauce—may be found in ethnic section of grocery store [D1]
Low sodium soy sauce [D1]
Salsa—your favorite (need 1 1/4 cups) [D2]
**Salad dressing(s)—your choice [D2,4]

PRODUCE

- 3 pounds onions (keep on hand) [D2,3,4,5]
Garlic (need 7 cloves) [D3,4,5] **Additional (1 meal) [D3]
Green bell peppers (need 1 medium) [D3]
Red bell peppers (need 1 large) [D2]
Celery (need 1 medium stalk) [D3]
Gingerroot (need 1 small piece) [D1]
Lime (need 1) [D1]
Cilantro (for garnish, chopped) [D2]
**Broccoli (1 meal) [D1]
**Spinach (1 meal) [D3]
**Lettuce for 2 salads (not Iceberg—no nutrition) [D2,4]
**Salad veggies—your choice [D2,4]
**Strawberries (1 meal) [D5]
**Pineapple (1 meal) [D5]
**Kiwi (1 meal) [D5]

CANNED GOODS

- Low sodium beef broth (need 2 2/3 cups) [D2]
Low sodium chicken broth (need 3 cups) [D3]
Diced tomatoes (need 42-oz.) [D4]
Tomato sauce (need 21.75-oz.) [D4]

SPICES

- Cumin [D2]
Italian seasoning [D4]
Crushed red pepper flakes [D3]
Nutmeg [D5]
**Garlic powder [D4]

DAIRY/DAIRY CASE

- Butter [D4,5]
Eggs (need 4) [D5]
Milk (need 1 1/2 cups) [D5]
Low fat sour cream (for garnish) [D2]
Ricotta cheese (need 3 cups) [D4]
Parmesan cheese (need 1 1/4 cups, grated) [D4,5]

DRY GOODS

- Cornstarch [D1]
Flour [D5]
Italian bread crumbs (need 3 tablespoons) [D5]
1 pound red beans [D3]
1 1/2 pounds Bow Tie pasta [D4]
**Brown rice (2 meals) [D1,3]

FREEZER

- Spinach (need 30-oz.) [D4,5]

BAKERY

- **Corn muffins (1 meal) [D2]
**Bread for garlic toast [D4]

OTHER

- Aluminum foil wrap [D5]
Soufflé pan [D5]
Collapsible vegetable steamer [D5]
**Bamboo skewers [D5]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.



Mary's Hoisin Chicken

INGREDIENTS: (Serves 6)
 1/8 cup Hoisin sauce
 1/8 cup plum sauce
 1/8 cup low sodium soy sauce

1 small piece gingerroot, thinly sliced
 3/4 lime, juiced
 2 1/4 tablespoons cornstarch
 2 1/2 pounds skinless chicken thighs



COOKING INSTRUCTIONS: Combine all ingredients, except chicken, in a bowl. Add chicken, coat well and place in slow cooker. Cover and cook on Low for 5 to 6 hours.

NUTRITION per serving: 163 Calories; 4g Total Fat; 20g Protein; 11g Carbohydrate; 81mg Cholesterol; 546mg Sodium Food **Exchanges:** 0 Grain (Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 4

SERVING SUGGESTIONS: Brown rice and steamed broccoli.

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Tex Mex Crock Stew

INGREDIENTS: (Serves 6)
 1 1/2 tablespoons vegetable oil, divided
 1 1/2 pounds top round steak, cut into 2-inch cubes
 1/3 teaspoon salt
 1 medium onion
 1 large red bell pepper, seeded, de-ribbed and cut into 1-inch pieces

2 2/3 cups low sodium beef broth
 1 1/4 cups salsa, your favorite
 3 teaspoons ground cumin

TOPPINGS:
 Low fat sour cream
 Cilantro, chopped



COOKING INSTRUCTIONS: In a skillet, heat half of the oil over medium-high heat until hot; add beef and stir-fry for 2 minutes or until outside surface is no longer pink—DO NOT OVERCOOK! Remove from skillet; season with salt; set aside. In the same skillet, sauté onion and bell pepper in remaining oil; add broth, salsa, and cumin. Bring to a boil; reduce heat to medium-low. Place meat in slow cooker; add broth/salsa mixture. Cover and cook on Low for 8 hours or High for 6 hours, or until beef is fork-tender. Serve in bowls, topped with sour cream and chopped cilantro.

NUTRITION per serving: 309 Calories; 20g Fat; 22g Protein; 9g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 599mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 7

SERVING SUGGESTIONS: A big salad and corn muffins.

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Low Country Red Beans

INGREDIENTS: (Serves 6)

1 pound red beans, sorted, rinsed and soaked overnight
1 tablespoon Vegetable oil
1 medium stalk celery, chopped
2 small onions, chopped
1 medium green bell pepper, seeded, de-ribbed and chopped

2 cloves garlic, pressed
1 cup water
3 cups low sodium chicken broth
1 ham hock (or substitute smoked turkey leg, if you wish)
1/2 teaspoon crushed red pepper flakes (more or less depending on your heat tolerance)



COOKING INSTRUCTIONS: Soak beans overnight in slow cooker; drain, rinse and return to slow cooker. Next, heat vegetable oil in a skillet over medium-high heat; add celery, onion, bell pepper, and garlic; cook until softened, about 5 minutes. Transfer this mixture to the slow cooker. Now add water, chicken broth and the ham hock (or smoked turkey leg) to the slow cooker. Cover and cook on Low for 8 to 10 hours. Before serving, chop the meat off the bone, discarding all fat and bone. Return meat to the bean pot; add crushed red pepper flakes.

NUTRITION per serving: 253 Calories; 3g Fat; 21g Protein; 38g Carbohydrate; 15g Dietary Fiber; 13mg Cholesterol; 222mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 4

SERVING SUGGESTIONS: Brown rice and garlic-sautéed spinach.

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Crock Ravioli

INGREDIENTS: (Serves 6)

1 1/2 pounds extra-lean ground beef
1 large onion, chopped
3 cloves garlic, pressed
1 1/2 (28-oz.) cans diced tomatoes, un-drained
1 1/2 (14.5-oz.) cans tomato sauce
3 teaspoons Italian seasoning

Salt and pepper to taste
1 1/2 pounds Bow Tie pasta, cooked
1 1/2 (10-oz.) packages frozen spinach, thawed and drained
3 cups Ricotta cheese
3/4 cup Parmesan cheese, grated



COOKING INSTRUCTIONS: In a large skillet over medium heat, cook ground beef until browned; add onions and garlic and continue to cook until onions are translucent. Remove beef/veggies from skillet and strain off any excess grease; place in slow cooker; add tomatoes, tomato sauce, and seasonings. Cover and cook on Low for about 8 hours. About 30 minutes before you are ready to serve, cook pasta according to package directions. Add cooked pasta, spinach, Ricotta and Parmesan cheeses to slow cooker. Crank the temperature up to High and cook for another 5 to 10 minutes.

NUTRITION per serving: 786 Calories; 40g Fat; 50g Protein; 58g Carbohydrate; 8g Dietary Fiber; 148mg Cholesterol; 1066mg Sodium. **Exchanges:** 2 Grain (Starch); 5 1/2 Lean Meat; 4 Vegetable; 4 Fat. **Points:** 18

SERVING SUGGESTIONS: A big salad and garlic toast.

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Vegetable Torte

INGREDIENTS: (Serves 6)

3 tablespoons Italian bread crumbs
2 1/2 cups hot water
4 1/2 tablespoons butter
1 large onion, diced
2 cloves garlic, pressed
4 1/2 tablespoons flour

1 1/2 cups milk
1/2 cup Parmesan cheese, grated
4 eggs, separated
1 1/2 (10-oz.) packages frozen
spinach, thawed and drained
Salt and pepper to taste
1/8 teaspoon nutmeg



COOKING INSTRUCTIONS: Grease the inside of a soufflé pan; coat with bread crumbs and set aside. Turn pan on its side to allow excess crumbs to fall out of pan. Place a collapsible vegetable steamer in the bottom of your slow cooker. Add about 2 1/2 cups hot water to slow cooker. Cover and set slow cooker heat setting to high. In a skillet, melt butter and sauté onion and garlic until onions are translucent. Add flour and stir for about a minute. Slowly add milk to the skillet and continue to cook over low heat for about 5 minutes. Add Parmesan cheese, stir, then remove from heat. In a mixing bowl, whisk egg yolks. Gradually add the hot cheese sauce to the yolks. Stir to incorporate. Add spinach, salt, pepper and nutmeg. Stir to blend. Set aside. In another mixing bowl, beat egg whites until they have formed stiff peaks. Take about 1/3 of the egg whites and gently fold them into the spinach mixture, then add remaining egg whites. Pour mixture into bread crumb-coated pan. Cover with aluminum foil wrap. Uncover slow cooker, place pan inside slow cooker; cover and cook for 3 to 4 hours. Remove from slow cooker and let sit on countertop for about 5 minutes to settle. Place a serving plate on top of the soufflé pan, flip it upside down to allow torte to slide onto the plate. Cut into wedges and enjoy.

NUTRITION per serving: 159 Calories; 7g Fat; 11g Protein; 13g Carbohydrate; 3g Dietary Fiber; 138mg Cholesterol; 247mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 3

SERVING SUGGESTIONS: Fruit kabobs: Alternate strawberries with chunks of pineapple and kiwi on bamboo skewers.

Crock Cooker Menu-Mailer and Shopping – Six Servings

Winter

Volume 2, Week 10

Menu:

- Day 1: Mushroom Sauce and Pasta**, with steamed broccoli spears and a salad
- Day 2: Spicy Shrimp Soup**, add a big spinach salad (or use mixed baby greens) and crusty bread
- Day 3: Pineapple, Ham and Mixed Bean Supper**, with a broccoli slaw, raw baby carrots and whole grain rolls
- Day 4: Crock Chop Suey**, add stir-fried zucchini, yellow squash and snow peas and some egg rolls
- Day 5: Tijuana Turkey**, with brown rice, a big salad, and corn muffins

SHOPPING LIST:

MEAT

- 1 pound smoked cooked ham OR turkey ham [D3]
- 1 pound boneless turkey meat [D5]
- 1 pound lean ground beef [D4]
- 1 pound cooked shrimp, peeled and de-veined—or buy frozen [D2]

CONDIMENTS

- Prepared mustard [D3]
- Barbecue sauce—your favorite (need 1/3 cup) [D3]
- Spicy salsa, hot or extra-hot is good (need 14.5-oz.) [D2]
- Low sodium soy sauce [D4]
- **Mayonnaise [D3]
- **Rice vinegar [D3]
- **Salad dressing(s)—your choice [D1,D5]

PRODUCE

- 3 pounds onions (keep on hand) [D1,D2,D3,D4,D5]
- Garlic (need 2 cloves) [D1]
- Green bell peppers (need 2 medium) [D3,D5]
- Mushrooms (need 18-oz.) [D1,D4]
- Cilantro (chopped, for garnish) [D2]
- **Broccoli (1 meal) [D1]
- **Zucchini, yellow squash and snow peas (1 meal) [D4]
- **Broccoli slaw (1 meal) [D3]
- **Baby carrots (1 meal) [D3]
- **Spinach OR mixed baby greens (1 meal) [D2]
- **Lettuce for 2 salads (not Iceberg—no nutrition) [D1,D5]
- **Salad veggies—your choice [D1,D5]

CANNED GOODS

- Low sodium chicken broth (need 6 cups) [D2]
- Black beans (need 1 (16-oz.) can plus 1/2 of a (16-oz.) can) [D2,D3]
- 2 (16-oz.) cans pinto beans [D3]
- 1 (16-oz.) can ranch beans [D3]
- 3 (14.5-oz.) cans diced tomatoes [D1,D5]
- 2 (16-oz.) cans tomato paste [D1,D5]
- 1 (20-oz.) can pineapple chunks in juice [D3]

SPICES

- Italian seasoning [D1]
- Cumin [D5]
- Chili powder [D5]

DAIRY/DAIRY CASE

- **Butter

DRY GOODS

- Pasta—your choice (need 12-oz. cooked) [D1]
- Brown rice (need 1 cup uncooked) [D2] **Additional (1 meal) [D5]
- 1 6-oz. package Uncle Ben's long grain wild rice [D4]

FREEZER

- 1 pound cooked shrimp, peeled and de-veined—if not using fresh [D2]
- 1 (16-oz.) package California blend mixed vegetables (no sauce) [D2]
- 1 (16-oz.) package stir-fry vegetables (no sauce) [D4]
- 1 (16-oz.) package whole kernel corn [D5]
- **Egg rolls (1 meal) [D4]

BAKERY

- **Crusty bread (1 meal) [D2]
- **Whole grain rolls (1 meal) [D3]
- **Corn muffins (1 meal) [D5]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, Day 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.

Mushroom Sauce and Pasta

INGREDIENTS: (Serves 6)

2 (14.5-oz.) cans diced tomatoes
1 (6-oz.) can tomato paste
3/4 cup chopped onion
2 cloves garlic, pressed

1 1/2 tablespoons Italian seasoning

10-oz. mushrooms, sliced

Salt and pepper to taste

12-oz. cooked pasta—your choice



COOKING INSTRUCTIONS: Combine all ingredients, except pasta, in slow cooker. Cover and cook on Low for 5 to 6 hours, or until mushrooms are reduced and tender. Serve mushroom sauce over pasta and enjoy.

NUTRITION per serving: 288 Calories; 2g Fat; 11g Protein; 59g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 244mg Sodium. **Exchanges:** 3 Grain (Starch); 3 Vegetable; 0 Fat. **Points:** 5

SERVING SUGGESTIONS: Steamed broccoli spears and a salad.

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Spicy Shrimp Soup

INGREDIENTS: (Serves 6)

6 cups low sodium chicken broth
1 (14.5-oz.) jar spicy salsa (hot or extra hot is good in this soup)
1 cup brown rice
3/4 cup chopped onion
8-oz. package frozen California blend mixed vegetables (no sauce)

8-oz. can black beans, rinsed and drained

1 pound cooked shrimp, peeled and de-veined

Cilantro, chopped



COOKING INSTRUCTIONS: Combine broth, salsa, rice and onion in slow cooker. Cover and cook on Low for 3 to 4 hours, or until rice is cooked through.

About 30 to 45 minutes before you are ready to serve, add mixed vegetables, black beans, and shrimp. Stir, cover and raise heat setting to High. Continue to cook until all ingredients are warmed through. Garnish with chopped cilantro.

NUTRITION per serving: 404 Calories; 2g Fat; 39g Protein; 57g Carbohydrate; 8g Dietary Fiber; 148mg Cholesterol; 896mg Sodium. **Exchanges:** 3 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 7

SERVING SUGGESTIONS: A big spinach salad (or use mixed baby greens). Add some crusty bread.

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Pineapple, Ham and Mixed Bean Supper

INGREDIENTS: (Serves 6)

2 (16-oz.) cans pinto beans, drained
 1 (16-oz.) can black beans, drained
 1 (16-oz.) can Ranch beans, drained
 1 (20-oz.) can pineapple chunks in juice, un-drained
 1/3 cup barbecue sauce—your favorite

2 tablespoons prepared mustard
 3/4 cup chopped onion
 3/4 cup chopped green bell pepper,
 seeded and de-ribbed
 1 pound smoked cooked ham OR
 turkey ham, cubed



COOKING INSTRUCTIONS: Combine all ingredients in slow cooker. Cover and cook on Low for 4 to 6 hours.

NUTRITION per serving: 730 Calories; 6g Fat; 48g Protein; 124g Carbohydrate; 38g Dietary Fiber; 32mg Cholesterol; 951mg Sodium. **Exchanges:** 7 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 14

SERVING SUGGESTIONS: A big bowl of broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar). Add a bowl of raw baby carrots and some whole grain rolls.

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Crock Chop Suey

INGREDIENTS: (Serves 6)

1 pound lean ground beef
 3/4 cup chopped onion
 1 (6-oz.) package Uncle Ben's long grain wild rice
 2 cups water

1/3 cup low sodium soy sauce
 1 (16-oz.) package frozen stir-fry
 vegetables (no sauce)
 8-oz. mushrooms, sliced



COOKING INSTRUCTIONS: In a skillet over medium-high heat, brown ground beef and onion; drain; place mixture in slow cooker.

Add wild rice mix, seasoning packet from wild rice, water, soy sauce and vegetables to slow cooker; stir. Cover and cook on Low for 2 to 3 hours, or until rice is cooked through and vegetables are tender.

NUTRITION per serving: 347 Calories; 16g Fat; 20g Protein; 31g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 916mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 2 Lean Meat; 2 Vegetable; 2 1/2 Fat. **Points:** 8

SERVING SUGGESTIONS: Stir-fried zucchini, yellow squash and snow peas. Add some frozen (cooked) egg rolls, if you like.

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Tijuana Turkey

INGREDIENTS: (Serves 6)

1 pound boneless turkey meat, cut into strips
1 (16-oz.) package frozen whole kernel corn
1 tablespoon ground cumin
1 teaspoon chili powder

3/4 cup quartered onion
3/4 cup green bell pepper, seeded,
de-ribbed and cut into strips
1 (14.5-oz.) can diced tomatoes
1 (6-oz.) can tomato paste



COOKING INSTRUCTIONS: Combine all ingredients in slow cooker. Cover and cook on Low for 4 to 5 hours.

NUTRITION per serving: 228 Calories; 6g Fat; 19g Protein; 28g Carbohydrate; 5g Dietary Fiber; 44mg Cholesterol; 279mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 2 Vegetable; 0 Fat. **Points:** 4

SERVING SUGGESTIONS: Brown rice and a big salad. Add some corn muffins.

SAVING DINNER

with



Crock Cooker
Winter E book
Volume 3

Crock Cooker E book Winter Volume 3

Week 1	<p>Day 1: Country French Crock Chicken, with steamed new potatoes and steamed green beans</p> <p>Day 2: Chinese New Year Crock Cooker Beef, serve over brown rice and add steamed broccoli spears</p> <p>Day 3: Leanne's Basic Crock Veggie Soup, with quesadillas and a big spinach salad</p> <p>Day 4: Crock Pork Roast, add mashed russet potatoes, steamed baby carrots, and steamed baby Brussels sprouts</p> <p>Day 5: Crock Cooker Salmon Loaf, with coleslaw and whole grain rolls</p>
Week 2	<p>Day 1: North African Chicken Stew, serve over whole wheat couscous and add a big salad</p> <p>Day 2: Beef Florentine Pasta, with a mixed baby greens salad</p> <p>Day 3: Spicy Veggie Crock Chili, add corn muffins and a relish tray</p> <p>Day 4: Slow Cooker Pork Burritos, with garnishes, corn on the cob, and a big salad</p> <p>Day 5: Shrimp Jambalaya, add a big salad and warm sourdough bread</p>
Week 3	<p>Day 1: Mediterranean Chicken, serve over brown rice and add a baby spinach salad</p> <p>Day 2: Lone Star State Stew, with garlic-mashed russet potatoes and steamed broccoli</p> <p>Day 3: Zesty Crock Tomato Sauce with Pasta, add a big salad and garlic toast</p> <p>Day 4: Apple Pork Roast, with baked acorn squash and roasted Brussels sprouts</p> <p>Day 5: Clam Linguine, add a mixed baby greens salad and warm crusty bread</p>
Week 4	<p>Day 1: Crock Cooker Cajun Chicken Stew, add baked sweet potatoes and steamed kale</p> <p>Day 2: Slow Cooker Beef Pot Roast, with garlic-mashed russet potatoes and steamed broccoli</p> <p>Day 3: Hearty Mac and Cheese, add a big salad</p> <p>Day 4: Barbecue Pulled Pork Burritos, with corn on the cob and a relish tray</p> <p>Day 5: Mediterranean Roast Turkey, add whole wheat couscous and stir-fried zucchini and yellow squash</p>
Week 5	<p>Day 1: Crock Cooker Chicken and Apples, with mashed russet potatoes and steamed kale</p> <p>Day 2: Crock Cooker Minestrone, add a big salad and whole grain rolls</p> <p>Day 3: Crock Cooker Jamaican Pork, with baked sweet potatoes and garlic-sautéed baby spinach</p> <p>Day 4: Slow Cooker Mid-East Lamb Stew, add whole wheat couscous and stir-fried zucchini and yellow squash</p> <p>Day 5: Chipotle Beef Burritos, with corn on the cob and a big salad</p>
Week 6	<p>Day 1: Fruited Chicken, with baked acorn squash and steamed asparagus</p> <p>Day 2: Easy Cheesy Tortellini, add a big salad and garlic toast</p> <p>Day 3: In the Navy Beans, with a big spinach salad and whole grain rolls</p> <p>Day 4: Pork Chops with Mexicali Stuffing, add mashed russet potatoes and steamed broccoli</p> <p>Day 5: Crock Cooker Turkey Pot-Pie, with baked butternut squash and steamed green beans</p>

Week 7	<p>Day 1: Crock Cooker Chicken Cassoulet, add a big salad and whole grain rolls</p> <p>Day 2: Beef, Barley and Mushroom Soup, with a relish tray and crusty bread</p> <p>Day 3: More than Just Red Beans and Rice, add corn on the cob and a big salad</p> <p>Day 4: Slow Cooker Pork Chop Dinner, with steamed red potatoes and steamed broccoli</p> <p>Day 5: Crock Cooker Latin Chicken, add a big spinach salad</p>
Week 8	<p>Day 1: Fajita Chicken and Beans, serve over brown rice and add a big salad and warm corn muffins</p> <p>Day 2: Slow Cooker Shepherd's Pie, with steamed broccoli spears</p> <p>Day 3: Vegetarian London Fog Split Pea Soup, add a big salad and crusty bread</p> <p>Day 4: Slow Cooker Succulent Pork Chops, with garlic-mashed russet potatoes and a steamed medley of baby carrots, broccoli and cauliflower florets</p> <p>Day 5: Gingered Chutney Chicken, add whole wheat couscous and garlic-sautéed baby spinach</p>
Week 9	<p>Day 1: Spicy Crock Cooker Chicken, serve chicken shredded on burger buns and add coleslaw and baby carrots</p> <p>Day 2: Beefy Baked Beans, with a big salad and whole grain rolls</p> <p>Day 3: Slow Cooker Sausage and Split Pea Soup, add a relish tray and crusty bread</p> <p>Day 4: Slow Cooker Sweet and Sassy Pork, with baked butternut squash and steamed green beans</p> <p>Day 5: Honey Hoisin Chicken, add brown rice and steamed broccoli spears</p>
Week 10	<p>Day 1: Slow Cooker Chicken and Apple Stew, with a big spinach salad and whole grain rolls</p> <p>Day 2: Venetian Pot Roast, add a mixed baby greens salad</p> <p>Day 3: Hot and Spicy Turkey Thighs, with baked sweet potatoes and steamed green beans</p> <p>Day 4: Pineapple Pork, add brown rice and steamed broccoli</p> <p>Day 5: Slow Cooker Vegetable Beef, with steamed baby Brussels sprouts</p>
Week 11	<p>Day 1: Buffalo Chicken Chili, add a big salad and warm corn muffins</p> <p>Day 2: Texas Style BBQ, serve shredded meat on burger buns with russet fries and coleslaw</p> <p>Day 3: Harvest Turkey and Wild Rice, add steamed broccoli spears</p> <p>Day 4: Slow Cooker Red Beans and Rice, with a big salad and whole grain rolls</p> <p>Day 5: Slow Cooker Beef and Apples, add garlic-sautéed spinach, crusty bread and a big salad</p>
Week 12	<p>Day 1: Slow Cooker White Bean and Chicken Chili, add garnished, a big salad, and corn muffins</p> <p>Day 2: Just Another Pot Roast, with steamed baby Brussels sprouts and warm crusty bread</p> <p>Day 3: Teriyaki Pork Chops, serve over brown rice and add steamed green beans</p> <p>Day 4: Barley Beef Stroganoff, over wide egg noodles with steamed broccoli and steamed baby carrots</p> <p>Day 5: Crock Cooker Tomato-Peanut Chicken, add whole wheat couscous and sautéed garlicky spinach</p>

Crock Cooker E book Shopping List

Winter Volume 3 Week 1

Day 1: Country French Crock Chicken

Day 2: Chinese New Year Crock Cooker Beef

Day 3: Leanne's Basic Crock Veggie Soup

Day 4: Crock Pork Roast

Day 5: Crock Cooker Salmon Loaf

SHOPPING LIST:

MEAT/POUTRY/SEAFOOD

12 skinless chicken thighs [D1]

1 1/2 pounds boneless beef top round OR pork [D2]

1 (4-lb.) pork roast [D4]

CONDIMENTS

Olive oil [D1,D2,D3,D5]

Sesame oil (in Asian section of grocery store) [D2]

Dry white wine (1/3 cup) (optional) [D1]

**Rice vinegar [D5]

**Low fat mayonnaise [D5]

**Salad dressing (your choice) [D3]

CANNED GOODS

1 (14.75-oz.) can sockeye salmon [D5]

Low sodium chicken broth (11 1/3 cups plus 14.5 ounces if using pork for Day 2) [D1,D3,D5]

1 (14.5-oz.) can low sodium beef broth [D2]

1 (14.5-oz.) can stewed tomatoes [D1]

2 (14.5-oz.) cans diced tomatoes [D3]

1 (15-oz.) can white beans [D1]

SPICES

Sea salt [D1,D2,D3,D4]

Black peppercorns [D1,D2,D3,D4]

Italian seasoning [D1]

Garlic powder [D1]

Thyme [D1,D3]

Crushed red pepper flakes [D1]

Ground ginger [D2]

Dry mustard [D5]

**Ground nutmeg [D4]

DRY GOODS

Cornstarch [D2,D4]

Seasoned stuffing mix (2 cups) [D5]

**Brown rice [D2]

PRODUCE

Onions (2 cups chopped) [D1,D3]

Garlic (15 cloves) [D2,D3,D4]

Celery (2 small stalks) [D3]

Carrots (2 large) [D3]

Zucchini (2 medium) [D2]

Red bell peppers (1 large) [D2]

Turnips (1 medium) [D3]

Green beans (2 cups of 1-inch pieces) [D3]

Cabbage (1/4 head) [D3]

Russet potatoes (2 small) **Additional [D3,D4]

**New potatoes [D1]

**Baby carrots [D4]

**Green beans [D1]

**Broccoli [D2]

**Baby Brussels sprouts [D4]

**Spinach [D3]

**Coleslaw mix [D5]

DAIRY/DAIRY CASE

Eggs (2) [D5]

Milk (6 tablespoons) (optional) [D4]

Parmesan cheese (3/4 cup grated) [D5]

**Cheese (for quesadillas) [D3]

**Butter, unsalted [D4,D5]

BAKERY

**Whole wheat flour tortillas [D3]

**Whole grain rolls [D5]

OTHER

Aluminum foil wrap [D5]

GLUTEN FREE

Chicken broth [D1,D3,D5]

Beef broth [D2]

Canned tomatoes [D1,D3]

White beans [D1]

Italian seasoning [D1]

Arrowroot starch [D2,D4]

Stuffing mix [D5]



[D1] – [D5] = Day 1, Day 2, Day 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

Country French Crock Chicken

Day 1 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
12 skinless chicken thighs
Sea salt and freshly ground black pepper, to taste
1/3 cup dry white wine (optional)
1 cup chopped onion
1/3 cup low sodium chicken broth

1/2 teaspoon Italian seasoning
1 (15-oz.) can white beans, drained and rinsed
1/2 teaspoon garlic powder
1/4 teaspoon dried thyme
1/4 teaspoon crushed red pepper flakes
1 (14.5-oz.) can stewed tomatoes, un-drained and chopped



INSTRUCTIONS:

Heat the olive oil in a large skillet over medium-high heat; add chicken and brown on the outside; salt and pepper to taste then place in a crock cooker; stir in remaining ingredients. Cover and cook on HIGH for 4 to 5 hours or on LOW for 6 to 8 hours.

NUTRITION per serving: 327 Calories; 8g Fat; 34g Protein; 27g Carbohydrate; 5g Dietary Fiber; 115mg Cholesterol; 217mg Sodium. **Exchanges:** 1 Grain(Starch); 4 Lean Meat; 2 Vegetable; 1/2 Fat. **Points:** 8

SERVING SUGGESTION: Steamed new potatoes and steamed green beans.

GLUTEN FREE: Make sure chicken broth, Italian seasoning, beans and tomatoes are gluten free.

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Chinese New Year Crock Cooker Beef

Day 2 – Serves 6

INGREDIENTS:

1 1/2 teaspoons olive oil
1 1/2 teaspoons sesame oil
1 1/2 pounds boneless beef top round, cut into 2-inch cubes (can substitute pork)
5 cloves garlic, pressed
Sea salt and freshly ground black pepper, to taste
1 (14.5-oz.) can low sodium beef broth (use chicken broth if using pork)

1 large red bell pepper, seeded, deribbed and cut into 1-inch pieces
2 teaspoons ground ginger
2 medium zucchini, halved lengthwise then cut into 3/4-inch thick slices
2 tablespoons cornstarch, dissolved in 1/4 cup of water



INSTRUCTIONS:

Heat the oils together in a large skillet over medium-high heat until hot; add beef cubes (half at a time) and stir-fry 2 minutes or until outside surface is no longer pink (do not overcook!). Now add the garlic to the skillet and stir-fry for 1 minute longer. Remove from skillet and season with salt and pepper; place in a crock cooker. In the same skillet, combine broth, bell pepper and ginger; bring to a boil then reduce heat to medium-low for just a minute. Now add this mixture to the crock cooker along with the raw zucchini. Cover and cook on LOW for 7 hours or until beef is fork-tender. Add cornstarch/water mixture during the last hour of cooking time and keep the lid off the crock cooker to aid in thickening. Or, if you prefer, place crock cooker contents in a large saucepan over medium heat; cook and stir until thickened.

NUTRITION per serving: 209 Calories; 6g Fat; 29g Protein; 8g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 109mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 5

SERVING SUGGESTION: Serve over brown rice; add steamed broccoli spears on the side.

GLUTEN FREE: Make sure broth is gluten free and use arrowroot starch instead of cornstarch.

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Leanne's Basic Crock Veggie Soup

Day 3 – Serves 12 (freezes great or a terrific leftover for the weekend)

INGREDIENTS:

2 tablespoons olive oil, divided
1 cup chopped onion
4 cloves garlic, pressed
2 large carrots, chopped
2 small stalks celery, chopped
1 medium turnip, chopped
2 cups (1-inch pieces) green beans

1/4 head cabbage, chopped
2 small russet potatoes, peeled and chopped
1/2 teaspoon dried thyme
Sea salt and freshly ground black pepper, to taste
2 (14.5-oz.) cans diced tomatoes, un-drained
10 cups low sodium chicken broth



INSTRUCTIONS:

In a large soup pot, heat one tablespoon of olive oil over medium-high heat; add the onion and cook till nearly translucent. Add the garlic and sauté for about 2 minutes (don't let it brown!). Add carrots, celery, turnip, green beans, cabbage and potatoes; sauté for just a minute or two (you're not cooking them through, just sautéing them for the wonderful flavor this quick step will infuse in your soup). Add the thyme, salt and pepper during this step then transfer veggies to a crock cooker; add tomatoes and broth. Cover and cook on HIGH for 4 to 6 hours or on LOW for 7 to 9 hours (depending on your crock cooker). When the veggies are tender and the soup smells delicious, it is ready. Gently mash some of the potatoes on the side of the crock cooker to slightly thicken the soup then give it a stir before serving.

***LEANNE'S NOTE:** If you want a more substantial soup, add a couple of (15-oz.) cans of drained and rinsed white beans.

NUTRITION per serving: 115 Calories; 2g Fat; 12g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 704mg Sodium. **Exchanges:** 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 3

SERVING SUGGESTION: Serve quesadillas on the side; add a big spinach salad. (To make quesadillas, think "grilled cheese sandwiches", but use whole wheat flour tortillas instead of bread).

GLUTEN FREE: Make sure tomatoes and chicken broth are gluten free.

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Crock Pork Roast

Day 4 – Serves 6

INGREDIENTS:

1 (4-lb.) pork roast, whole*
6 cloves garlic
Sea salt and freshly ground black pepper, to taste

Juices from roast
1 1/2 tablespoons cornstarch
6 tablespoons milk OR water



INSTRUCTIONS:

Rinse roast and pat dry; place in a crock cooker, fat side down. Cut garlic into thin slices and lay over the top of the roast; sprinkle lightly with salt and pepper. Cover and cook on LOW for 5 hours or until meat is fork-tender. (Sometimes, relative to the shape of the roast, it will be done in 4 hours. Check to see if this is so.) Transfer roast to a cutting board and allow it to sit at room temperature for about 10 minutes before slicing. For gravy, transfer juices from slow cooker to a saucepan on the stovetop. In a cup, combine cornstarch and milk (or water) and add to meat juices; cook over medium heat, stirring constantly, until thickened. Serve meat with gravy.

***LEANNE'S NOTE:** Crock Pork Roast allows for lots of leftovers to make barbecued pork sandwiches. Use leftovers within 4 days or freeze.

NUTRITION per serving: 363 Calories; 13g Fat; 53g Protein; 4g Carbohydrate; trace Dietary Fiber; 135mg Cholesterol; 147mg Sodium. **Exchanges:** 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 9

SERVING SUGGESTION: Mashed russet potatoes, steamed baby carrots and steamed baby Brussels sprouts tossed with butter and a dash of ground nutmeg.

GLUTEN FREE: Use arrowroot starch instead of cornstarch.

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Crock Cooker Salmon Loaf

Day 5 – Serves 6

INGREDIENTS:

Aluminum foil wrap
Olive oil

1 (14.75-oz.) can sockeye salmon, drained, bones and skin removed

2 eggs, lightly beaten

2 cups seasoned stuffing mix

1 cup low sodium chicken broth

3/4 cup grated Parmesan cheese

1/4 teaspoon dry mustard



INSTRUCTIONS:

Cut three 20- x 3-inch strips of foil wrap, crisscrossing them so that they resemble spokes of a wheel; place the strips on the bottom and up the sides of a lightly oiled crock cooker. In a large bowl, combine remaining ingredients; blend well then gently shape mixture into a round loaf and place it in the center of the foil strips. Cover and cook on LOW for 4 to 6 hours or until a meat thermometer reads 160 degrees. Using the foil strips as handles, remove the loaf to a platter and allow it to sit at room temperature for about 10 minutes before slicing.

NUTRITION per serving: 341 Calories; 11g Fat; 27g Protein; 31g Carbohydrate; 1g Dietary Fiber; 110mg Cholesterol; 1307mg Sodium. **Exchanges:** 2 Grain(Starch); 3 Lean Meat; 1/2 Fat. **Points:** 9

SERVING SUGGESTION: Serve a big bowl of coleslaw on the side (use a ready-made mix and toss with low fat mayo and a little rice vinegar); add some whole grain rolls and butter.

GLUTEN FREE: Make sure stuffing mix and broth are gluten free.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 2

Day 1: North African Chicken Stew, serve over whole wheat couscous and add a big salad

Day 2: Beef Florentine Pasta, with a mixed baby greens salad

Day 3: Spicy Veggie Crock Chili, add corn muffins and a relish tray

Day 4: Slow Cooker Pork Burritos, with garnishes, corn on the cob, and a big salad

Day 5: Shrimp Jambalaya, add a big salad and warm sourdough bread

SHOPPING LIST:

MEAT/POUTRY/SEAFOOD

6 (6-oz.) boneless skinless chicken breast halves [D1]
1 1/2 pounds 95% lean ground beef [D2]
3 pounds boneless pork shoulder [D4]
1 pound turkey kielbasa [D5]
1 pound shrimp, peeled and deveined (or buy frozen) [D5]

CONDIMENTS

Olive oil [D3,D5]
Worcestershire sauce [D5]
Tabasco sauce [D5]
Honey [D4]
**Whole black olives [D3]
**Honey-mustard salad dressing [D1]
**Red wine vinaigrette [D2]
**Salad dressing (your choice) [D4,D5]

CANNED GOODS

Low sodium chicken broth (2 cups) [D1]
1 (14.5-oz.) can diced tomatoes [D2]
1 (28-oz.) can diced tomatoes [D3]
1 (14.5-oz.) can diced tomatoes with mild green chilies [D4]
2 (8-oz.) cans tomato sauce [D2]
Garbanzo beans (24 ounces) [D1]
Reduced sodium tomato juice (2 1/2 cups) [D5]

SPICES

Sea salt [D1,D2,D4]
Black peppercorns [D1,D2]
Ground cinnamon [D1]
Ground ginger [D1]
Turmeric [D1]
Oregano [D2,D3,D5]
Italian seasoning [D2]
Chili powder [D3,D4]
Ground cumin [D3]
Thyme [D5]

DRY GOODS

Raisins (1/2 cup) [D1]
1 pound chickpeas (garbanzo beans) [D3]
Brown rice (1 cup uncooked) [D5]
1 (16-oz.) package Bow Tie pasta [D2]
**Whole wheat couscous [D1]

PRODUCE

Onions (1 large plus 3 medium plus 1 cup chopped) [D1,D2,D3,D5]
Garlic (10 cloves plus 3 tablespoons minced) [D1,D2,D3,D4,D5]
Celery (3 medium stalks) **Additional [D3,D5]
Carrots (5 medium) **Additional [D1,D3]
Acorn squash (1 1/2 pounds) [D1]
Broccoli (1 bunch) [D3]
Green bell peppers (3 medium) [D3,D5]
Jalapeno peppers (2 plus 1 tablespoon chopped) [D3,D4]
Limes (2 tablespoons juice) [D4]
**Corn on the cob (or buy frozen) [D4]
**Red onion [D1,D2]
**Cherry tomatoes [D2,D3]
**Baby spinach [D1]
**Mixed baby greens [D2]
**Lettuce (not Iceberg, no nutrition) [D4,D5]
**Salad veggies (your choice) [D4,D5]
**Granny Smith apples [D1]
**Avocado (sliced, for optional garnish) [D4]

DAIRY/DAIRY CASE

Part-skim Mozzarella cheese (1 1/2 cups shredded) [D2]
Parmesan cheese (1/2 cup grated) [D2]
**Butter, unsalted [D4,D5]
**Low fat sour cream (for optional garnish) [D4]
**Low fat Cheddar cheese (shredded, for optional garnish) [D4]

FREEZER

1 pound shrimp, peeled and deveined (if not using fresh) [D5]
1 (10-oz.) package chopped spinach [D2]
**Corn on the cob (if not using fresh) [D4]

BAKERY

6 (8-inch) whole wheat flour tortillas [D4]
**Sourdough bread [D5]
**Corn muffins [D3]

GLUTEN FREE

Worcestershire sauce [D5]
Tabasco sauce [D5]
Kielbasa [D5]
Chicken broth [D1]
Diced tomatoes [D2,D3,D4]
Tomato sauce [D2]
Tomato juice [D5]
Garbanzo beans [D1]
Pasta [D2]
Tortillas [D4]



[D1] – [D5] = Day 1, Day 2, Day 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

North African Chicken Stew

Day 1 – Serves 6

INGREDIENTS:

3/4 teaspoon ground cinnamon

3/4 teaspoon ground ginger

3/4 teaspoon turmeric

Sea salt and freshly ground black pepper, to taste

1 acorn squash (about 1 1/2 pounds), peeled and cubed

3 medium carrots, sliced

1 large onion, thinly sliced

3 cloves garlic, pressed

6 (6-oz.) boneless skinless chicken breast halves

2 cups low sodium chicken broth

24 ounces garbanzo beans, drained and rinsed

1/2 cup raisins

3 cups water



INSTRUCTIONS:

In a small bowl or cup, combine cinnamon, ginger, turmeric, salt and pepper. Place squash, carrots, onion and garlic in a slow cooker; sprinkle with about half of the seasoning mix. Place chicken on top of veggies and sprinkle with remaining seasonings; add broth. Cover and cook on LOW for 6 hours or until chicken is cooked through. About 30 minutes before serving time, raise heat setting to HIGH; add garbanzo beans and raisins. Cover and cook for 30 minutes or until beans are heated through and raisins have plumped.

NUTRITION per serving: 440 Calories; 4g Fat; 50g Protein; 52g Carbohydrate; 9g Dietary Fiber; 99mg Cholesterol; 673mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 11

SERVING SUGGESTION: Serve over whole wheat couscous; add a salad of baby spinach, sliced red onion and Granny Smith apple, tossed with honey-mustard dressing.

GLUTEN FREE: Make sure chicken broth and garbanzo beans are gluten free.

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Beef Florentine Pasta

Day 2 – Serves 8 (leftovers)

INGREDIENTS:

1 1/2 pounds 95% lean ground beef

1 cup chopped onion

2 cloves garlic, pressed

2 (8-oz.) cans tomato sauce

1 (14.5-oz.) can diced tomatoes, un-drained

1/2 teaspoon dried oregano

1 teaspoon dried Italian seasoning

1/2 teaspoon sea salt

1/8 teaspoon freshly ground black pepper

1 (16-oz.) package Bow Tie pasta

1 (10-oz.) package frozen chopped spinach, thawed and well drained

1 1/2 cups shredded part-skim Mozzarella cheese

1/2 cup grated Parmesan cheese



INSTRUCTIONS:

In a large skillet with a tight-fitting lid, cook ground beef, onion and garlic over medium heat until meat is no longer pink; drain and transfer to a slow cooker. Stir in tomato sauce, tomatoes and seasonings. Cover and cook on LOW for 7 to 8 hours or until bubbly. When ready to serve, cook and drain pasta. Adjust slow cooker setting to HIGH and stir in cooked pasta, thoroughly drained spinach and the cheeses; cover and cook for 10 minutes or until heated through and cheese has melted.

NUTRITION per serving: 457 Calories; 11g Fat; 36g Protein; 53g Carbohydrate; 5g Dietary Fiber; 68mg Cholesterol; 928mg Sodium. **Exchanges:** 3 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 11

SERVING SUGGESTION: Serve a big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure tomato sauce, tomatoes and pasta are gluten free.

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DO-AHEAD TIP: Soak beans overnight.

Spicy Veggie Crock Chili

Day 3 – Serves 8 (leftovers!)

INGREDIENTS:

1 pound dried chickpeas (garbanzo beans), sorted and soaked overnight	1 tablespoon dried oregano
2 tablespoons olive oil	2 teaspoons ground cumin
2 medium onions, chopped	1 (28-oz.) can diced tomatoes
2 jalapeno peppers, seeded, deribbed and finely chopped	2 medium carrots, sliced
3 cloves garlic, pressed	2 medium stalks celery, chopped
1/3 cup chili powder (more or less, depending on your heat tolerance)	1 bunch broccoli florets, chopped
	2 medium green bell peppers, seeded, deribbed and chopped



INSTRUCTIONS:

Sort and soak beans overnight. Drain and rinse beans and place in a slow cooker. Heat the oil in a skillet over medium heat; add onion and jalapeno and sauté until onion has softened; transfer to slow cooker; add chili powder, oregano, cumin, diced tomatoes, carrots, celery, broccoli and bell peppers; blend well. Cover and cook on LOW for 7 hours or until beans are tender.

NUTRITION per serving: 332 Calories; 8g Fat; 17g Protein; 54g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 441mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 Fat. **Points:** 8

SERVING SUGGESTION: Add corn muffins and a relish tray of cherry tomatoes, celery and carrot sticks and whole black olives

GLUTEN FREE: Make sure canned tomatoes are gluten free.

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Slow Cooker Pork Burritos

Day 4 – Serves 6

INGREDIENTS:

3 pounds boneless pork shoulder roast, trimmed of all visible fat	2 tablespoons lime juice
1 (14.5-oz.) can diced tomatoes with mild green chilies, undrained	2 tablespoons honey
1/4 cup chili powder	1 tablespoon seeded and chopped jalapeno pepper
3 tablespoons minced garlic	1 teaspoon sea salt
	6 (8-inch) whole wheat flour tortillas, warmed



INSTRUCTIONS:

Cut roast in half and place in a slow cooker. In a blender, place tomatoes, chili powder, garlic, lime juice, honey, jalapeno and salt; cover and process until smooth; pour over pork. Cover and cook on LOW for 8 to 10 hours or until meat is fork-tender. Shred pork with two forks. Using a slotted spoon, place about 1/2 cup of pork mixture down the center of each warmed tortilla; top with desired garnishes; fold sides and ends of tortillas over filling and roll up.

NUTRITION per serving: 628 Calories; 30g Fat; 49g Protein; 40g Carbohydrate; 5g Dietary Fiber; 122mg Cholesterol; 1111mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates. **Points:** 16

SERVING SUGGESTION: Garnish with shredded low fat Cheddar cheese, sliced avocado and low fat sour cream, is desired. Serve buttered corn on the cob and a big salad on the side.

GLUTEN FREE: Make sure canned tomatoes and tortillas are gluten free.

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Shrimp Jambalaya

Day 5 – Serves 6

INGREDIENTS:

2 tablespoons olive oil
1 medium onion, chopped
1 medium stalk celery, chopped
1 medium green bell pepper, seeded, de-ribbed and chopped
2 cloves garlic, pressed
1 cup brown rice

2 1/2 cups reduced sodium tomato juice
1 1/2 cups water
1 tablespoon Worcestershire sauce
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
7 to 8 drops Tabasco sauce
1 pound turkey kielbasa, sliced
1 pound shrimp, peeled and deveined



INSTRUCTIONS:

Heat the oil in a large skillet over medium heat; add onion, celery, bell pepper and garlic and sauté until onion is translucent; transfer mixture to a slow cooker. Add rice, juice, water, Worcestershire sauce, thyme, oregano and Tabasco. Cover and cook on LOW until rice is plumped and tender, 5 to 6 hours. About 20 to 25 minutes before serving time, brown the sausage in a skillet for about 5 minutes. Add sausage and shrimp to slow cooker, stir, cover and raise heat setting to HIGH; cook for 15 minutes or until shrimp are pink and cooked through.

NUTRITION per serving: 374 Calories; 11g Fat; 31g Protein; 37g Carbohydrate; 3g Dietary Fiber; 189mg Cholesterol; 1190mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: A big salad and some warm sourdough bread with butter.

GLUTEN FREE: Make sure tomato juice, Worcestershire sauce and Tabasco sauce and kielbasa are gluten free.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 3

Day 1: Mediterranean Chicken, serve over brown rice and add a baby spinach salad

Day 2: Lone Star State Stew, with garlic-mashed russet potatoes and steamed broccoli

Day 3: Zesty Crock Tomato Sauce with Pasta, add a big salad and garlic toast

Day 4: Apple Pork Roast, with baked acorn squash and roasted Brussels sprouts

Day 5: Clam Linguine, add a mixed baby greens salad and warm crusty bread

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 (2-lb.) chuck roast [D2]

3 pounds lean pork tenderloin [D4]

1 pound boneless skinless chicken thighs [D1]

CONDIMENTS

Olive oil [D4]

Cider vinegar (if not using white wine) [D4]

Salsa (1/2 cup) [D1]

1 (8-oz.) jar mild picante sauce [D2]

Honey [D3]

White wine (1/3 cup) (or use white grape juice/cider vinegar) [D4]

**Honey-mustard salad dressing [D1]

**Red wine vinaigrette [D5]

**Salad dressing (your choice) [D3]

SPICES

Sea salt [D1,D2,D3,D4]

Black peppercorns [D3,D5]

Ground cumin [D1,D2]

Ground cinnamon [D1,D4]

Oregano [D3]

Basil [D3]

Crushed red pepper flakes (optional) [D3]

Bay leaves [D3]

**Garlic powder [D3]

DRY GOODS

Flour [D2]

Quick-cooking tapioca (4 1/2 tablespoons) [D4]

Beef bouillon granules (1 1/2 teaspoons) [D4]

Raisins (1/4 cup) [D1]

Spaghetti pasta (12 ounces uncooked) [D3]

Linguine pasta (12 ounces uncooked) [D5]

**Brown rice [D1]

BAKERY

**Bread for garlic toast [D3]

**crusty bread [D5]

FREEZER

1 (10-oz.) package whole kernel corn [D2]

Apple juice concentrate (9 ounces) [D4]

PRODUCE

Onions (1 medium plus 2 cups chopped) [D2,D3,D5]

Garlic (11 cloves) **Additional [D1,D2,D3,D4,D5]

Celery (1 1/2 cups chopped) [D4]

Carrots (3 medium plus 1 1/2 cups chopped) [D2,D4]

Russet potatoes (3 medium) **Additional [D2,D5]

Butternut squash (1 1/2 pounds) [D1]

Red bell peppers (1 large) [D1]

Mushrooms (8 ounces) [D3]

Parsley (1/3 plus 1/4 cup chopped) [D1,D5]

Lemons (3 tablespoons juice) [D5]

**Acorn squash [D4]

**Brussels sprouts [D4]

**Broccoli [D2]

**Baby spinach [D1]

**Mixed baby greens [D5]

**Lettuce (not Iceberg, no nutrition) [D3]

**Salad veggies (your choice) [D3]

**Red onion [D1,D5]

**Granny Smith apple [D1]

**Cherry tomatoes [D5]

CANNED GOODS

3 (6-oz.) cans clams [D5]

1 (14.5-oz.) can low sodium beef broth [D2]

Diced tomatoes (65.25 ounces) [D1,D3,D5]

1 (14.5-oz.) can Mexican-style stewed tomatoes [D2]

Tomato paste (15 ounces) [D3,D5]

1 (15-oz.) can chickpeas [D1]

White grape juice (1/3 cup) (if not using white wine) [D4]

DAIRY/DAIRY CASE

Butter, unsalted [D3,D5]

Part-skim Mozzarella cheese (1 cup shredded) (optional) [D3]

Parmesan cheese (1/2 cup plus 2 tablespoons grated plus optional garnish) [D3,D5]

**Feta cheese [D1]

GLUTEN FREE

Salsa [D1]

Picante sauce [D2]

White wine (or white grape juice/cider vinegar) [D4]

Canned clams [D5]

Beef broth [D2]

Canned tomatoes [D1,D2,D3,D5]

Tomato paste [D3,D5]

Canned chickpeas [D1]

Flour [D2]

Bouillon granules [D4]

Pastas [D3,D5]



[D1] – [D5] = Day 1, Day 2, Day 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

Mediterranean Chicken

Day 1 – Serves 6

INGREDIENTS:

1 1/2 pounds butternut squash, peeled and cut into 1-inch chunks (about 4 cups)
1 pound boneless skinless chicken thighs, trimmed and cut in 1-inch chunks
1 large red bell pepper, de-seeded, de-ribbed and cut into 1-inch pieces
1/2 cup salsa

1 (14.5-oz.) can diced tomatoes, un-drained
1/4 cup raisins
1/2 teaspoon ground cumin
1 clove garlic, pressed
1/2 teaspoon sea salt
1/4 teaspoon ground cinnamon
1 (15-oz.) can chickpeas, drained and rinsed
1/4 cup chopped parsley



INSTRUCTIONS:

In a crock cooker, combine all ingredients, except chickpeas and parsley. Cover and cook on LOW for 7 to 9 hours or on HIGH for 4 to 5 hours, or until chicken and vegetables are tender. Stir in chickpeas and parsley.

NUTRITION per serving: 252 Calories; 4g Fat; 20g Protein; 39g Carbohydrate; 7g Dietary Fiber; 74mg Cholesterol; 872mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: Serve over brown rice. Add a salad of baby spinach, sliced red onion, sliced Granny Smith apple and crumbled Feta cheese, tossed with honey-mustard dressing.

GLUTEN FREE: Make sure salsa, tomatoes and chickpeas are gluten free.

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Lone Star State Stew

Day 2 – Serves 6

INGREDIENTS:

1 (2-lb.) beef chuck roast, trimmed and cut into 1-inch cubes
1 (14.5-oz.) can Mexican-style stewed tomatoes, un-drained
1 (14.5-oz.) can low sodium beef broth
1 (8-oz.) jar mild picante sauce
1 (10-oz.) package frozen whole kernel corn, thawed

3 medium carrots, cut into 1/2-inch pieces
1 medium onion, cut into thin wedges
2 cloves garlic, pressed
1/2 teaspoon ground cumin
1/2 teaspoon sea salt
1/2 cup water
1/4 cup flour



INSTRUCTIONS:

In a slow cooker, combine first 10 ingredients (roast through salt). Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours, or until beef is fork-tender. In a small bowl or cup, combine water and flour to a smooth paste (no lumps!); stir into slow cooker; cover and cook on HIGH for 1 hour or until thickened.

NUTRITION per serving: 355 Calories; 12g Fat; 41g Protein; 26g Carbohydrate; 5g Dietary Fiber; 129mg Cholesterol; 677mg Sodium. **Exchanges:** 1 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 9

SERVING SUGGESTION: Garlic-mashed russet potatoes and steamed broccoli.

GLUTEN FREE: Make sure tomatoes, picante sauce and beef broth are gluten free. Use gluten free flour.

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Zesty Crock Tomato Sauce with Pasta

Day 3 – Serves 6

INGREDIENTS:

2 (14.5-oz.) cans diced tomatoes, un-drained
8 ounces fresh mushrooms, sliced
1 (6-oz.) can tomato paste
1/2 cup chopped onion
2 cloves garlic, pressed
2 tablespoons grated Parmesan cheese (plus optional garnish)
2 teaspoons dried oregano

1 tablespoon honey
1 1/2 teaspoons dried basil
Sea salt and freshly ground black pepper, to taste
1/2 teaspoon crushed red pepper flakes (optional)
1 bay leaf
12 ounces uncooked Spaghetti pasta
1 cup shredded part-skim Mozzarella cheese (optional)



INSTRUCTIONS:

Place all ingredients, except pasta and cheese, in a slow cooker; stir. Cover and cook on LOW for 8 hours or on HIGH for 4 hours. When ready to serve, prepare pasta according to package directions. Discard bay leaf and serve sauce over hot pasta. Top with shredded Mozzarella cheese and additional grated Parmesan if desired.

NUTRITION per serving: 343 Calories; 5g Fat; 17g Protein; 58g Carbohydrate; 5g Dietary Fiber; 11mg Cholesterol; 635mg Sodium. **Exchanges:** 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: A big salad and garlic toast.

GLUTEN FREE: Make sure tomatoes and tomato paste are gluten free. Use gluten free pasta.

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Apple Pork Roast

Day 4 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
1 1/2 cups chopped carrots
1 1/2 cups chopped celery
4 1/2 tablespoons quick-cooking tapioca
3 pounds lean pork tenderloin

1/3 cup white wine (or use white grape juice with a splash of cider vinegar)
1 1/2 teaspoons beef bouillon granules
1/4 teaspoon sea salt
1/2 teaspoon ground cinnamon
9 ounces frozen apple juice concentrate, thawed



INSTRUCTIONS:

Coat the bottom of a slow cooker with olive oil. Place carrots and celery in slow cooker; sprinkle with tapioca then place the pork tenderloin on top (cut in half if necessary to fit slow cooker). In a small bowl, combine wine (or juice/vinegar), bouillon granules, salt, cinnamon and apple juice concentrate; pour over tenderloin. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

NUTRITION per serving: 418 Calories; 10g Fat; 49g Protein; 28g Carbohydrate; 2g Dietary Fiber; 148mg Cholesterol; 325mg Sodium. **Exchanges:** 1/2 Grain(Starch); 7 Lean Meat; 1 Vegetable; 1 Fruit; 1/2 Fat. **Points:** 10

SERVING SUGGESTION: Baked acorn squash and roasted Brussels sprouts (halve large Brussels sprouts lengthwise; toss with olive oil and garlic slivers and spread on a baking sheet, cut sides down; roast in a preheated 400-degree oven till tender).

GUTEN FREE: Make sure wine (or juice/vinegar) and bouillon granules are gluten free.

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Clam Linguine

Day 5 – Serves 6

INGREDIENTS:

1 1/2 cups chopped onion
6 cloves garlic, pressed
3 medium russet potatoes, peeled and cubed
1/4 teaspoon freshly ground black pepper
3 cups water
21.75 ounces canned diced tomatoes

9 ounces tomato paste
3 (6-oz.) cans clams, un-drained
3 tablespoons lemon juice
12 ounces Linguine pasta
1 1/2 tablespoons unsalted butter
1/3 cup chopped parsley
1/2 cup grated Parmesan cheese



INSTRUCTIONS:

In a slow cooker, combine onion, garlic, potatoes, black pepper and water. Cover and cook on LOW for 7 to 8 hours or until vegetables are tender. Stir in diced tomatoes, tomato paste, clams and their juice and lemon juice. Cover and cook on LOW for 30 to 40 minutes longer or until clams are heated through. Meanwhile, prepare the pasta according to package directions; drain, toss with butter and divide evenly in serving bowls. Ladle clam mixture into each bowl and top with parsley and cheese.

NUTRITION per serving: 505 Calories; 8g Fat; 37g Protein; 72g Carbohydrate; 6g Dietary Fiber; 70mg Cholesterol; 920mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Points: 13

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and halved cherry tomatoes, tossed with red wine vinaigrette; add some warm crusty bread with butter.

GLUTEN FREE: Make sure tomatoes, tomato paste and clams are gluten free. Use gluten free pasta.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 4

Day 1: Crock Cooker Cajun Chicken Stew, add baked sweet potatoes and steamed kale

Day 2: Slow Cooker Beef Pot Roast, with garlic-mashed russet potatoes and steamed broccoli

Day 3: Hearty Mac and Cheese, add a big salad

Day 4: Barbecue Pulled Pork Burritos, with corn on the cob and a relish tray

Day 5: Mediterranean Roast Turkey, add whole wheat couscous and stir-fried zucchini and yellow squash

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 pounds boneless beef chuck roast [D2]

1 1/2 pounds lean pork tenderloin [D4]

1 1/2 pounds boneless skinless chicken breast meat [D1]

1 (3-lb.) boneless turkey breast [D5]

CONDIMENTS

Olive oil [D1,D2,D3]

Ketchup [D2]

Barbecue sauce (2 cups) [D4]

Chunky salsa [D4]

Worcestershire sauce [D2]

Kalamata olives, pitted (1/3 cup) [D5]

Sun-dried tomato halves, oil-packed (1/3 cup) [D5]

**Whole black olives [D4]

**Salad dressing (your choice) [D3]

CANNED GOODS

Low sodium chicken broth (19.5 ounces) [D1,D5]

2 (14.5-oz.) cans diced tomatoes [D3]

DAIRY/DAIRY CASE

Butter, unsalted [D3,D4]

Low fat milk (3/4 cup) [D3]

Sour cream, for optional garnish [D4]

Low fat Cheddar cheese (2 1/2 cups shredded plus optional garnish) [D3,D4]

FREEZER

Chopped onions and bell peppers (8 ounces) [D2]

**Corn on the cob (if not using fresh) [D4]

DRY GOODS

Flour [D1,D5]

Whole wheat elbow Macaroni (12 ounces uncooked) [D3]

**Whole wheat couscous [D5]

BAKERY

6 (6-inch) whole wheat flour tortillas [D4]

PRODUCE

Onions (1 medium plus 4 cups chopped) [D1,D3,D4,D5]

Garlic (7 cloves) **Additional [D1,D2,D3,D5]

Celery (2 medium stalks) **Additional [D1,D4]

Baby carrots (9 plus 1 cup) **Additional [D1,D2,D4]

Green bell peppers (2 medium) [D1]

Mushrooms (8 ounces) [D2]

Lemons (1 1/2 tablespoons juice) [D5]

Lettuce, for optional garnish (not Iceberg, no nutrition) **Additional [D3,D4]

Tomatoes, chopped for optional garnish [D4]

**Russet potatoes [D2]

**Sweet potatoes [D1]

**Corn on the cob (or buy frozen) [D4]

**Broccoli [D2]

**Zucchini and yellow squash [D5]

**Kale [D1]

**Salad veggies (your choice) [D3]

**Cherry tomatoes [D4]

SPICES

Sea salt [D1,D2,D5]

Black peppercorns [D1,D2,D3,D5]

Cajun seasoning [D1]

Italian seasoning [D3]

Chili powder [D4]

Mexican seasoning [D4]

Greek seasoning [D5]

OTHER

Large zipper-topped plastic bags [D1]

GLUTEN FREE

Ketchup [D2]

Barbecue sauce [D4]

Salsa [D4]

Worcestershire sauce [D2]

Olives [D5]

Sun-dried tomatoes [D5]

Chicken broth [D1,D5]

Canned tomatoes [D3]

Cajun seasoning [D1]

Italian seasoning [D3]

Mexican seasoning [D4]

Greek seasoning [D5]

Flour [D1,D5]

Pasta [D3]

Tortillas [D4]



[D1] – [D5] = Day 1, Day 2, Day 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

Crock Cooker Cajun Chicken Stew

Day 1 – Serves 6

INGREDIENTS:

2 tablespoons olive oil
1 1/2 cups chopped onion
3 cloves garlic, pressed
2 to 3 tablespoons flour
1 1/2 pounds boneless skinless chicken breast meat, cubed*
9 baby carrots, halved lengthwise

2 medium stalks celery, finely chopped
2 medium green bell peppers, de-seeded, de-ribbed and chopped
3/4 cup water
17 ounces low sodium chicken broth
1 1/2 teaspoons Cajun seasoning (or to taste, depending on your heat tolerance)
Sea salt and freshly ground black pepper, to taste



INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat; sauté onions and garlic till onion is translucent. In the meantime, place the flour in a large zipper-topped plastic bag; add chicken, seal bag and toss to coat; add to onion/garlic mixture in skillet and continue to cook until chicken has browned. Place baby carrots, celery and bell pepper in a slow cooker; top with chicken mixture. Add the water to the browned skillet and whisk up all of the browned bits from the bottom of the pan; pour this liquid over the chicken in the slow cooker. Add broth, Cajun seasoning, salt and pepper. Cover and cook on LOW for 8 hours or until chicken is fork-tender.

*LEANNE'S NOTE: Chicken is easier to cut when partially frozen.

NUTRITION per serving: 228 Calories; 6g Fat; 31g Protein; 11g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 344mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 5

SERVING SUGGESTION: Baked sweet potatoes and steamed kale.

GLUTEN FREE: Make sure broth and Cajun seasoning are gluten free. Use gluten free flour.

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Slow Cooker Beef Pot Roast

Day 2 – Serves 6

INGREDIENTS:

Olive oil
8 ounces mushrooms, sliced
8 ounces frozen chopped onions and bell peppers
1 cup baby carrots
2 pounds boneless beef chuck roast, trimmed

6 tablespoons ketchup
1/4 cup water
1 tablespoon Worcestershire sauce
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper



INSTRUCTIONS:

Coat a slow cooker with olive oil; add mushrooms, onions/bell peppers mixture and baby carrots. Heat a large non-stick skillet coated with cooking spray over medium-high heat; add roast and brown for 3 minutes per side; place roast over vegetables in slow cooker. In a small bowl, combine ketchup, water, Worcestershire, salt and pepper; blend well; pour mixture over roast. Cover and cook on HIGH for 1 hour then reduce heat to LOW and cook for 6 to 7 hours or until beef is fork-tender.

NUTRITION per serving: 277 Calories; 12g Fat; 36g Protein; 12g Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol; 394mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: Garlic-mashed russet potatoes and steamed broccoli.

GLUTEN FREE: Make sure ketchup and Worcestershire sauce are gluten free.

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Hearty Mac and Cheese

Day 3 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
1 cup chopped onion
2 cloves garlic, pressed
4 1/2 tablespoons water
2 (14.5-oz.) cans diced tomatoes, drained

1 1/2 teaspoons Italian seasoning
Freshly ground black pepper, to taste
12 ounces whole wheat elbow Macaroni
2 1/2 cups shredded low fat Cheddar cheese
3/4 cup low fat milk
3 tablespoons unsalted butter



INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat; sauté onion and garlic till onion is translucent; place in a slow cooker. Add water, tomatoes, Italian seasoning and black pepper. Cover and cook on LOW for 7 to 8 hours. About 45 minutes before serving, cook the macaroni according to package directions. Add macaroni, cheese, milk and butter to slow cooker; blend well. Cover and cook on HIGH for 30 minutes.

NUTRITION per serving: 409 Calories; 12g Fat; 24g Protein; 55g Carbohydrate; 8g Dietary Fiber; 27mg Cholesterol; 778mg Sodium. **Exchanges:** 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat. **Points:** 11

SERVING SUGGESTION: Serve a big salad on the side.

GLUTEN FREE: Make sure tomatoes and Italian seasoning are gluten free. Use gluten free pasta.

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Barbecue Pulled Pork Burritos

Day 4 – Serves 6

INGREDIENTS:

1 1/2 pounds lean pork tenderloin
1 medium onion, thinly sliced
2 cups barbecue sauce
1/4 cup chunky salsa
3 tablespoons chili powder

1 tablespoon Mexican seasoning
6 (6-inch) whole wheat flour tortillas

Optional garnishes:
Shredded lettuce, shredded cheese, sour cream, chopped tomatoes



INSTRUCTIONS:

Place pork in a slow cooker; arrange onion on top. In a small bowl, combine remaining ingredients, except tortillas; blend well then pour over pork. Cover and cook on LOW for 8 to 10 hours. Remove pork from slow cooker to a large plate and pull into shreds with 2 forks. Pour sauce from slow cooker into a bowl; stir in shredded pork. Spoon pork mixture down the middle of each tortilla; roll up and serve with desired garnishes.

NUTRITION per serving: 361 Calories; 9g Fat; 30g Protein; 41g Carbohydrate; 5g Dietary Fiber; 74mg Cholesterol; 1188mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Buttered corn on the cob and a relish tray of baby carrots, celery sticks, cherry tomatoes and whole black olives.

GLUTEN FREE: Make sure barbecue sauce, salsa, and Mexican seasoning are gluten free. Use gluten free tortillas.

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Mediterranean Roast Turkey

Day 5 – Serves 6

INGREDIENTS:

1 1/2 cups chopped onion
1/3 cup pitted Kalamata olives
1/3 cup drained oil-packed sun-dried tomato halves, cut into strips
1 1/2 tablespoons fresh lemon juice
2 cloves garlic, pressed

3/4 teaspoon Greek seasoning
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 (3-lb.) boneless turkey breast, trimmed
1/3 cup low sodium chicken broth, divided
2 tablespoons flour



INSTRUCTIONS:

In a slow cooker, combine first 9 ingredients (onion through turkey); add 1/4 cup of chicken broth. Cover and cook on LOW for 6 hours or on HIGH for 3 hours. In a small bowl, whisk together remaining broth and flour till smooth; add to slow cooker. Cover and cook on LOW for 30 minutes. Slice turkey and serve with sauce.

NUTRITION per serving: 330 Calories; 6g Fat; 57g Protein; 9g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 445mg Sodium. **Exchanges:** 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat. **Points:** 8

SERVING SUGGESTION: Whole wheat couscous and stir-fried zucchini and yellow squash.

GLUTEN FREE: Make sure olives, sun-dried tomatoes, Greek seasoning, and broth are gluten free. Use gluten free flour.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 5

Day 1: Crock Cooker Chicken and Apples, with
mashed russet potatoes and steamed kale

Day 2: Crock Cooker Minestrone, add a big salad and
whole grain rolls

Day 3: Crock Cooker Jamaican Pork, with baked sweet
potatoes and garlic-sautéed baby spinach

Day 4: Slow Cooker Mid-East Lamb Stew, add whole
wheat couscous and stir-fried zucchini and yellow
squash

Day 5: Chipotle Beef Burritos, with corn on the cob and
a big salad

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 pound beef stew meat [D2]
- 1 1/2 pounds boneless beef round steak [D5]
- 2 1/2 pounds lean pork tenderloin [D3]
- 1 1/2 pounds lamb stew meat [D4]
- 6 boneless skinless chicken breast halves [D1]

CONDIMENTS

- Olive oil [D3,D4]
- Cider vinegar [D3]
- Low sodium soy sauce [D3]
- Hot sauce [D3]
- Apple jelly (1/2 cup) [D3]
- **Raspberry vinegar [D3]
- **Salad dressing(s) (your choice) [D2,D5]

CANNED GOODS

- Low sodium chicken broth (3/4 cup) [D4]
- Low sodium beef broth (6 cups) [D2]
- 2 (28-oz.) cans diced tomatoes [D2,D4]
- 1 (14.5-oz.) can diced tomatoes [D5]
- 2 (15-oz.) cans garbanzo beans (chickpeas) [D2,D4]
- Chipotle peppers in adobo sauce (1 1/2) [D5]

SPICES

- Sea salt [D2,D4]
- Black peppercorns [D2,D3,D4]
- Marjoram leaves [D1]
- Ground nutmeg [D1]
- Dried parsley flakes [D2]
- Thyme [D2]
- Garlic powder [D3]
- Ground cinnamon [D3]
- Ground allspice [D3]
- Ground cumin [D4,D5]
- Ground coriander [D4]
- Cayenne pepper [D4]
- Oregano [D5]

PRODUCE

- Onions (1 large plus 2 cups chopped) [D1,D2,D4,D5]
- Garlic (7 cloves) **Additional [D1,D3,D4,D5]
- Zucchini (1 medium) [D2]
- Cabbage (2 cups chopped) [D2]
- Baby spinach (6 ounces) **Additional [D3,D4]
- Granny Smith apples (3) [D1]
- **Russet potatoes [D1]
- **Sweet potatoes [D3]
- **Corn on the cob (or buy frozen) [D5]
- **Zucchini and yellow squash [D4]
- **Kale [D1]
- **Lettuce (not Iceberg, no nutrition) [D2,D5]
- **Salad veggies (your choice) [D2,D5]

DRY GOODS

- Cornstarch [D1]
- Elbow macaroni (1 cup uncooked) [D2]
- **Golden raisins [D4]
- **Slivered almonds [D4]
- **Whole wheat couscous [D4]

DAIRY/DAIRY CASE

- Low fat Cheddar cheese (3/4 cup shredded) [D5]
- Parmesan cheese (1/4 cup grated) (optional) [D2]
- **Butter, unsalted [D2,D5]

FREEZER

- 1 (6-oz.) can orange juice concentrate [D1]
- **Corn on the cob (if not using fresh) [D5]

BAKERY

- 6 whole wheat flour tortillas [D5]
- **Whole grain rolls [D2]

GLUTEN FREE

- Cider vinegar [D3]
- Hot sauce [D3]
- Soy sauce [D3]
- Apple jelly [D3]
- Chicken broth [D4]
- Beef broth [D2]
- Canned tomatoes [D2,D4,D5]
- Canned garbanzo beans [D2,D4]
- Chipotle peppers [D5]
- Arrowroot starch [D1]
- Pasta [D2]
- Tortillas [D5]



[D1] – [D5] = Day 1, Day 2, Day 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

Crock Cooker Chicken and Apples

Day 1 – Serves 6

INGREDIENTS:

1 (6-oz.) can frozen orange juice concentrate, thawed
1/2 teaspoon dried marjoram leaves
1/8 teaspoon ground nutmeg
2 cloves garlic, pressed

1 cup chopped onion
6 boneless skinless chicken breast halves
3 Granny smith apples, cored and sliced
1/4 cup water
2 tablespoons cornstarch



INSTRUCTIONS:

In a small bowl, combine thawed orange juice concentrate (DO NOT USE REGULAR ORANGE JUICE!), marjoram and nutmeg. Place garlic and chopped onion in a slow cooker. Dip each chicken breast half in the orange mixture to coat then place it over the garlic and onion in the slow cooker. Pour any remaining orange juice mixture over the chicken. Cover and cook on LOW for 6 to 7 hours or until chicken is ALMOST cooked. Add apples and cook for 1 hour or until tender and chicken is thoroughly cooked. In a small bowl, combine water and cornstarch; stir into slow cooker juices. Cover and cook on HIGH, stirring occasionally, until sauce is thick and bubbly, 20 to 30 minutes. Serve the sauce over the chicken and apples.

NUTRITION per serving: 285 Calories; 2g Fat; 41g Protein; 24g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 114mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: Mashed russet potatoes and steamed kale.

GLUTEN FREE: Use arrowroot starch instead of cornstarch.

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Crock Cooker Minestrone

Day 2 – Serves 8 (leftovers!)

INGREDIENTS:

1 pound beef stew meat, cut into 1/2-inch cubes
1 (28-oz.) can diced tomatoes, undrained
1/2 cup chopped onion
2 tablespoons dried parsley flakes
1/2 teaspoon sea salt
1 1/2 teaspoons dried thyme
1/2 teaspoon freshly ground black pepper

6 cups low sodium beef broth
1 medium zucchini, halved and thinly sliced
2 cups chopped cabbage
1 (15-oz.) garbanzo beans (chickpeas),
drained and rinsed
1 cup uncooked elbow Macaroni
1/4 cup grated Parmesan cheese (optional)



INSTRUCTIONS:

In a slow cooker, combine first 8 ingredients (beef through broth). Cover and cook on LOW for 7 to 9 hours or until meat is fork-tender. Add zucchini, cabbage, beans and Macaroni; cover and cook on HIGH for 30 to 45 minutes or until vegetables are tender. Sprinkle each serving with Parmesan cheese if desired.

NUTRITION per serving: 366 Calories; 7g Fat; 40g Protein; 36g Carbohydrate; 7g Dietary Fiber; 50mg Cholesterol; 958mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 9

SERVING SUGGESTION: Serve a big salad on the side. Add some whole grain rolls and butter.

GLUTEN FREE: Make sure tomatoes, broth, and garbanzo beans are gluten free. Use gluten free pasta.

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Crock Cooker Jamaican Pork

Day 3 – Serves 6

INGREDIENTS:

1/2 cup apple jelly
1 1/2 tablespoons cider vinegar
3/4 teaspoon garlic powder
1 1/2 tablespoons low sodium soy sauce
3/4 teaspoon ground cinnamon

3/8 teaspoon ground allspice
3/8 teaspoon freshly ground black pepper
4 dashes hot sauce
2 1/2 pounds lean pork tenderloin, cut into 6 pieces



INSTRUCTIONS:

In a small bowl, combine first 8 ingredients (apple jelly through hot sauce); set aside. Place pork in a slow cooker and pour apple jelly mixture on top; stir gently to coat all of the meat. Cover and cook on LOW for 6 to 8 hours.

NUTRITION per serving: 299 Calories; 6g Fat; 40g Protein; 19g Carbohydrate; trace Dietary Fiber; 123mg Cholesterol; 277mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Baked sweet potatoes and garlic-sautéed baby spinach tossed with a little raspberry vinegar.

GLUTEN FREE: Make sure apple jelly, vinegar, soy sauce and hot sauce are gluten free.

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Slow Cooker Mid-East Lamb Stew

Day 4 – Serves 8 (leftovers!)

INGREDIENTS:

1 1/2 pounds boneless lamb stew meat
1 tablespoon olive oil
4 teaspoons ground cumin
1 tablespoon ground coriander
1/4 teaspoon cayenne pepper
1/4 teaspoon sea salt

Freshly ground black pepper, to taste
1 large onion, chopped
1 (28-oz.) can diced tomatoes
3/4 cup low sodium chicken broth
4 cloves garlic, minced
1 (15-oz.) can garbanzo beans, drained and rinsed, divided
6 ounces baby spinach



INSTRUCTIONS:

Place lamb in a slow cooker. In a small bowl, combine next 6 ingredients (olive oil through black pepper); coat lamb chunks with this mixture then top with chopped onion. In a medium saucepan, bring tomatoes, broth and garlic to a simmer over medium-high heat; pour over lamb and onion. Cover and cook on LOW for 5 1/2 to 6 hours or on HIGH for 3 to 3 1/2 hours. Skim or blot any visible fat from the surface of the stew. In a small bowl, mash 1/2 cup of the garbanzo beans with a fork; stir into stew along with the whole beans and the spinach. Cover and cook on HIGH until spinach has wilted, about 5 minutes.

NUTRITION per serving: 272 Calories; 13g Fat; 19g Protein; 21g Carbohydrate; 5g Dietary Fiber; 48mg Cholesterol; 660mg Sodium. **Exchanges:** 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. **Points:** 7

SERVING SUGGESTION: Whole wheat couscous tossed with golden raisins and slivered almonds. Add stir-fried zucchini and yellow squash on the side.

GLUTEN FREE: Make sure tomatoes, broth and beans are gluten free.

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Chipotle Beef Burritos

Day 5 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless beef round steak
1 (14.5-oz.) can diced tomatoes, un-drained
1/2 cup chopped onion
1 1/2 chipotle peppers in adobo sauce, chopped

1 teaspoon dried oregano
1/4 teaspoon ground cumin
1 clove garlic, pressed
6 whole wheat flour tortillas, warmed
3/4 cup shredded low fat Cheddar cheese



INSTRUCTIONS:

Place first 7 ingredients (meat through garlic) in a slow cooker. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours. Remove meat from slow cooker and shred with two forks. Divide shredded meat evenly down the center of each warm tortilla; top with cheese, roll up and enjoy!

NUTRITION per serving: 332 Calories; 8g Fat; 34g Protein; 31g Carbohydrate; 4g Dietary Fiber; 69mg Cholesterol; 771mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fat. **Points:** 8

SERVING SUGGESTION: Serve buttered corn on the cob on the side; add a big salad.

GLUTEN FREE: Make sure tomatoes and chipotle peppers are gluten free. Use gluten free tortillas.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 6

Day 1: Fruited Chicken, with baked acorn squash and steamed asparagus

Day 2: Easy Cheesy Tortellini, add a big salad and garlic toast

Day 3: In the Navy Beans, with a big spinach salad and whole grain rolls

Day 4: Pork Chops with Mexicali Stuffing, add mashed russet potatoes and steamed broccoli

Day 5: Crock Cooker Turkey Pot-Pie, with baked butternut squash and steamed green beans

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1/2 pound 95% lean ground beef [D2]

6 (4-oz.) boneless top loin pork chops, about 1-inch thick [D4]

1/2 pound turkey Italian sausage [D2]

6 (6-oz.) boneless skinless chicken breast halves [D1]

2 1/2 pounds skinless turkey thighs [D5]

CONDIMENTS

Olive oil [D4]

Dijon mustard [D1]

Worcestershire sauce [D1]

Low sodium soy sauce [D1]

**Salad dressing(s) (your choice) [D2,D3]

CANNED GOODS

2 (14.5-oz.) cans low sodium chicken broth [D4,D5]

Low sodium vegetable broth (4 cups) [D3]

1 (14.5-oz.) can Italian-style diced tomatoes [D2]

1 (16-oz.) jar Marinara sauce [D2]

1 (11-oz.) can whole kernel corn with red and green peppers [D4]

SPICES

Sea salt [D5]

Black peppercorns [D3,D5]

Allspice [D3]

Bay leaves [D3]

Oregano [D3]

Seasoned salt [D4]

Sage [D4]

**Garlic powder [D2]

DAIRY/DAIRY CASE

Butter, unsalted [D2,D3,D5]

Half and half (1/4 cup) [D5]

U.K. Members: Half and half is half milk and half cream

Low fat Cheddar cheese (1/2 cup shredded) [D2]

Part-skim Mozzarella cheese (1/2 cup shredded) [D2]

PRODUCE

Onions (1 large plus 1 small plus 1 3/4 cups chopped) [D1,D3,D4,D5]

Garlic (6 cloves) [D1,D3]

Red potatoes, medium (1 pound) [D5]

Celery (3 medium stalks plus 1 1/2 cups chopped) [D3,D4,D5]

Carrots (2 cups chopped) [D3]

Baby carrots (8 ounces) [D5]

Mushrooms (4 ounces) [D2]

Baby spinach (9 ounces) **Additional [D3]

Thyme (10 sprigs) [D5]

Oranges (1/3 cup juice plus 1 tablespoon grated peel) [D1]

**Russet potatoes [D4]

**Acorn squash [D1]

**Butternut squash [D5]

**Broccoli [D4]

**Asparagus [D1]

**Green beans [D5]

**Lettuce (not Iceberg, no nutrition) [D2]

**Salad veggies (your choice) [D2]

DELI

1 (9-oz.) package cheese tortellini [D2]

DRY GOODS

Flour [D5]

Cornbread stuffing mix (4 cups) [D4]

Brown rice (3 cups cooked) [D1]

Navy beans (2 cups) [D3]

Dried apricots (1/2 cup chopped) [D1]

Dried cranberries (1/2 cup) [D1]

BAKERY

**Whole grain rolls [D3]

**Bread for garlic toast [D2]

GLUTEN FREE

Italian sausage [D2]

Tortellini [D2]

Dijon mustard [D1]

Worcestershire sauce [D1]

Soy sauce [D1]

Chicken broth [D4,D5]

Vegetable broth [D3]

Canned tomatoes [D2]

Marinara sauce [D2]

Canned corn [D4]

Flour [D5]

Stuffing mix [D4]

[D1] – [D5] = Day 1, Day 2, Day 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



DO-AHEAD TIP: Cook rice in time for dinner.

Fruited Chicken

Day 1 – Serves 6

INGREDIENTS:

1 large onion, sliced
6 (6-oz.) boneless skinless chicken breast halves
1/3 cup orange juice
2 tablespoons low sodium soy sauce
2 tablespoons Worcestershire sauce

2 tablespoons Dijon mustard
1 tablespoon grated orange peel
2 cloves garlic, pressed
1/2 cup chopped dried apricots
1/2 cup dried cranberries
3 cups cooked brown rice



INSTRUCTIONS:

Place onion and chicken in a slow cooker. In a bowl, combine orange juice, soy sauce, Worcestershire sauce, mustard, orange peel and garlic; pour over chicken. Sprinkle with dried apricots and cranberries. Cover and cook on LOW for 7 to 8 hours or until chicken juices run clear. Serve over hot rice.

NUTRITION per serving: 349 Calories; 3g Fat; 43g Protein; 35g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 425mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: Baked acorn squash and steamed asparagus.

GLUTEN FREE: Make sure soy sauce, Worcestershire sauce and mustard are gluten free.

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Easy Cheesy Tortellini

Day 2 – Serves 6

INGREDIENTS:

1/2 pound 95% lean ground beef
1/2 pound turkey Italian sausage, casings removed
1 (16-oz.) jar Marinara sauce
4 ounces mushrooms, sliced
1 (14.5-oz.) can Italian-style diced tomatoes, un-drained

1 (9-oz.) package fresh cheese tortellini
1/2 cup shredded part-skim Mozzarella cheese
1/2 cup shredded low fat Cheddar cheese



INSTRUCTIONS:

Crumble ground beef and Italian sausage into a large skillet over medium-high heat; cook until browned; drain then transfer to a slow cooker. Add Marinara sauce, mushrooms and tomatoes; stir to combine. Cover and cook on LOW for 7 to 8 hours. Stir in tortellini and sprinkle Mozzarella and Cheddar cheeses over the top. Cover and cook on LOW for 15 minutes or until tortellini is tender.

NUTRITION per serving: 374 Calories; 11g Fat; 23g Protein; 28g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 1061mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fat. **Points:** 8

SERVING SUGGESTION: A big salad and some garlic toast.

GLUTEN FREE: Make sure Italian sausage, Marinara sauce and canned tomatoes are gluten free. Use gluten free tortellini.

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DO-AHEAD TIP: Sort, rinse and soak beans overnight.

In the Navy Beans

Day 3 – Serves 6

INGREDIENTS:

2 cups dried navy beans, sorted, rinsed and soaked overnight
4 cups low sodium vegetable broth
4 cups water
1 1/2 cups chopped onion
1 cup thickly chopped celery

2 cups chopped carrots
4 cloves garlic, pressed
1 teaspoon allspice
1 bay leaf
3/4 teaspoon dried oregano
9 ounces baby spinach
Freshly ground black pepper, to taste



INSTRUCTIONS:

Drain soaked beans and place them in a slow cooker; cover with broth and water. Add onion, celery, carrot, garlic, allspice, bay leaf and oregano. Make sure you place the bay leaf near the top of the slow cooker. Cover and cook on LOW for 6 to 8 hours. 30 minutes before you are ready to serve, remove bay leaf. Add spinach and pepper; stir. Cover and cook for 10 to 15 minutes. Uncover and stir again; simmer till spinach is wilted and mixture has thickened.

NUTRITION per serving: 316 Calories; 1g Fat; 25g Protein; 54g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 427mg Sodium. **Exchanges:** 3 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fat. **Points:** 6

SERVING SUGGESTION: A big spinach salad and some whole grain rolls and butter.

GLUTEN FREE: Make sure broth is gluten free.

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Pork Chops with Mexicali Stuffing

Day 4 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
6 (4-oz.) boneless top loin pork chops, about 1-inch thick
1 teaspoon seasoned salt
4 cups cornbread stuffing mix
1/2 cup chopped celery

1/4 cup chopped onion
1/4 teaspoon dried sage
1 (14.5-oz.) can low sodium chicken broth
1 (11-oz.) can whole kernel corn with red and green peppers, drained



INSTRUCTIONS:

Heat the oil in a large skillet over medium heat; add pork chops and cook for 6 to 8 minutes, turning once, until browned on both sides; drain; sprinkle with seasoned salt. In a large bowl, combine remaining ingredients. Coat a slow cooker with a little olive oil. Spoon stuffing mixture into slow cooker and arrange browned pork chops on top, in 2 layers if necessary to fit. Cover and cook on LOW for 6 to 7 hours.

NUTRITION per serving: 592 Calories; 14g Fat; 43g Protein; 72g Carbohydrate; 13g Dietary Fiber; 77mg Cholesterol; 1625mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 4 Other Carbohydrates. **Points:** 14

SERVING SUGGESTION: Mashed russet potatoes and steamed broccoli.

GLUTEN FREE: Make sure stuffing mix, broth and corn are gluten free.

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Crock Cooker Turkey Pot-Pie

Day 5 – Serves 6

INGREDIENTS:

2 tablespoons unsalted butter, divided
2 1/2 pounds skinless turkey thighs
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 small onion, cut into 1-inch pieces
10 fresh thyme sprigs

3 medium stalks celery, each cut into 1 1/2-inch pieces
8 ounces baby carrots
1 pound medium red potatoes, each cut
into 4 wedges
1/4 cup flour
1 (14.5-oz.) can low sodium chicken broth
1/4 cup half and half



INSTRUCTIONS:

In a large skillet, melt 1 tablespoon of butter over medium-high heat; add turkey and sprinkle with salt and pepper. Scatter onion around turkey. Cook turkey and onion for 6 to 7 minutes or until turkey is browned on both sides. Meanwhile, in a slow cooker, arrange thyme sprigs, celery, baby carrots and potatoes; place turkey and onion on top. In the same skillet, melt the butter over medium heat; add the flour and cook for 1 minute, stirring constantly. Add broth and half and half; bring to a low boil, stirring constantly. Pour broth mixture into slow cooker; cover and cook on LOW for 7 to 8 hours or until turkey and vegetables are very tender. To serve, discard thyme sprigs. Using tongs, transfer turkey to a cutting board and cut the meat from the bone into bite-sized pieces. Return meat to slow cooker, cover and heat through on HIGH, if necessary.

NUTRITION per serving: 404 Calories; 14g Fat; 44g Protein; 25g Carbohydrate; 3g Dietary Fiber; 145mg Cholesterol; 642mg Sodium. **Exchanges:** 1 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 10

SERVING SUGGESTION: Baked butternut squash and steamed green beans.

GLUTEN FREE: Make sure broth is gluten free. Use gluten free flour.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 7

Day 1: Crock Cooker Chicken Cassoulet, add a big salad and whole grain rolls

Day 2: Beef, Barley and Mushroom Soup, with a relish tray and crusty bread

Day 3: More than Just Red Beans and Rice, add corn on the cob and a big salad

Day 4: Slow Cooker Pork Chop Dinner, with steamed red potatoes and steamed broccoli

Day 5: Crock Cooker Latin Chicken, add a big spinach salad

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

12 ounces lean beef stewing meat [D2]

6 (6-oz.) boneless top loin pork chops [D4]

1 pound boneless skinless chicken breast meat [D1]

3 pounds skinless chicken thighs [D5]

CONDIMENTS

Olive oil [D1,D3,D4]

Cider vinegar [D4]

Worcestershire sauce [D4]

Salsa (1/2 cup) [D5]

Sun-dried tomatoes, not packed in oil (1/4 cup sliced) [D1]

**Salad dressing(s) (your choice) [D1,D3,D5]

CANNED GOODS

Low sodium chicken broth (2 2/3 cups) [D1,D5]

Low sodium beef broth (4 cups) [D2]

Low sodium vegetable broth (3 cups) [D3]

1 (14.5-oz.) can diced tomatoes with garlic and onion [D2]

1 (8-oz.) can tomato sauce [D4]

1 (15-oz.) can black-eyed peas [D1]

1 (15-oz.) can black beans [D5]

SPICES

Sea salt [D1,D4,D5]

Black peppercorns [D1,D2,D5]

Dried parsley flakes [D1]

Thyme [D2,D2]

Basil [D1]

Chili powder [D3]

Ground cumin [D5]

Paprika [D5]

Ground allspice [D5]

DRY GOODS

Brown sugar [D4]

Barley (not quick-cooking) (1 cup) [D2]

Brown rice (3 cups cooked) [D3]

1 pound kidney beans [D3]

PRODUCE

Onions (1 large plus 2 medium plus 1/2 cup chopped) [D1,D2,D3,D4]

Garlic (10 cloves) [D1,D3,D5]

Leeks (3) [D3]

Russet potatoes (2 medium) [D3]

Sweet potatoes (4 medium) [D5]

Carrots (5 large) [D1,D2]

Baby carrots (1 cup) **Additional [D2,D3]

White turnips (1 large) [D2]

Green bell peppers (1 medium) [D4]

Mushrooms (1/2 cup sliced) [D4]

Shitake mushrooms (12 ounces) [D2]

Dill (1/4 cup snipped) [D2]

**Red potatoes [D4]

**Corn on the cob (or buy frozen) [D3]

**Broccoli [D4]

**Cherry tomatoes [D2]

**Sugar snap peas [D2]

**Spinach [D5]

**Lettuce (not Iceberg, no nutrition) [D1,D3]

**Salad veggies (your choice) [D1,D3]

DAIRY/DAIRY CASE

**Butter, unsalted [D1,D2,D3]

FREEZER

**Corn on the cob (if not using fresh) [D3]

BAKERY

**Whole grain rolls [D1]

**Crusty bread [D2]

GLUTEN FREE

Cider vinegar [D4]

Worcestershire sauce [D4]

Salsa [D5]

Sun-dried tomatoes [D1]

Chicken broth [D1,D5]

Beef broth [D2]

Vegetable broth [D3]

Canned tomatoes [D2]

Tomato sauce [D4]

Canned black-eyed peas [D1]

Canned black beans [D5]

Brown rice [D2]



[D1] – [D5] = Day 1, Day 2, Day 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

Crock Cooker Chicken Cassoulet

Day 1 – Serves 6

INGREDIENTS:

1 (15-oz.) can black-eyed peas, drained and rinsed, divided	1 medium onion, cut into chunks
1 pound boneless skinless chicken breast meat	4 cloves garlic, pressed
Sea salt and freshly ground black pepper, to taste	1/4 cup sliced sun-dried tomatoes, not packed in oil
1 2/3 cups low sodium chicken broth	2 teaspoons dried parsley flakes
2 tablespoons olive oil	2 teaspoons dried thyme
3 large carrots, cut into chunks	2 teaspoons dried basil



INSTRUCTIONS:

Place half of the black-eyed peas in a slow cooker; top with chicken. Season with salt and pepper and add chicken broth. Heat the oil in a small skillet over medium-high heat; sauté vegetables and spices until veggies are tender; add to slow cooker and top with remaining black-eyed peas. Cover and cook on LOW for 4 to 6 hours or until chicken is cooked through.

NUTRITION per serving: 241 Calories; 6g Fat; 24g Protein; 23g Carbohydrate; 5g Dietary Fiber; 44mg Cholesterol; 766mg Sodium. **Exchanges:** 1 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 5

SERVING SUGGESTION: Serve a big salad on the side. Add some whole grain rolls and butter.

GLUTEN FREE: Make sure black-eyed peas, chicken broth and sun-dried tomatoes are gluten free.

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Beef, Barley and Mushroom Soup

Day 2 – Serves 6

INGREDIENTS:

12 ounces lean beef stewing meat	2 large carrots, peeled and diced
4 cups low sodium beef broth	1 cup barley (not quick-cooking)
2 cups water	1/2 cup chopped onion
1 (14.5-oz.) can diced tomatoes with garlic and onion	1/2 teaspoon freshly ground black pepper
12 ounces Shiitake mushrooms, sliced	1/2 teaspoon dried thyme
1 large white turnip, peeled and diced	1/4 cup snipped fresh dill



INSTRUCTIONS:

In a slow cooker, combine all ingredients, except dill. Cover and cook on LOW for 7 to 9 hours or until beef and vegetables are tender; stir in dill and serve.

NUTRITION per serving: 446 Calories; 5g Fat; 33g Protein; 75g Carbohydrate; 14g Dietary Fiber; 36mg Cholesterol; 636mg Sodium. **Exchanges:** 4 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 11

SERVING SUGGESTION: A relish tray of cherry tomatoes, baby carrots and sugar snap peas. Add some crusty bread and butter.

GLUTEN FREE: Make sure beef broth and canned tomatoes are gluten free. Use brown rice instead of barley.

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DO-AHEAD TIP: Sort, rinse and soak beans overnight.

More than Just Red Beans and Rice

Day 3 – Serves 6

INGREDIENTS:

1 pound dried kidney beans, sort, rinsed and soaked overnight
1 tablespoon olive oil
3 cloves garlic, pressed
1 medium onion, chopped
3 leeks, chopped (white part only)

2 medium russet potatoes, peeled and chopped
1 cup baby carrots
3 cups low sodium vegetable broth
1 cup water
1 tablespoon chili powder
3 cups cooked brown rice



INSTRUCTIONS:

Drain and rinse beans; add remaining ingredients, except rice; blend well. Cover and cook on LOW for 6 to 7 hours or until beans and potatoes are tender. About 30 minutes before serving, prepare rice. Serve red bean mixture over a bed of rice and enjoy!

NUTRITION per serving: 482 Calories; 4g Fat; 28g Protein; 86g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 317mg Sodium. **Exchanges:** 5 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 1/2 Fat. **Points:** 11

SERVING SUGGESTION: Buttered corn on the cob and a big salad.

GLUTEN FREE: Make sure vegetable broth is gluten free.

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Slow Cooker Pork Chop Dinner

Day 4 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
6 (6-oz.) boneless top loin pork chops, trimmed
1 large onion, sliced
1 medium green bell pepper, de-seeded, de-ribbed and chopped

1/2 cup sliced mushrooms
1 (8-oz.) can tomato sauce
1 tablespoon brown sugar
2 teaspoons Worcestershire sauce
1 1/2 teaspoons cider vinegar
1/2 teaspoon sea salt



INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat; add pork chops and brown on both sides; drain. Place chops in a slow cooker; top with onion, bell pepper and mushrooms. In a small bowl, combine tomato sauce, brown sugar, Worcestershire sauce, vinegar and salt; pour over meat and vegetables. Cover and cook on LOW for 4 to 5 hours or until meat is tender.

NUTRITION per serving: 252 Calories; 10g Fat; 40g Protein; 9g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 472mg Sodium. **Exchanges:** 17 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Steamed red potatoes and steamed broccoli.

GLUTEN FREE: Make sure tomato sauce, Worcestershire sauce and vinegar are gluten free.

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Crock Cooker Latin Chicken

Day 5 – Serves 6

INGREDIENTS:

1 (15-oz.) can black beans, drained and rinsed
4 medium sweet potatoes, peeled and cut into 2-inch
chunks
3 pounds skinless chicken thighs
2 teaspoons ground cumin

1/4 teaspoon sea salt and freshly ground black pepper
1 teaspoon paprika
1/2 teaspoon ground allspice
1 cup low sodium chicken broth
1/2 cup salsa
3 cloves garlic, pressed



INSTRUCTIONS:

In a crock cooker, combine beans and sweet potatoes; place chicken on top. In a small bowl, combine remaining ingredients; pour over chicken. Cover and cook on LOW for 8 hours.

NUTRITION per serving: 326 Calories; 6g Fat; 33g Protein; 33g Carbohydrate; 7g Dietary Fiber; 107mg Cholesterol; 581mg Sodium. **Exchanges:** 2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable. **Points:** 8

SERVING SUGGESTION: Serve a big spinach salad on the side.

GLUTEN FREE: Make sure canned beans, chicken broth and salsa are gluten free.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 8

Day 1: Fajita Chicken and Beans, serve over brown rice and add a big salad and warm corn muffins

Day 2: Slow Cooker Shepherd's Pie, with steamed broccoli spears

Day 3: Vegetarian London Fog Split Pea Soup, add a big salad and crusty bread

Day 4: Slow Cooker Succulent Pork Chops, with garlic-mashed russet potatoes and a steamed medley of baby carrots, broccoli and cauliflower florets

Day 5: Gingered Chutney Chicken, add whole wheat couscous and garlic-sautéed baby spinach

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound 95% lean ground beef [D2]

6 (6-oz.) boneless top loin pork chops [D4]

6 (6-oz.) boneless skinless chicken breast halves [D1]

4 pounds skinless chicken thighs [D5]

CONDIMENTS

Olive oil [D1,D2,D3,D4,D5]

Worcestershire sauce [D2]

Chili sauce [D5]

Mango chutney (1/2 cup) [D5]

**Balsamic vinegar [D5]

**Salad dressing(s) (your choice) [D1,D3]

CANNED GOODS

Low sodium chicken broth (2 cups) [D4]

Low sodium vegetable broth (10 cups) [D3]

2 (10-oz.) cans diced Mexican-style tomatoes (I like Ro-Tel) [D1]

Tomato paste (1 tablespoon) [D2]

2 (15-oz.) cans pinto beans [D1]

DRY GOODS

Flour [D4]

Cornstarch [D2]

Quick-cooking tapioca (2 tablespoons) [D5]

Split peas (2 cups) [D3]

Fajita seasoning mix (1 1/2 tablespoons) [D1]

**Brown rice [D1]

**Whole wheat couscous [D5]

PRODUCE

Onions (1 large plus 1 cup diced plus 3/4 cup chopped) [D2,D3,D4]

Garlic (2 cloves) **Additional [D2,D4,D5]

Yukon Gold potatoes (2 pounds) [D2]

Carrots (1 1/2 cups chopped) [D3]

Celery (1/2 cup chopped) [D3]

Gingerroot (1 1/2 teaspoons grated) [D5]

**Russet potatoes [D4]

**Broccoli [D2]

**Medley of baby carrots with broccoli and cauliflower florets [D4]

**Baby spinach [D5]

**Lettuce (not Iceberg, no nutrition) [D1,D3]

**Salad veggies (your choice) [D1,D3]

SPICES

Sea salt [D1,D2,D4]

Black peppercorns [D1,D2,D3,D4]

Thyme [D2,D3]

Garlic powder [D4]

DAIRY/DAIRY CASE

Butter, unsalted [D1,D2,D3]

Skim milk (1/3 cup) [D2]

1 (8-oz.) container low fat sour cream [D4]

FREEZER

Mixed vegetables (1 cup) [D2]

BAKERY

**Corn muffins [D1]

**Crusty bread [D3]

GLUTEN FREE

Worcestershire sauce [D2]

Chili sauce [D5]

Mango chutney [D5]

Chicken broth [D4]

Vegetable broth [D3]

Canned tomatoes [D1]

Tomato paste [D2]

Canned pinto beans [D1]

Flour [D4]

Arrowroot starch [D2]

Fajita seasoning [D1]



[D1] – [D5] = Day 1, Day 2, Day 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

Fajita Chicken and Beans

Day 1 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
6 (6-oz.) boneless skinless chicken breast halves
Sea salt and freshly ground black pepper, to taste

2 (15-oz.) cans pinto beans, un-drained
2 (10-oz.) cans diced Mexican-style tomatoes, un-drained (I like Ro-Tel)
1 1/2 tablespoons fajita seasoning



INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat. Season chicken breast halves with salt and pepper and sear them in the hot oil for about 2 minutes per side. Place pinto beans in the bottom of a 5-quart slow cooker then place seared chicken on top. Pour the tomatoes over the chicken and sprinkle with fajita seasoning. Cover and cook on LOW for 3 to 4 hours or until chicken is fork-tender.

NUTRITION per serving: 354 Calories; 5g Fat; 47g Protein; 28g Carbohydrate; 7g Dietary Fiber; 99mg Cholesterol; 1381mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

SERVING SUGGESTION: Serve over brown rice; add a big salad and some warm corn muffins.

GLUTEN FREE: Make sure beans, tomatoes and fajita seasoning are gluten free.

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Slow Cooker Shepherd's Pie

Day 2 – Serves 6

INGREDIENTS:

2 pounds Yukon Gold potatoes
1/3 cup skim milk
2 tablespoons unsalted butter
1 tablespoon olive oil
1 cup diced onion
2 cloves garlic, pressed
1 pound 95% lean ground beef

1 tablespoon tomato paste
1 teaspoon Worcestershire sauce
1 teaspoon dried thyme
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 tablespoon cornstarch
1 cup water
1 cup frozen mixed vegetables



INSTRUCTIONS:

Prick potatoes all over with a fork; microwave on HIGH, turning once, until tender, about 15 minutes. Remove from microwave, let cool slightly, then peel and mash with milk and butter; season with salt and pepper to taste. Heat the olive oil in a skillet over medium heat. Add onion; cook and stir until translucent, about 3 minutes. Add garlic and cook for 30 seconds. Raise skillet heat to medium-high and add ground beef; cook, breaking meat into chunks, until cooked through and beginning to brown, about 8 minutes. Stir in tomato paste, Worcestershire, thyme, salt and pepper. In a small cup, combine cornstarch and water; add to skillet and cook, stirring, until liquid thickens slightly. Remove from heat; transfer to a slow cooker. Layer vegetables on top of meat; top with potatoes. Cover and cook on LOW for 3 hours.

NUTRITION per serving: 327 Calories; 10g Fat; 22g Protein; 36g Carbohydrate; 4g Dietary Fiber; 57mg Cholesterol; 143mg Sodium. **Exchanges:** 0 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure tomato paste and Worcestershire sauce are gluten free. Use arrowroot starch instead of cornstarch.

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Vegetarian London Fog Split Pea Soup

Day 3 – Serves 6

INGREDIENTS:

2 cups split peas, sorted and rinsed
2 tablespoons olive oil
3/4 cup chopped onion
1 1/2 cups chopped carrots

1/2 cup chopped celery with tops
10 cups low sodium vegetable broth
1 teaspoon dried thyme
Freshly ground black pepper, to taste



INSTRUCTIONS:

Place rinsed split peas in a slow cooker. Heat the oil in a skillet over medium heat; sauté onion, carrot and celery for about 3 minutes; add to slow cooker. Add broth, thyme and pepper to taste. Cover and cook on LOW for 8 to 10 hours.

NUTRITION per serving: 371 Calories; 5g Fat; 35g Protein; 48g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 893mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 8

SERVING SUGGESTION: Serve a big salad on the side; add some crusty bread and butter.

GLUTEN FREE: Make sure broth is gluten free.

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Slow Cooker Succulent Pork Chops

Day 4 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless top loin pork chops
Sea salt and freshly ground black pepper, to taste
Garlic powder, to taste
1/2 cup plus 2 tablespoons flour, divided

1 teaspoon olive oil
1 large onion, cut into 1/4-inch slices
2 cups low sodium chicken broth
1 (8-oz.) container low fat sour cream



INSTRUCTIONS:

Season chops with salt, pepper and garlic powder; dredge in 1/2 cup of the flour. Heat the oil in a large skillet over medium heat; add chops and lightly brown on both sides; transfer to a slow cooker and top with onion slices; pour chicken broth on top. Cover and cook on LOW for 7 to 8 hours. Preheat oven to 200 degrees. Transfer cooked chops to a plate (careful...they're so tender they'll fall apart!) and place them in the oven to keep warm. In a small bowl, blend sour cream with remaining flour and add to meat juices in slow cooker. Raise slow cooker heat setting to HIGH; cover and cook for 15 to 30 minutes or until sauce has slightly thickened; serve over pork chops.

NUTRITION per serving: 321 Calories; 10g Fat; 46g Protein; 17g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 314mg Sodium. **Exchanges:** 1/2 Grain(Starch); 18 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Garlic-mashed russet potatoes and steamed medley of baby carrots with broccoli and cauliflower florets.

GLUTEN FREE: Make sure chicken broth is gluten free. Use gluten free flour.

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Gingered Chutney Chicken

Day 5 – Serves 6

INGREDIENTS:

1/2 cup mango chutney
1/4 cup chili sauce

2 tablespoons quick-cooking tapioca
1 1/2 teaspoons grated fresh gingerroot
4 pounds skinless chicken thighs



INSTRUCTIONS:

Cut up any large pieces of fruit in the chutney. In a slow cooker, combine chutney, chili sauce, tapioca and gingerroot. Add chicken, turning to coat. Cover and cook on LOW for 5 to 6 hours or on HIGH for 2 1/2 to 3 hours.

NUTRITION per serving: 271 Calories; 7g Fat; 34g Protein; 16g Carbohydrate; 1g Dietary Fiber; 143mg Cholesterol; 156mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1 Fruit. **Points:** 7

SERVING SUGGESTION: Whole wheat couscous and garlic-sautéed baby spinach tossed with a little balsamic vinegar.

GLUTEN FREE: Make sure mango chutney and chili sauce are gluten free.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 9

Day 1: Spicy Crock Cooker Chicken, serve chicken shredded on burger buns and add coleslaw and baby carrots

Day 2: Beefy Baked Beans, with a big salad and whole grain rolls

Day 3: Slow Cooker Sausage and Split Pea Soup, add a relish tray and crusty bread

Day 4: Slow Cooker Sweet and Sassy Pork, with baked butternut squash and steamed green beans

Day 5: Honey Hoisin Chicken, add brown rice and steamed broccoli spears

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 pound 95% lean ground beef [D2]

2 pounds lean pork tenderloin [D4]

12 (6-oz.) boneless skinless chicken breast halves [D1,D5]

1 pound turkey kielbasa [D3]

CONDIMENTS

Cider vinegar [D2]

Balsamic vinegar [D4]

Honey mustard [D4]

Ketchup [D2]

Barbecue sauce [D2]

Low sodium soy sauce [D1,D5]

Hoisin sauce (in Asian section of grocery store) [D5]

Honey [D5]

White wine (1/3 cup) (or use low sodium chicken broth) [D5]

**Rice vinegar [D1]

**Mayonnaise [D1]

**Salad dressing (your choice) [D2]

**Whole black olives [D3]

CANNED GOODS

Low sodium chicken broth (5 1/4 cups plus 1/3 cup if not using white wine) [D1,D3,D5]

Tomato juice (1/2 cup) [D1]

2 (15-oz.) cans baked beans [D2]

1 (15-oz.) can black beans [D2]

DAIRY/DAIRY CASE

**Butter, unsalted [D2,D3]

DRY GOODS

Brown sugar (3/4 cup plus 1 1/2 tablespoons) [D1,D2,D4]

1 pound dried split peas [D3]

**Brown rice [D5]

PRODUCE

Onions (1 medium plus 1 1/2 cups sliced plus 1 cup chopped) [D2,D3,D4]

Garlic (8 cloves) [D1,D2,D4]

Carrots (1 1/2 cups chopped) [D3]

Celery (1 cup chopped) **Additional [D3]

Russet potatoes (2 medium) [D3]

**Butternut squash [D4]

**Green beans [D4]

**Broccoli [D5]

**Baby carrots [D1,D3]

**Coleslaw mix [D1]

**Lettuce (not Iceberg, no nutrition) [D2]

**Salad veggies (your choice) [D2]

**Cherry tomatoes [D3]

SPICES

Sea salt [D4]

Black peppercorns [D4]

Garlic powder [D3]

Oregano [D3]

Bay leaves [D3]

Thyme [D4]

Ground ginger [D5]

BAKERY

**Whole wheat burger buns [D1]

**Whole grain rolls [D2]

**Crusty bread [D3]

GLUTEN FREE

Kielbasa [D3]

Vinegars [D2,D4]

Honey mustard [D4]

Ketchup [D2]

Barbecue sauce [D2]

Soy sauce [D1,D5]

Hoisin sauce [D5]

White wine [D5]

Chicken broth [D1,D3,D5]

Canned baked beans [D2]

Canned black beans [D2]

Canned tomato juice [D1]



[D1] – [D5] = Day 1, Day 2, Day 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

Spicy Crock Cooker Chicken

Day 1 – Serves 6

INGREDIENTS:

1/2 cup tomato juice
1/2 cup low sodium soy sauce
1/2 cup brown sugar

1/4 cup low sodium chicken broth
3 cloves garlic, pressed
6 (6-oz.) boneless skinless chicken breast halves



INSTRUCTIONS:

In a medium bowl, combine all ingredients, except chicken. Dip each chicken piece in the sauce and place in a slow cooker; pour remaining sauce on top. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

NUTRITION per serving: 253 Calories; 2g Fat; 41g Protein; 15g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 1010mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 1/2 Vegetable; 1 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Shred chicken with 2 forks and serve with juices on lightly toasted whole wheat burger buns. Serve a big bowl of coleslaw on the side (use a ready-made mix and toss with mayo and a little rice vinegar. Add a bowl of raw baby carrots.

GLUTEN FREE: Make sure tomato juice, soy sauce and broth are gluten free.

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Beefy Baked Beans

Day 2 – Serves 6

INGREDIENTS:

1 pound 95% lean ground beef
1 cup chopped onion
3 cloves garlic, pressed
2 (15-oz.) cans baked beans, drained and rinsed

1 (15-oz.) can black beans, drained and rinsed
1/4 cup brown sugar
2 tablespoons apple cider vinegar
1/3 cup ketchup
1/3 cup barbecue sauce



INSTRUCTIONS:

In a large skillet, brown ground beef, stirring to break up meat. Drain well and place in a slow cooker. Add remaining ingredients; stir to combine. Cover and cook on LOW for 8 to 9 hours. If sauce needs thickening, remove lid and cook on HIGH for 20 to 30 minutes.

NUTRITION per serving: 356 Calories; 5g Fat; 28g Protein; 53g Carbohydrate; 12g Dietary Fiber; 47mg Cholesterol; 1106mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Serve a big salad on the side. Add some whole grain rolls and butter.

GLUTEN FREE: Make sure canned beans, vinegar, ketchup and barbecue sauce are gluten free.

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Slow Cooker Sausage and Split Pea Soup

Day 3 – Serves 8 (leftovers!)

INGREDIENTS:

1 pound dried split peas
1 pound turkey kielbasa, sliced
1 medium onion, chopped
1 1/2 cups chopped carrots
1 cup chopped celery

2 medium russet potatoes, peeled and diced
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
2 bay leaves
5 cups low sodium chicken broth
5 cups water



INSTRUCTIONS:

In a 5-quart slow cooker, combine all ingredients. Cover and cook on HIGH for 4 to 5 hours. Remove bay leaves before serving.

NUTRITION per serving: 330 Calories; 4g Fat; 31g Protein; 44g Carbohydrate; 16g Dietary Fiber; 56mg Cholesterol; 867mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 7

SERVING SUGGESTION: A relish tray of baby carrots, cherry tomatoes, celery sticks and whole black olives. Add some crusty bread and butter.

GLUTEN FREE: Make sure kielbasa and broth are gluten free.

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Slow Cooker Sweet and Sassy Pork

Day 4 – Serves 6

INGREDIENTS:

1 1/2 cups sliced onion
2 pounds lean pork tenderloin
1/3 cup honey mustard
3 tablespoons balsamic vinegar

1 1/2 tablespoons brown sugar
1/2 teaspoon dried thyme
2 cloves garlic, pressed
Sea salt and freshly ground pepper, to taste



INSTRUCTIONS:

Arrange onion slices in the bottom of a slow cooker. Trim excess fat from pork tenderloins and cut into 4 serving pieces. In a small bowl, combine mustard, vinegar, brown sugar, thyme and garlic; coat pork tenderloin pieces with this mixture and arrange over the onions in the slow cooker. Spoon remaining honey mustard mixture over the pork and sprinkle with salt and pepper. Cover and cook on LOW for 6 to 8 hours.

NUTRITION per serving: 217 Calories; 6g Fat; 33g Protein; 7g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 289mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 5

SERVING SUGGESTION: Baked butternut squash and steamed green beans.

GLUTEN FREE: Make sure mustard and vinegar are gluten free.

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Honey Hoisin Chicken

Day 5 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves
1/3 cup hoisin sauce
1/3 cup low sodium soy sauce

1/3 cup honey
1/3 cup white wine (or use low sodium
chicken broth)
1/2 teaspoon ground ginger



INSTRUCTIONS:

Place chicken in a slow cooker. Combine remaining ingredients and pour over the chicken. Cover and cook on LOW for 7 to 8 hours.

NUTRITION per serving: 294 Calories; 3g Fat; 41g Protein; 23g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 875mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Brown rice and steamed broccoli spears.

GLUTEN FREE: Make sure hoisin sauce, soy sauce and wine (or broth) are gluten free.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 10

Day 1: Slow Cooker Chicken and Apple Stew, with a big spinach salad and whole grain rolls

Day 2: Venetian Pot Roast, add a mixed baby greens salad

Day 3: Hot and Spicy Turkey Thighs, with baked sweet potatoes and steamed green beans

Day 4: Pineapple Pork, add brown rice and steamed broccoli

Day 5: Slow Cooker Vegetable Beef, with steamed baby Brussels sprouts

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

2 1/2 to 3 pounds beef chuck roast [D2]

2 pounds beef sirloin tip roast [D5]

1 1/2 pounds boneless pork loin [D4]

2 pounds boneless skinless chicken breast meat [D1]

3 pounds skinless turkey thighs [D3]

CONDIMENTS

Olive oil [D1,D2,D5]

Cider vinegar [D1]

Dijon mustard [D3]

Honey barbecue sauce (3/4 cup) [D4]

**Red wine vinaigrette [D2]

**Salad dressing (your choice) [D1]

CANNED GOODS

1 (28-oz.) can whole tomatoes in puree [D2]

Diced tomatoes (42 ounces) [D5]

Apple cider OR apple juice (1 1/4 cups) [D1]

Pineapple chunks in juice (15 ounces) [D4]

Cranberry juice (1/3 cup) [D3]

DAIRY/DAIRY CASE

**Butter, unsalted [D1,D5]

DRY GOODS

Sugar [D5]

Quick-cooking tapioca (4 1/2 tablespoons) [D5]

Cornstarch [D3,D4]

**Brown rice [D4]

BAKERY

**Whole grain rolls [D1]

PRODUCE

Onions (1 large plus 1 1/2 cups diced plus 1/3 cup chopped) [D2,D3,D5]

Red onions (1 medium) **Additional [D1,D2]

Garlic (4 cloves) [D2]

Yukon Gold potatoes (4 medium) [D1]

Russet potatoes (3 cups cubed) [D5]

Small white potatoes (1 3/4 pounds) [D2]

Carrots (4 medium plus 1 1/2 cups sliced) [D1,D5]

Celery (1 medium stalk plus 3/4 cup chopped) [D1,D5]

Green bell peppers (1 1/2 cups chopped) [D4]

Red bell peppers (1 1/2 cups chopped) [D4]

Parsley (minced, for garnish) [D1]

Rosemary (1 tablespoon chopped) [D2]

Apples (1 large, tart) [D1]

**Sweet potatoes [D3]

**Green beans [D3]

**Broccoli [D4]

**Baby Brussels sprouts [D5]

**Spinach [D1]

**Mixed baby greens [D2]

**Mushrooms [D2]

SPICES

Sea salt [D1,D2,D5]

Black peppercorns [D1,D2,D3,D5]

Thyme [D1]

Caraway seeds [D1]

Bay leaves [D1]

Cayenne pepper [D3]

Basil [D5]

**Ground nutmeg [D5]

OTHER

Aluminum foil wrap [D3]

GLUTEN FREE

Cider vinegar [D1]

Dijon mustard [D3]

Honey barbecue sauce [D4]

Canned tomatoes [D2,D5]

Apple cider OR apple juice [D1]

Cranberry juice [D3]

Canned pineapple [D4]

Arrowroot starch [D3,D4]



[D1] – [D5] = Day 1, Day 2, Day 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

Slow Cooker Chicken and Apple Stew

Day 1 – Serves 6

INGREDIENTS:

4 medium Yukon gold potatoes, cubed	1 1/2 tablespoons olive oil
4 medium carrots, peeled and cut into 1/4-inch pieces	2 pounds boneless skinless chicken breast meat, cubed
1 medium red onion, sliced	1 large tart apple, peeled, cored and cubed
1 medium stalk celery, thinly sliced	1 1/4 cups apple cider OR apple juice
3/4 teaspoon dried thyme	1 tablespoon cider vinegar
1/4 teaspoon caraway seeds	1 bay leaf
1 teaspoon sea salt	Minced fresh parsley, for garnish
1/2 teaspoon freshly ground black pepper	



INSTRUCTIONS:

In a slow cooker, layer potatoes, carrots, onion and celery. In a cup, combine thyme, caraway seeds, salt and pepper; sprinkle half over vegetables. Heat the oil in a skillet over medium-high heat; add chicken and sauté until browned; transfer to slow cooker; top with apple. In a small bowl, combine apple cider (or juice) and cider vinegar; pour mixture over chicken and apple. Sprinkle with remaining spice mixture and top with bay leaf. Cover and cook on HIGH for 4 to 5 hours or until vegetables are tender and chicken juices run clear. Discard bay leaf. Stir before serving and sprinkle with parsley.

NUTRITION per serving: 311 Calories; 5g Fat; 37g Protein; 27g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 441mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Serve in bowls with a spinach salad on the side; add whole grain rolls and butter.

GLUTEN FREE: Make sure apple cider (or apple juice) and vinegar are gluten free.

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Venetian Pot Roast

Day 2 – Serves 8 (leftovers!)

INGREDIENTS:

2 1/2 to 3 pounds beef chuck roast, trimmed and halved crosswise	Olive oil
4 cloves garlic, divided	1 3/4 pounds small white potatoes, scrubbed
Sea salt and freshly ground black pepper, to taste	1 large onion, cut into 8 wedges
	1 tablespoon chopped fresh rosemary
	1 (28-oz.) can whole tomatoes in puree



INSTRUCTIONS:

With a sharp paring knife, cut 4 slits in beef roast and stuff each slit with 1/2 clove of garlic; season meat generously with salt and pepper. In a large skillet, heat a splash of olive oil over high heat, swirling the oil to coat the bottom of the pan. Cook beef until browned on all sides, about 5 minutes; transfer to a slow cooker. Arrange potatoes and onion wedges around meat; sprinkle with chopped rosemary and remaining garlic cloves (pressed) then pour tomatoes on top. Cover and cook on HIGH for 6 hours or until meat is fork-tender. Transfer meat to a cutting board and slice thinly. Skim any fat from the top of the sauce and serve with beef and vegetables.

NUTRITION per serving: 300 Calories; 11g Fat; 35g Protein; 20g Carbohydrate; 3g Dietary Fiber; 121mg Cholesterol; 264mg Sodium. **Exchanges:** 1 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable. **Points:** 8

SERVING SUGGESTION: A big salad of mixed baby greens, sliced red onion and mushrooms, tossed with red wine vinaigrette.

GLUTEN FREE: Make sure tomatoes are gluten free.

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Hot and Spicy Turkey Thighs

Day 3 – Serves 6

INGREDIENTS:

3 pounds skinless turkey thighs
1/4 teaspoon freshly ground black pepper
1/3 cup chopped onion
1/3 cup cranberry juice

1 1/2 tablespoons Dijon mustard
1 dash cayenne pepper
1 1/2 tablespoons cornstarch
1 1/2 tablespoons cold water



INSTRUCTIONS:

Place turkey in a slow cooker; sprinkle with pepper and top with chopped onion. In a small bowl, whisk together cranberry juice, mustard and cayenne pepper; pour over turkey and onion. Cover and cook on LOW for 5 to 6 hours or on HIGH for 2 1/2 to 3 hours. Remove turkey from slow cooker; cover with aluminum foil wrap to keep warm. If using LOW heat setting, turn control to HIGH setting. In a small bowl or cup, combine cornstarch and water; stir into liquid in slow cooker; cover and cook for 15 minutes or until thickened. To serve, spoon sauce over turkey.

NUTRITION per serving: 306 Calories; 10g Fat; 46g Protein; 5g Carbohydrate; trace Dietary Fiber; 157mg Cholesterol; 223mg Sodium. **Exchanges:** 0 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Points: 7

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

GLUTEN FREE: Make sure cranberry juice and mustard are gluten free. Use arrowroot starch instead of cornstarch.

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Pineapple Pork

Day 4 – Serves 6

INGREDIENTS:

1 1/2 pounds boneless pork loin, cut into bite-sized pieces
3/4 cup honey barbecue sauce
15 ounces pineapple chunks in juice, undrained

2 tablespoons cornstarch
1 1/2 cups chopped green bell pepper
1 1/2 cups chopped red bell pepper



INSTRUCTIONS:

Place pork in a slow cooker; add barbecue sauce and blend well. Drain pineapple, saving 2 tablespoons of the juice. Combine reserved pineapple juice and cornstarch and blend well; add to pork mixture and blend well. Top with pineapple chunks and bell peppers. Cover and cook on LOW for 4 to 6 hours or until pork is cooked through.

NUTRITION per serving: 224 Calories; 6g Fat; 21g Protein; 22g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 298mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Brown rice and steamed broccoli.

GLUTEN FREE: Make sure barbecue sauce and pineapple are gluten free. Use arrowroot starch instead of cornstarch.

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Slow Cooker Vegetable Beef

Day 5 – Serves 6

INGREDIENTS:

42 ounces canned diced tomatoes
4 1/2 tablespoons quick-cooking tapioca
3 tablespoons dried basil
1 1/2 tablespoons sugar
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

3 cups cubed russet potatoes
1 1/2 cups sliced carrots
1 1/2 cups diced onion
3/4 cup chopped celery
1 tablespoon olive oil
2 pounds beef sirloin tip roast, trimmed and cut into cubes



INSTRUCTIONS:

In a medium bowl, combine tomatoes, tapioca, basil, sugar, salt and pepper; let stand for 15 minutes. Place potatoes, carrots, onion and celery in a slow cooker. Heat the oil in a large skillet over medium heat; add roast and brown on all sides; add to slow cooker and pour tomato mixture on top. Cover and cook on LOW for 5 to 6 hours or until meat is cooked through and vegetables are tender.

NUTRITION per serving: 418 Calories; 11g Fat; 39g Protein; 41g Carbohydrate; 7g Dietary Fiber; 89mg Cholesterol; 954mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Points: 10

SERVING SUGGESTION: Steamed baby Brussels sprouts tossed with a little butter and a dash of ground nutmeg.

GLUTEN FREE: Make sure tomatoes are gluten free.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 11

Day 1: Buffalo Chicken Chili, add a big salad and warm corn muffins

Day 2: Texas Style BBQ, serve shredded meat on burger buns with russet fries and coleslaw

Day 3: Harvest Turkey and Wild Rice, add steamed broccoli spears

Day 4: Slow Cooker Red Beans and Rice, with a big salad and whole grain rolls

Day 5: Slow Cooker Beef and Apples, add garlic-sautéed spinach, crusty bread and a big salad

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

1 (3 1/2-lb.) beef brisket [D2]

1 1/2 pounds beef chuck roast [D5]

Ham (1 cup cubed) [D3]

2 1/2 pounds boneless skinless chicken thighs [D1]

1 1/4 pounds boneless skinless turkey breast tenderloins [D3]

CONDIMENTS

Olive oil [D2,D3,D4,D5]

Spicy brown mustard [D2]

Worcestershire sauce [D2]

Steak sauce [D2]

Ketchup (1/2 cup) [D2]

Chili sauce (1/2 cup) [D2]

Buffalo wings sauce (1/4 cup) [D1]

Liquid smoke [D2]

**Rice vinegar [D2]

**Mayonnaise [D2]

**Raspberry vinegar [D5]

**Salad dressing (your choice) [D1,D4,D5]

CANNED GOODS

Low sodium chicken broth (7 cups) [D1,D3,D4]

Low sodium beef broth (1/2 cup) [D5]

1 (28-oz.) can diced tomatoes [D1]

1 (15-oz.) can black beans [D1]

Apple cider (1/4 cup) [D2]

SPICES

Sea salt [D1,D2,D5]

Black peppercorns [D2,D3,D5]

Chili powder [D1]

Thyme [D3,D5]

Ground cinnamon [D5]

**Garlic powder [D2]

DAIRY/DAIRY CASE

Butter, unsalted [D1,D2,D4,D5]

Blue cheese (crumbled, for optional garnish) [D1]

PRODUCE

Onions (1 large plus 2 medium plus 1 cup chopped) [D1,D2,D3,D4]

Yellow onions (1 cup sliced) [D5]

Garlic (6 cloves) **Additional [D2,D4,D5]

Celery (2 medium stalks plus 1 cup chopped) [D1,D4]

Carrots (1 cup chopped) [D1]

Sweet potatoes (2 pounds) [D5]

Butternut squash (1 medium) [D3]

Green bell peppers (1 large) [D4]

Apples (2 cups sliced) [D5]

**Russet potatoes [D2]

**Broccoli [D3]

**Coleslaw mix [D2]

**Spinach [D5]

**Lettuce (not Iceberg, no nutrition) [D1,D4,D5]

**Salad veggies (your choice) [D1,D4,D5]

DRY GOODS

Cornstarch [D5]

Brown sugar [D2]

Wild rice (3/4 cup uncooked) [D3]

Brown rice (3 to 4 cups, cooked) [D4]

Red beans (1 pound) [D4]

Dried cranberries (1/2 cup) [D3]

BAKERY

**Corn muffins [D1]

**Burger buns [D2]

**Whole grain rolls [D4]

**Crusty bread [D5]

GLUTEN FREE

Ham [D4]

Mustard [D2]

Worcestershire sauce [D2]

Steak sauce [D2]

Ketchup [D2]

Chili sauce [D2]

Buffalo wings sauce [D1]

Liquid smoke [D2]

Chicken broth [D1,D3,D4]

Beef broth [D5]

Canned tomatoes [D1]

Canned black beans [D1]

Apple cider [D2]

Arrowroot starch [D5]



[D1] – [D5] = Day 1, Day 2, Day 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

Buffalo Chicken Chili

Day 1 – Serves 6

INGREDIENTS:

2 1/2 pounds boneless skinless chicken thighs, cut into 1-inch pieces
1 cup chopped onion
1 cup chopped celery
1 cup chopped carrot
1 (28-oz.) can diced tomatoes, un-drained

1 (15-oz.) can black beans, drained and rinsed
1 cup low sodium chicken broth
2 teaspoons chili powder
1/2 teaspoon sea salt
1/4 cup buffalo wings sauce
Crumbled blue cheese (optional)



INSTRUCTIONS:

In a slow cooker, combine all ingredients, except wing sauce and cheese. Cover and cook on LOW for 8 to 10 hours. Stir in buffalo wing sauce and sprinkle with cheese, if desired.

NUTRITION per serving: 313 Calories; 8g Fat; 42g Protein; 22g Carbohydrate; 8g Dietary Fiber; 186mg Cholesterol; 1618mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 8

SERVING SUGGESTION: Serve a big salad on the side. Add some warm corn muffins and butter.

GLUTEN FREE: Make sure tomatoes, black beans, broth and wings sauce are gluten free.

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Texas Style Barbecue

Day 2 – Serves 6

INGREDIENTS:

2 tablespoons unsalted butter
1 medium onion, finely chopped
2 cloves garlic, pressed
1/2 cup ketchup
1/2 cup chili sauce
1/4 cup brown sugar, packed

1/4 cup apple cider
1 tablespoon steak sauce
1 tablespoon spicy brown mustard
1 tablespoon Worcestershire sauce
1/2 teaspoon liquid smoke
1 (3 1/2-lb.) beef brisket



INSTRUCTIONS:

In a skillet over medium heat, sauté onion and garlic in butter; place in slow cooker. In a small bowl, combine ketchup, chili sauce, brown sugar, cider, steak sauce, mustard, Worcestershire and liquid smoke. Place brisket in slow cooker, on top of veggies, and pour sauce over brisket. Cover and cook on low heat setting for about 10 hours. Remove brisket from slow cooker and shred with two forks.

NUTRITION per serving: 514 Calories; 24g Fat; 56g Protein; 17g Carbohydrate; 1g Dietary Fiber; 175mg Cholesterol; 552mg Sodium. **Exchanges:** 0 Grain(Starch); 8 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates. **Points:** 13

SERVING SUGGESTION: Serve shredded brisket and some sauce on lightly toasted burger buns. Serve Russet Fries (scrub potatoes and cut into "fries"; toss with some olive oil and bake on a cookie sheet in a preheated 425-degree oven, turning once; season with salt, pepper and garlic powder) and coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar) on the side.

GLUTEN FREE: Make sure ketchup, chili sauce, apple cider, steak sauce, mustard, Worcestershire sauce and liquid smoke are gluten free.

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Harvest Turkey and Wild Rice

Day 3 – Serves 6

INGREDIENTS:

Olive oil	1 1/4 pounds boneless skinless turkey breast tenderloins
3/4 cup uncooked wild rice	1/2 teaspoon dried thyme
1 medium butternut squash, peeled, seeded and cut into 1-inch pieces	1/2 teaspoon freshly ground black pepper
1 medium onion, cut into wedges	3 cups low sodium chicken broth
	1/2 cup dried cranberries



INSTRUCTIONS:

Coat a slow cooker with a little olive oil; add rice. Top with squash, onion and turkey. Sprinkle with thyme and pepper. Pour broth over all ingredients. Cover and cook on LOW for 7 to 9 hours or until rice is tender and turkey is cooked through. Stir in cranberries before serving.

NUTRITION per serving: 341 Calories; 1g Fat; 35g Protein; 52g Carbohydrate; 7g Dietary Fiber; 59mg Cholesterol; 319mg Sodium. **Exchanges:** 3 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 9

SERVING SUGGESTION: Serve steamed broccoli spears on the side.

GLUTEN FREE: Make sure broth is gluten free.

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DO AHEAD TIP: Sort, rinse and soak beans overnight.

Slow Cooker Red Beans and Rice

Day 4 – Serves 6

INGREDIENTS:

1 pound dried red beans, soaked overnight	2 cloves garlic, pressed
2 tablespoons olive oil	3 1/2 cups water
1 large onion, chopped	3 cups low sodium chicken broth
2 medium stalks celery, chopped	1 cup ham, cubed
1 large green bell pepper, seeded, de-ribbed and chopped	3 to 4 cups cooked brown rice



INSTRUCTIONS:

Drain soaked beans and place them in a slow cooker. In a large skillet, sauté onion, celery, bell pepper and garlic in oil until onion is translucent; transfer to slow cooker. Next, add water, broth and ham to slow cooker. Stir to combine ingredients. Cover and cook on low heat setting for 8 to 10 hours, or until beans are tender. About 45 minutes before you are ready to serve, prepare rice. Ladle rice into bowls and top with beans.

NUTRITION per serving: 487 Calories; 8g Fat; 30g Protein; 75g Carbohydrate; 22g Dietary Fiber; 13mg Cholesterol; 592mg Sodium. **Exchanges:** 4 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1 Fat. **Points:** 13

SERVING SUGGESTION: A big salad and some whole grain rolls and butter.

GLUTEN FREE: Make sure broth and ham are gluten free.

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Slow Cooker Beef and Apples

Day 5 – Serves 6

INGREDIENTS:

1 1/2 pounds beef chuck roast, trimmed
2 pounds sweet potatoes, cubed
1 cup sliced yellow onions
2 cups sliced apples
1/2 cup low sodium beef broth
2 cloves garlic, pressed

1/2 teaspoon sea salt
1 teaspoon dried thyme, divided
3/4 teaspoon freshly ground black pepper,
divided
1 tablespoon cornstarch
1/4 teaspoon cinnamon
2 tablespoons water



INSTRUCTIONS:

Trim fat from beef and cut into 2-inch pieces. In a slow cooker, place first 7 ingredients (beef through salt), 1/2 teaspoon of thyme and 1/2 teaspoon of pepper. Cover and cook on LOW for 8 to 9 hours. Transfer beef, sweet potatoes and apples to a serving platter; keep warm. Let cooking liquid stand for 5 minutes then skim off any fat that may surface. In a small bowl, combine cornstarch, remaining thyme and pepper, cinnamon and water; stir mixture into liquid in slow cooker; cook on HIGH for 15 minutes or until thickened. Serve sauce with beef, potatoes and apples.

NUTRITION per serving: 325 Calories; 9g Fat; 29g Protein; 36g Carbohydrate; 5g Dietary Fiber; 96mg Cholesterol; 247mg Sodium. **Exchanges:** 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 8

SERVING SUGGESTION: Garlic-sautéed spinach tossed with a little raspberry vinegar. Add some crusty bread and butter. Serve some crusty bread and butter on the side and a salad.

GLUTEN FREE: Make sure broth is gluten free. Use arrowroot starch instead of cornstarch.

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Crock Cooker E book Shopping List

Winter Volume 3 Week 12

Day 1: Slow Cooker White Bean and Chicken Chili,
add garnished, a big salad, and corn muffins

Day 2: Just Another Pot Roast, with steamed baby
Brussels sprouts and warm crusty bread

Day 3: Teriyaki Pork Chops, serve over brown rice and
add steamed green beans

Day 4: Barley Beef Stroganoff, over wide egg noodles
with steamed broccoli and steamed baby carrots

Day 5: Crock Cooker Tomato-Peanut Chicken, add
whole wheat couscous and sautéed garlicky spinach

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 (3- to 4-lb.) beef chuck roast [D2]
- 3/4 pound 95% lean ground beef [D4]
- 6 (6-oz.) boneless top loin pork chops [D3]
- 1 pound chicken breast tenders [D1]
- 6 (6-oz.) boneless skinless chicken breast halves [D5]

CONDIMENTS

- Olive oil [D1,D2,D5]
- Low sodium soy sauce [D5]
- Teriyaki sauce [D3]
- Creamy peanut butter [D5]
- **Balsamic vinegar [D5]
- **Salad dressing (your choice) [D1]

SPICES

- Sea salt [D1,D2]
- Black peppercorns [D1,D2,D4]
- Ground cumin [D1]
- Bay leaves [D2]
- Marjoram [D4]
- Crushed red pepper flakes [D5]
- **Ground nutmeg [D2]

DRY GOODS

- Flour [D2]
- Brown sugar [D3,D5]
- Dry bread crumbs (1/4 cup) [D5]
- Pearl barley (not quick-cooking) (1 cup uncooked) [D4]
- Dry roasted peanuts (3 tablespoons chopped) [D5]
- **Brown rice [D3]
- **Whole wheat couscous [D5]
- **Wide egg noodles [D4]

BAKERY

- **Corn muffins [D1]
- **Crusty bread [D2]

PRODUCE

- Onions (5 medium plus 1 cup diced) [D1,D2,D5]
- Garlic (9 cloves) **Additional [D1,D3,D5]
- Green onions (3/4 cup chopped) [D4]
- Carrots (3 medium) [D2]
- Celery (3/4 cup chopped) [D4]
- Russet potatoes (6 medium) [D2]
- Red bell peppers (1/2 cup diced) [D5]
- Mushrooms (8 ounces) [D4]
- Gingerroot (1 1/2 teaspoons chopped) [D3]
- Cilantro (1/4 cup chopped) **Additional [D1,D5]
- **Baby carrots [D4]
- **Baby Brussels sprouts [D2]
- **Broccoli [D4]
- **Green beans [D3]
- **Spinach [D5]
- **Lettuce (not Iceberg, no nutrition) [D1]
- **Salad veggies (your choice) [D1]

DAIRY/DAIRY CASE

- Butter, unsalted [D1,D2]
- Half and half (1/3 cup) [D4]
- U.K. Members: Half and half is half milk and half cream
- **Monterey Jack cheese [D1]

CANNED GOODS

- Low sodium chicken broth (4 1/2 cups) [D1,D5]
- Low sodium vegetable broth (2 cups) [D4]
- 1 (14.5-oz.) can diced tomatoes [D5]
- 2 (15-oz.) cans white beans [D1]
- 2 (4-oz.) cans diced green chilies [D1]

GLUTEN FREE

- Soy sauce [D5]
- Teriyaki sauce [D3]
- Chicken broth [D1,D5]
- Vegetable broth [D4]
- Canned tomatoes [D5]
- Canned white beans [D1]
- Canned diced green chilies [D1]
- Flour [D2]
- Brown rice [D4]
- Bread crumbs OR bread [D5]



[D1] – [D5] = Day 1, Day 2, Day 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

Slow Cooker White Bean and Chicken Chili

Day 1 – Serves 6

INGREDIENTS:

2 (15-oz.) cans white beans, drained and rinsed
4 cups low sodium chicken broth
1 tablespoon olive oil
1 pound chicken breast tenders
Sea salt and freshly ground black pepper, to taste

2 medium onions, chopped
4 cloves garlic, pressed
2 (4-oz.) cans diced green chilies
1 cup water
1 tablespoon ground cumin



INSTRUCTIONS:

Place beans and broth in a slow cooker. Cover and cook on HIGH for 2 hours or until beans are tender. Heat the oil in a skillet over medium-high heat. Season chicken with salt and pepper to taste and add to skillet; cook until browned on both sides; remove from skillet and set aside. Add onions and garlic to the skillet and cook until onion has softened, about 5 minutes. Add onion mixture, diced green chilies, water and cumin to slow cooker along with chicken; stir gently to combine. Cover and cook on LOW for 6 hours, stirring twice. Remove 1 cup of beans plus 1/2 cup of cooking liquid and place in a blender; puree till smooth then return to slow cooker. Remove chicken and shred; return to slow cooker.

NUTRITION per serving: 337 Calories; 4g Fat; 36g Protein; 39g Carbohydrate; 8g Dietary Fiber; 44mg Cholesterol; 486mg Sodium. **Exchanges:** 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 8

SERVING SUGGESTION: Serve chili in bowls topped with a little shredded Monterey Jack cheese and chopped cilantro. Add a big salad and corn muffins on the side.

GLUTEN FREE: Make sure beans, broth and green chilies are gluten free.

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Just Another Pot Roast

Day 2 – Serves 6

INGREDIENTS:

1 1/2 tablespoons olive oil
1 (3- to 4-lb.) beef chuck roast, trimmed
Sea salt and freshly ground black pepper, to taste
3 medium onions, thickly sliced
3 medium carrots, cut into coins

6 medium russet potatoes, peeled and thickly sliced
2 bay leaves
1 cup water
1 tablespoon unsalted butter
1 tablespoon flour



INSTRUCTIONS:

In a large skillet over medium heat, brown roast in oil on all sides. Don't worry about cooking it through—you just want it nicely browned on the outside. Remove roast from skillet and place in slow cooker. Season with salt and pepper to taste. To the same skillet, add onion, carrots and potatoes and cook until onions are translucent. Place veggies in slow cooker with roast, then add bay leaves. Add water to skillet, scraping up all the browned bits from the bottom of the pan; add to slow cooker. Cover and cook on low heat setting for about 9 hours. Remove roast and veggies from slow cooker to serving platter; keep warm. Skim fat from cooking liquid. In a saucepan, melt butter and add flour to form a paste, or a roux. Stir until flour is nicely browned. Add cooking liquid from slow cooker, stirring well until you have a smooth, thick gravy. Pour gravy over veggies and sliced roast and serve.

NUTRITION per serving: 542 Calories; 25g Fat; 62g Protein; 23g Carbohydrate; 3g Dietary Fiber; 230mg Cholesterol; 217mg Sodium. **Exchanges:** 1 Grain(Starch); 8 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat. **Points:** 14

SERVING SUGGESTION: Serve with veggies from slow cooker along with steamed baby Brussels sprouts tossed with a little butter and a dash of ground nutmeg; add some warm, crusty bread.

GLUTEN FREE: Make sure flour is gluten free.

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Teriyaki Pork Chops

Day 3 – Serves 6

INGREDIENTS:

1/2 cup teriyaki sauce
1 1/2 tablespoons packed brown sugar
1 1/2 teaspoons chopped fresh gingerroot

3 cloves garlic, pressed
6 (6-oz.) boneless pork top loin chops,
trimmed



INSTRUCTIONS:

In a small bowl, combine teriyaki sauce, brown sugar, ginger and garlic. Place pork chops in a slow cooker; pour sauce on top. Cover and cook on LOW for 5 to 7 hours.

NUTRITION per serving: 231 Calories; 8g Fat; 41g Protein; 8g Carbohydrate; trace Dietary Fiber; 83mg Cholesterol; 989mg Sodium. **Exchanges:** 17 1/2 Lean Meat; 1 Vegetable; 0 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: Serve over brown rice; add steamed green beans on the side.

GLUTEN FREE: Make sure teriyaki sauce is gluten free.

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Barley Beef Stroganoff

Day 4 – Serves 6

INGREDIENTS:

2 cups low sodium vegetable broth
1 cup water
1 cup uncooked pearl barley (not quick-cooking)
8 ounces mushrooms, sliced
3/4 teaspoon dried marjoram

3/4 teaspoon freshly ground black pepper
3/4 pound 95% lean ground beef
3/4 cup chopped celery
3/4 cup chopped green onions
1/3 cup half and half



INSTRUCTIONS:

In a slow cooker, place broth, water, barley, mushrooms, marjoram and pepper; cover and, cook on LOW for 6 to 7 hours. In a large skillet over medium-high heat, brown beef for 6 to 8 minutes, stirring to break up the meat; drain fat. Add celery and green onions; cook and stir for 3 minutes. Remove from heat, then add half and half and whisk up all of the browned bits from the bottom of the pan; add to slow cooker. Cover and cook on HIGH for 10 to 15 minutes or until beef is hot and vegetable are tender.

NUTRITION per serving: 246 Calories; 5g Fat; 21g Protein; 31g Carbohydrate; 7g Dietary Fiber; 40mg Cholesterol; 236mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 6

SERVING SUGGESTION: Serve over wide egg noodles; add steamed broccoli and steamed baby carrots on the side.

GLUTEN FREE: Make sure broth is gluten free and use brown rice instead of barley.

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Crock Cooker Tomato-Peanut Chicken

Day 5 – Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves
1/4 cup dry bread crumbs
1 tablespoon olive oil
1 cup diced onion
1/2 cup diced red bell pepper
1 (14.5-oz.) can diced tomatoes, un-drained
1/4 cup creamy peanut butter

2 cloves garlic, pressed
2 tablespoons brown sugar
2 tablespoons low sodium soy sauce
1/8 teaspoon crushed red pepper flakes, or
to taste
1/2 cup low sodium chicken broth
1/4 cup chopped cilantro
3 tablespoons coarsely chopped dry roasted peanuts



INSTRUCTIONS:

Dredge chicken in breadcrumbs. Heat the oil in a large non-stick skillet over medium-high heat; add chicken and cook until golden on both sides; transfer to a slow cooker. Add onion and bell pepper to the skillet and cook for 4 minutes; stir in tomatoes, peanut butter, garlic, brown sugar, soy sauce, crushed red pepper flakes and broth. Bring mixture to a boil and scrape up all of the browned bits from the bottom of the pan; pour over chicken in slow cooker. Cover and cook on LOW for 6 to 7 hours or until chicken is fork-tender. Arrange evenly on dinner plates and garnish with cilantro and chopped peanuts.

NUTRITION per serving: 366 Calories; 12g Fat; 46g Protein; 17g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 717mg Sodium. **Exchanges:** 1/2 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates. **Points:** 9

SERVING SUGGESTION: Whole wheat couscous and sautéed garlicky spinach tossed with a little balsamic vinegar.

GLUTEN FREE: Use gluten free bread crumbs OR make your own from gluten free bread. Make sure tomatoes, soy sauce and broth are gluten free.

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